

## Quotes & Parables

Please use the article found at **torontoconcussion.ca > Education > Library > LANGUAGE & RECOVERY** (<https://torontoconcussion.ca/terminology/language-recovery/>) to learn more about the positive impacts that language, quotes, and stories can have on our mood, mindset, and motivation towards success in life.

Also check out **Motivational Quotes** at **torontoconcussion.ca > Education > Library** (<https://torontoconcussion.ca/terminology/motivational-quotes/>).

### Instructions

Select an inspiring quote or parable (QUOTE); one that makes you feel “good”.

1. If you don’t have one that jumps out at you, you can find plenty online.
2. Some people find the shorter ones are more gripping.

### Reflection

1. Why does this **QUOTE** “speak” to you?
2. If this **QUOTE** were to sprout in the soil of your current situation, what would be your best hopes regarding the fruit it would bring to your life? How would you see changes occur?
3. Does this **QUOTE** remind you of a hero or someone you admire?
  - a. How are you like them?
4. Think of an event or success in your life of which this **QUOTE** reminds you...
  - a. How does this **QUOTE** remind you of that situation?
  - b. How can its lesson be applied to your current situation?
5. How can you use the spirit of this **QUOTE** going forward?
6. In what ways can this **QUOTE** be useful to you in your day-to-day life?
7. Are there situations/events in your life where applying this **QUOTE** could be beneficial?
8. How will you remember to recall this **QUOTE** when you need to tap into its spirit?
  - a. How often will it be helpful to recall this?