

## GRIEF

# Quotes

### *Directions:*

Select a Quote to use at your location.

**The pain of yesterday is the strength of today.**

— Paulo Coelho

**Sometimes it's ok if the only thing you did today was breathe.**

— Yumi Sakugawa

**It's an honor to be in grief. It's an honor to feel that much, to have loved that much.**

— Elizabeth Gilbert

**We must embrace pain and burn it as fuel for our journey.**

— Kenji Miyazawa

**This is not the life you pictured but here you are. You can still make something beautiful. Grieve. Breathe. Begin again.**

— Thema Bryant-Davis

**A great soul serves everyone all the time. A great soul never dies. It brings us together again and again.**

— Maya Angelou



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**To weep is to make less the depth of grief.**

– William Shakespeare

**We need never be ashamed of our tears.**

– Charles Dickens

**One of the most important things you can do on this earth is to let people know they are not alone.**

– Shannon L. Alder

**What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.**

– Helen Keller

**Grief is the price we pay for love.**

– Queen Elizabeth II

**The song is ended, but the melody lingers on.**

– Irving Berlin

