



**“Remember: Pain of
mind is worse than
pain of body”.**

Anne-Maria Yrityys

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**“Behind everything
that is beautiful
there is some kind
of pain”.**

Anne-Maria Yritys

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**“The most painful
goodbyes are the
ones that are never
said and never
explained”.**

Anne-Maria Yritys

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**“The best thing
about the worst
time of your life is
that you get to see
the true colors of
everyone”.**

Anne-Maria Yritys

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**“Pain changes
people. It makes
them trust less,
overthink more &
shut people out”.**

Anne-Maria Yritys

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**“Strength is
nothing more than
how well you hide
your pain”.**

Anne-Maria Yritys

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**“What hurts us is
also what heals us”.**

Anne-Maria Yritys

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“Do not deny your own feelings just to make everyone else feel comfortable”.

Anne-Maria Yritys

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**“Let failure give you
strength. Let pain
be your
motivation”.**

Anne-Maria Yritys

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**“Accept your
weaknesses. Build
on your strengths”.**

Anne-Maria Yritys

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**“True strength is
accepting all your
feelings and
embracing every
aspect of yourself”.**

Anne-Maria Yritys

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**“Never lose hope,
for it is in the
darkness that the
stars come out”.**

Anne-Maria Yritys

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**“Let the rain wash
away all the pain of
yesterday”.**

Anne-Maria Yrityys

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**“No gain without
pain”.**

Anne-Maria Yritys

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**“An hour of pain is
as long as a day of
pleasure”.**

Anne-Maria Yritys

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**“Wisdom is nothing
more than healed
pain”.**

Anne-Maria Yritys

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**“Your pain is the
breaking of the
shell that encloses
your
understanding”.**

-Khalil Gibran

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**“Not all wounds in
this world are
visible”.**

Anne-Maria Yritys

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**“Allow yourself to
feel hurt and pain,
but do not let these
feelings overtake
your everyday life”.**

Anne-Maria Yrityys

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**“Remember:
someday the pain
you experience
today, will be useful
to you”.**

Anne-Maria Yrityys

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**“If you feel like
everything is falling
apart, everything
may in fact be
falling into place”.**

Anne-Maria Yrityys

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**“Until you have felt
your own pain, you
cannot feel the pain
of others”.**

-Gary Zukav

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**“Tear off the mask.
Your face is
glorious”.**

-Rumi

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**“Transform your
pain into positive
creative action”.**

Anne-Maria Yrityys

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**“Many failures happen
when people give up
without realizing how
close they were to
success when giving
up”.**

Anne-Maria Yritys

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**“Learning is a gift
even if pain is your
teacher”.**

Anne-Maria Yritys

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**“You can learn
more from pain
than from
pleasure”.**

Anne-Maria Yritys

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**“The two enemies of
human happiness
are pain and
boredom”.**

**-Arthur
Schopenhauer**

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**“Grit is the
stubborn refusal to
quit”.**

Anne-Maria Yrityys

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**“You can. You will.
Never give up”.**

Anne-Maria Yritys

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**“Endure the pain.
Enjoy the gain”.**

Anne-Maria Yritys

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**“Life does not
become easier or
more forgiving. We
just become
stronger and more
resilient”.**

Anne-Maria Yritys

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**“A river cuts
through a rock, not
because of its
power, but because
of its persistence”.**

Anne-Maria Yritys

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**“Pain is never
permanent, unless
you allow it to be”.**

Anne-Maria Yritys

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**“People in your life
should be a source
for minimizing and
reducing stress; not
creating more of it”.**

Anne-Maria Yritys

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“Sometimes you face difficulties not because you are doing something wrong, but because you are doing something right”.

Anne-Maria Yritys

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“No grit no pearl”.

Anne-Maria Yritys

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**“What you seek is
seeking you”.**

-Rumi

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**“Resilience always
pays off”.**

Anne-Maria Yritys

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**“Choose your
battles wisely. Not
everyone or
everything deserves
your attention”.**

Anne-Maria Yrityys

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“Gems cannot be polished without friction, nor can people be perfected without trials”.

Anne-Maria Yritys

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**“Train yourself to
see the blessing in
everything”.**

Anne-Maria Yritys

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**“You survive when
the fire inside you
burns brighter than
the fire around
you”.**

Anne-Maria Yrityys

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**“Adversity is the
best possible
sparring partner
you will ever meet”.**

Anne-Maria Yritys

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**“Sports do not build
character; instead,
it reveals
character”.**

Anne-Maria Yritys

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**“When
perseverance and
passion meet, grit is
born”.**

Anne-Maria Yritys

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**“Great works are
performed by
perseverance”.**

Anne-Maria Yritys

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**“The person doing
the work is the only
one who learns”.**

Anne-Maria Yritys

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**“Continuous
improvement is
better than delayed
perfection”.**

-Mark Twain

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**“People with grit
see failure as a
learning
experience, not a
permanent
condition”.**

Anne-Maria Yritys

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**“Never allow
waiting to become a
habit. Life is here
and now. Live your
dreams and take
risks”.**

Anne-Maria Yrityys

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**“What you can
become depends
upon what you can
overcome”.**

**-Anthony Douglas
Williams**

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**“Be stronger than
your excuses”.**

Anne-Maria Yritys

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**“Mental toughness =
Finding fuel in an
empty tank”.**

Anne-Maria Yritys

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**“Nine-tenths of
wisdom is being
wise in time”.**

**-Theodore
Roosevelt**

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**“Emotions are
temporary states of
mind. Do not let
them permanently
destroy you”.**

Anne-Maria Yritys

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“Never waste your feelings on someone who does not value them”.

Anne-Maria Yritys

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“Emotional intelligence is self-awareness and the ability to recognize our feelings”.

Anne-Maria Yritys

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**“Feelings are
signals, not moral
judgments”.**

Anne-Maria Yritys

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**“Flowers are restful
to look at. They
have neither
emotions nor
conflicts”.**

-Sigmund Freud

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**“Any emotion, if
sincere, is
involuntary”.**

-Mark Twain

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**“Love is when you
look into someone’s
eyes and see their
heart”.**

Anne-Maria Yritys



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“It takes a huge effort to free yourself from memory”.

-Paulo Coelho

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**“Greatness of
character can be
developed through
self-discipline and
self-control”.**

Anne-Maria Yritys

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“Do not worry about people who are not genuinely happy for you. They are most likely not happy for themselves either”.

Anne-Maria Yritys

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**“Your intellect may
be confused, but
your emotions are
always honest to
you”.**

Anne-Maria Yritys

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**“If you try to
control everything,
you will not enjoy
anything”.**

Anne-Maria Yritys

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**“Sorry, but I am not
tall enough to ride
your emotional
rollercoaster”.**

Anne-Maria Yritys

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**“Persist until you
succeed”.**

Anne-Maria Yrity

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**“What consumes
your mind, controls
your life”.**

Anne-Maria Yritys

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**“A sensitive soul
sees the world
through a lens of
love”.**

Anne-Maria Yritys

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**“The shortest way
to happiness is
through kindness
and sensitivity”.**

Anne-Maria Yritys

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**“Maturity is
sensitivity,
manners and
reactions”.**

Anne-Maria Yritys

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**“Sensitivity is a
strength, not a
weakness”.**

Anne-Maria Yritys

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**“Your sensitivity is
your essence. Do
not hide it”.**

Anne-Maria Yritys

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**“The problem with
being empathetic is
that you may feel
sorry for assholes
too”.**

Anne-Maria Yritys

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**“Lack of sensitivity
is lack of
awareness”.**

Anne-Maria Yritys

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**“In a world full of
people who could
not care less, be an
exception to the
rule”.**

Anne-Maria Yritys

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**“Manners are
sensitive awareness
of the feelings of
others”.**

Anne-Maria Yritys

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**“Sensitive people
bring gentleness
into this world”.**

Anne-Maria Yritys

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**“Never apologize
for being sensitive
and emotional”.**

Anne-Maria Yritys

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**“Working hard for
something we love
is called passion”.**

Anne-Maria Yritys



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**“No beauty shines
brighter than that
of a good heart”.**

Anne-Maria Yritys



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**“Never let anyone
take your
sensitivity away
from you. It is your
strength”.**
Anne-Maria Yritys



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**“Sensitive people
are loyal friends
who love and think
deeply”.**

Anne-Maria Yritys



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**“Sensitive people
often keep a lot to
themselves, having
a hard time finding
people who
understand”.**

Anne-Maria Yritys



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**“Highly sensitive
people sense
emotions in others”.**

Anne-Maria Yritys



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**“Worry often gives
small things great
shadows”.**

Anne-Maria Yritys

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**“Try to find a
balance between
accepting yourself
and striving to
become a better
version of yourself”.**

Anne-Maria Yritys

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**“Everyone wants a
flame without the
willingness to get
burnt”.**

Anne-Maria Yritys

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“Being absolutely honest may not get you many friends, but it will get you the right ones”.

Anne-Maria Yritys

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**“There is no charm
equal to tenderness
of heart”.**

Anne-Maria Yritys

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**“Acknowledge and
accept your
sensitivity”.**

Anne-Maria Yritys

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**“If you want to find
your competition,
simply look in the
mirror”.**

Anne-Maria Yritys

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**“Realizing that
everything is not
about you is
emotional
intelligence”.**

Anne-Maria Yritys

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**“Transformation of
human nature = EQ
merging with
spiritual
intelligence”.**

(Deepak Chopra)

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**We measure IQ and
EQ, but how about
measuring spiritual
intelligence?**

-Anne-Maria Yritys

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**“Recognizing
purpose is spiritual
intelligence”.**

Anne-Maria Yritys

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**“Even if you think
your light is small, it
can make a huge
difference in other
people’s lives”.**

Anne-Maria Yritys

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**“Spiritual growth is
wanting more
freedom and less
material
possessions”.**

Anne-Maria Yritys

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