

# Graduation Inspiration

## for All Generations

"The definition of success changes. Success is to live your life with integrity and not give in to peer pressure to be something you're not. Follow your passion, stay true to yourself, never follow someone else's path; unless you're in the woods and you're lost, and you see a path, then by all means, you should follow that."

-Ellen DeGeneres



"Engage and inspire -- whether on an individual level or loudly within your communities. Talk about your accomplishments. Be humble, but not too humble. Don't be invisible."



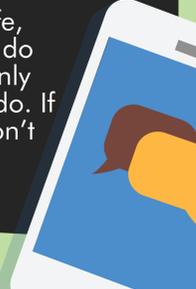
"Finding gratitude and appreciation is key to resilience. People who take the time to list things they are grateful for are happier and healthier. It turns out that counting your blessings can actually increase your blessings. My New Year's resolution this year is to write down three moments of joy before I go to bed each night. This simple practice has changed my life."

-Sheryl Sandberg



"I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle."

- Steve Jobs



"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it."

-Maya Angelou



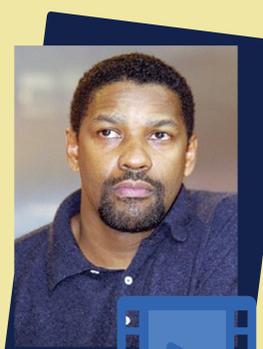
"The first lesson they teach you in figure skating is how to fall... I fell when I started skating at 5, still fell when I was five-time world champion. But, the true test is how we recover. I think we can all be that kind of person, taking our fair share of tumbles and falls, but rising with grace and finishing what we began."

- Michelle Kwan



"Dreams without goals are just dreams and they ultimately fuel disappointment. Have dreams, but have goals, life goals, yearly goals, monthly goals, daily goals. I try to give myself a goal every day. Sometimes, it's just to not curse somebody out. Simple goals but have goals and understand to achieve these goals you must apply discipline and consistency."

-Denzel Washington



"When you embark on your job search, sometimes you have to get out of your own way and take a leap of faith. You have to stop doubting yourself and stop finding roadblocks. Instead, you need to believe in yourself and believe in the opportunities ahead. This is the time to take a leap of faith."

- Lea Tal



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