

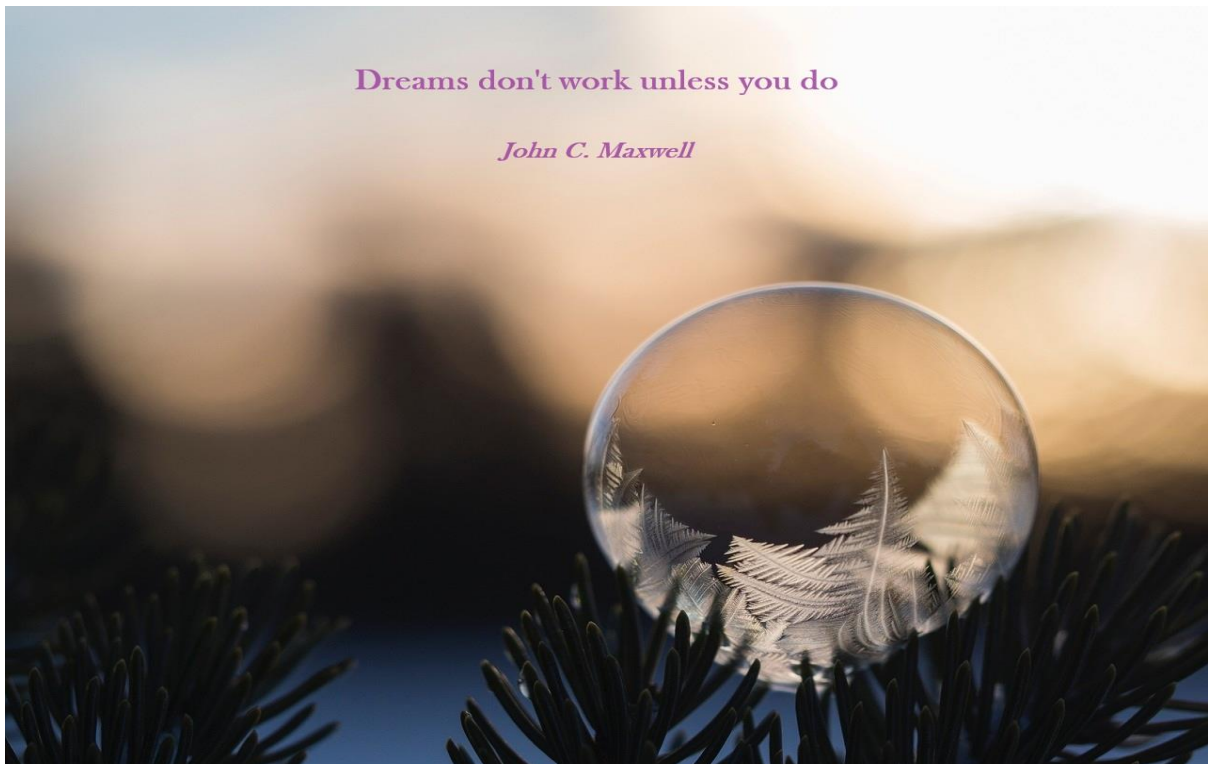
Thought For The Day – August 2024



**Breastfeeding is nature's  
health plan.**

*Author Unknown*

*August 1<sup>st</sup> – World Breastfeeding Week*



**Dreams don't work unless you do**

*John C. Maxwell*

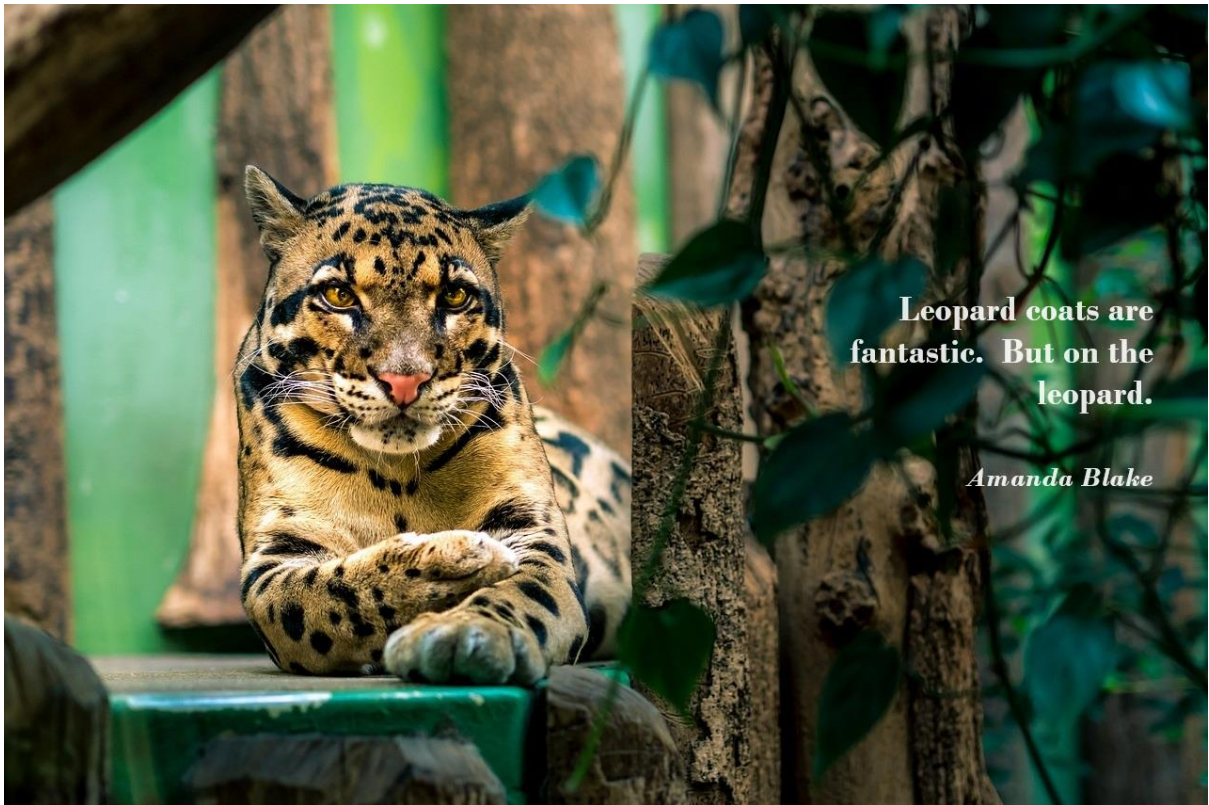
*August 2<sup>nd</sup>*



It doesn't cost me  
anything to be kind.

*Paddington*

*August 3<sup>rd</sup>*



Leopard coats are  
fantastic. But on the  
leopard.

*Amanda Blake*

*August 4<sup>th</sup>*





Be happy  
Be bright  
Be you

*Kate Spade*

August 5<sup>th</sup>



Take only  
pictures, leave  
only bubbles.

August 6<sup>th</sup> – International Scuba Day

People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.

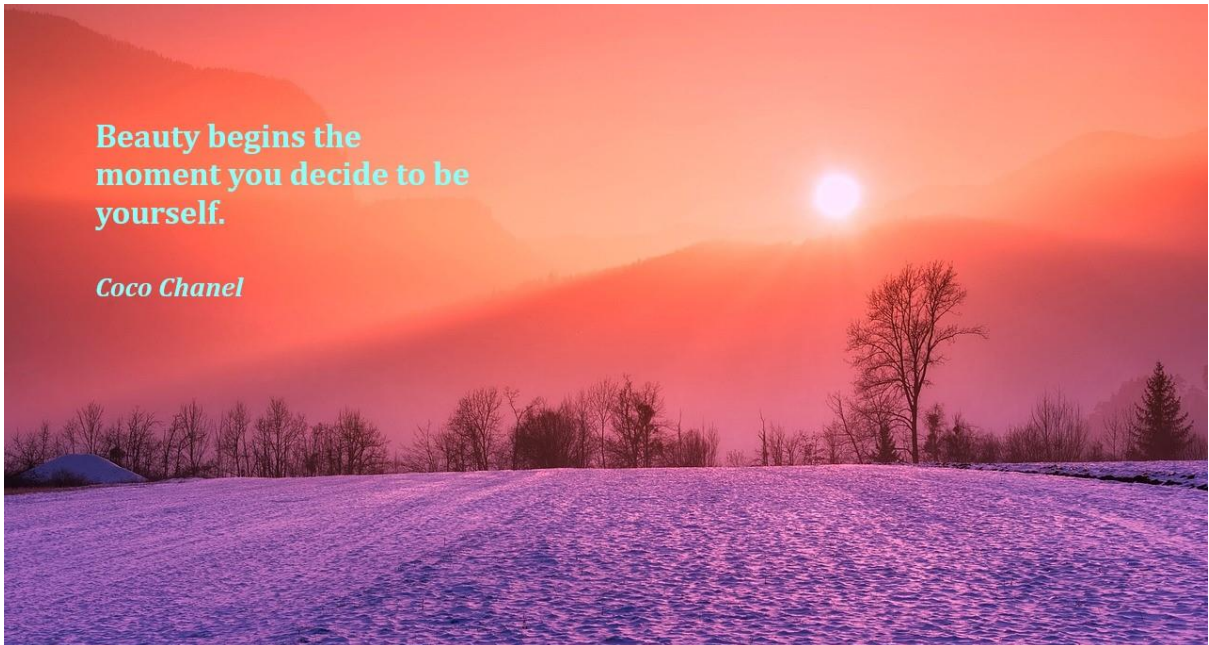
*Zig Ziglar*



*August 7<sup>th</sup>*

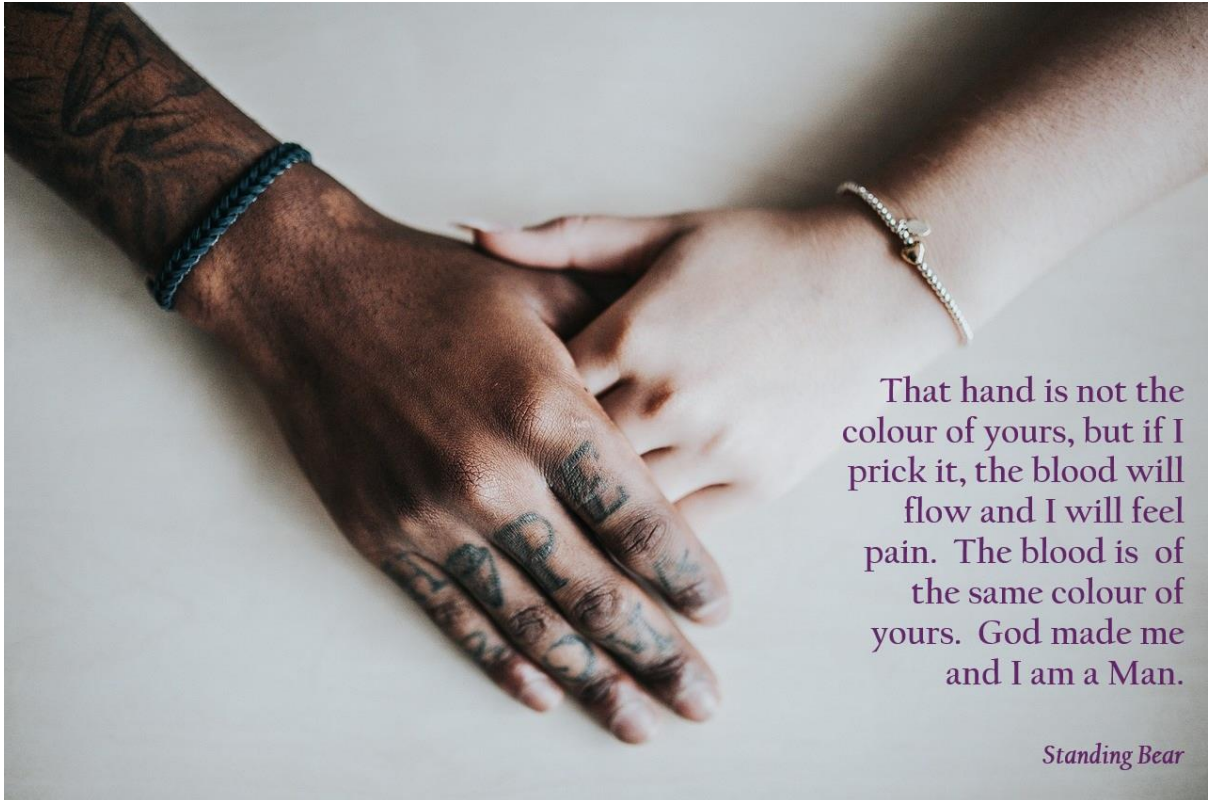
Beauty begins the moment you decide to be yourself.

*Coco Chanel*



*August 8<sup>th</sup>*





That hand is not the colour of yours, but if I prick it, the blood will flow and I will feel pain. The blood is of the same colour of yours. God made me and I am a Man.

*Standing Bear*

*August 9<sup>th</sup> – International Day of the World's Indigenous Peoples*



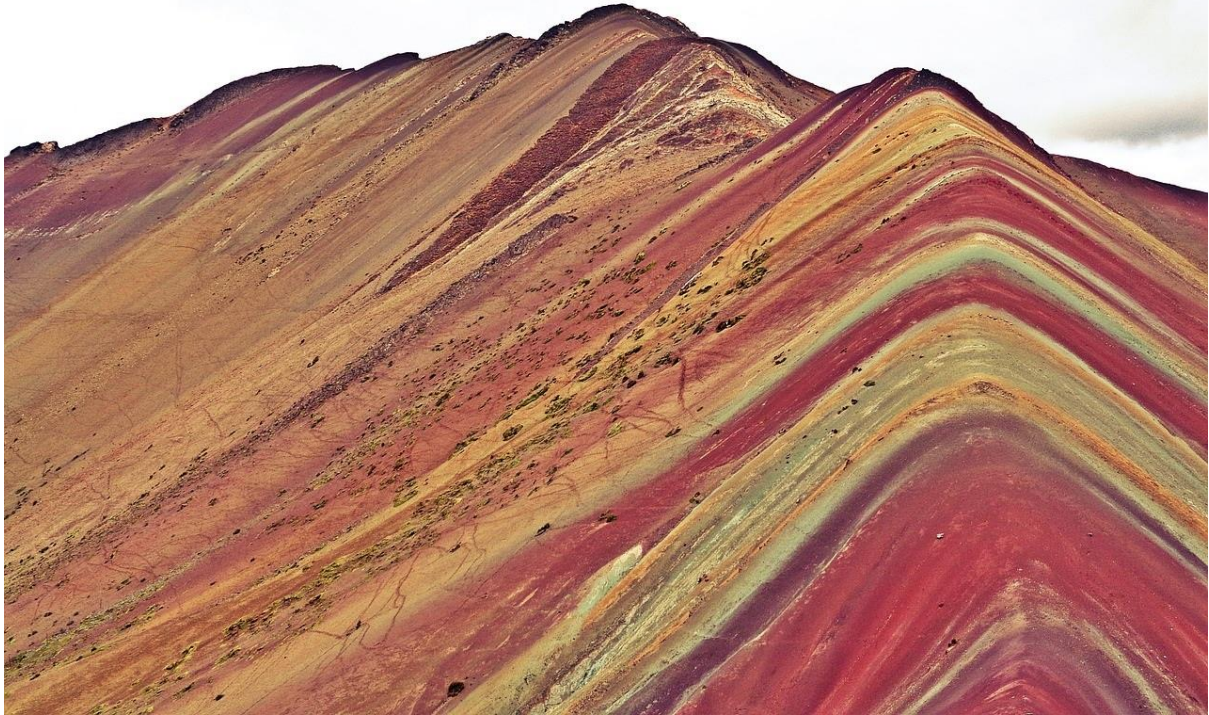
**A lion's attitude: Stand tall even when the world tries to bring you down.**

*August 10<sup>th</sup> – World Lion's Day*

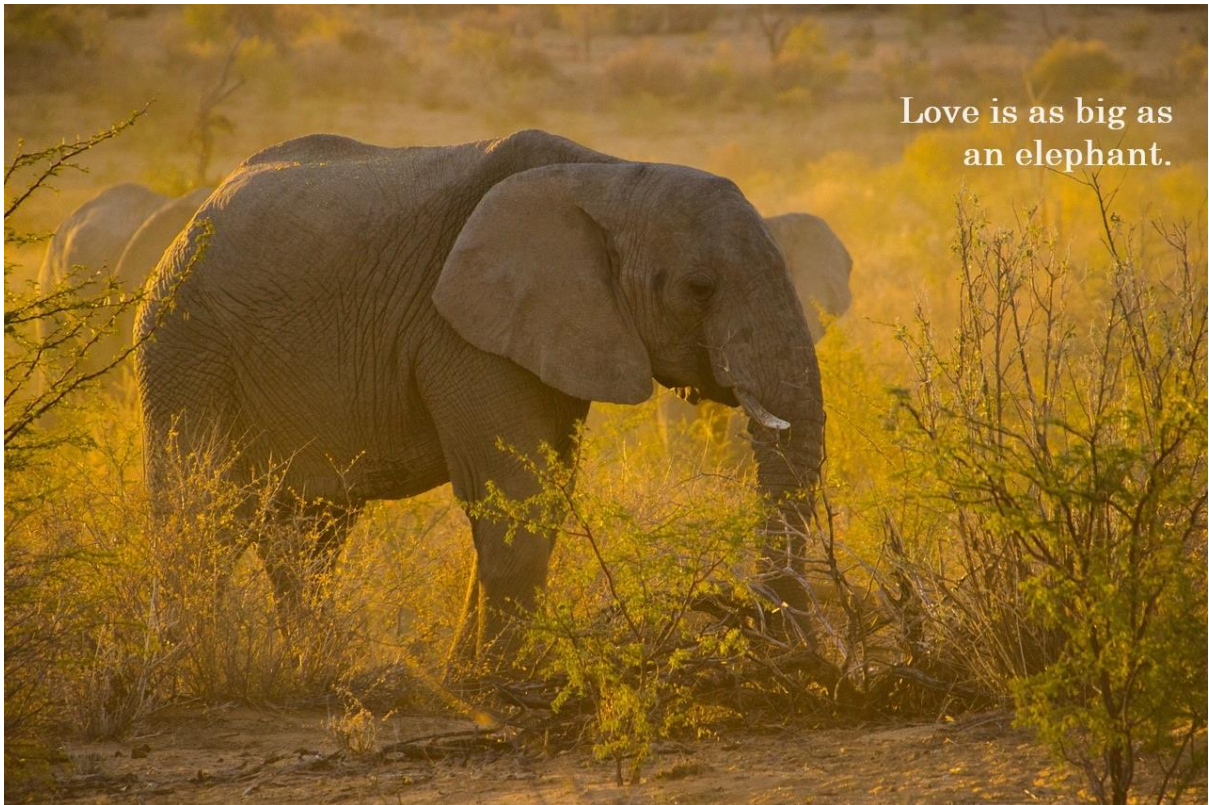


Today is your day! Your mountain is waiting, so get on your way!

*Dr. Seuss*



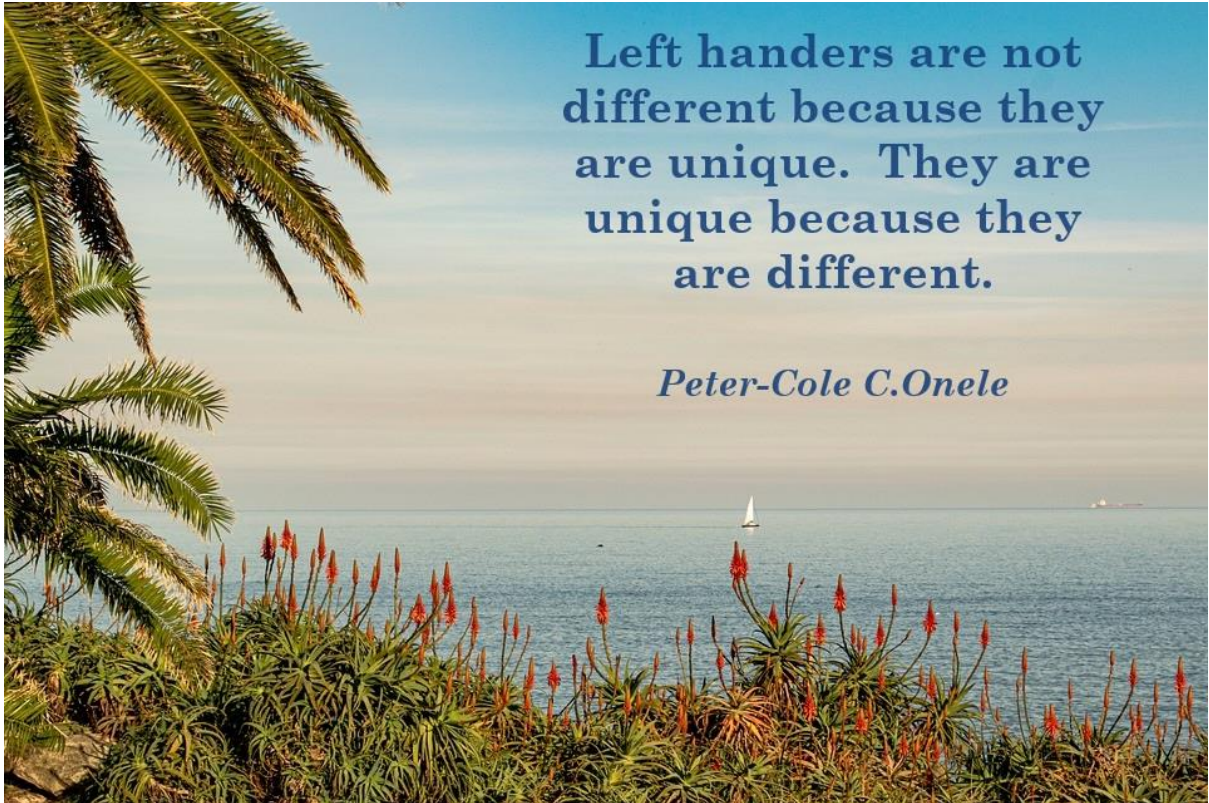
August 11<sup>th</sup>



Love is as big as an elephant.

August 12<sup>th</sup> – World Elephant Day





**Left handers are not different because they are unique. They are unique because they are different.**

*Peter-Cole C.Onele*

*August 13<sup>th</sup> – International Left Handers Day*



**Just because the lizard nods its head, does not mean its in agreement.**

*African Proverb*

*August 14<sup>th</sup> – World Lizard Day*

Strong women don't have  
'attitudes', we have  
standards.

*Marilyn Monroe*



*August 15<sup>th</sup>*

Friendship isn't a big thing - it's a million little things.

*Paulo Coelho*



*August 16<sup>th</sup>*





Words are like  
bees - some  
create honey  
and others  
leave a sting.

*Unknown*

August 17<sup>th</sup> – World Honey Bee Day

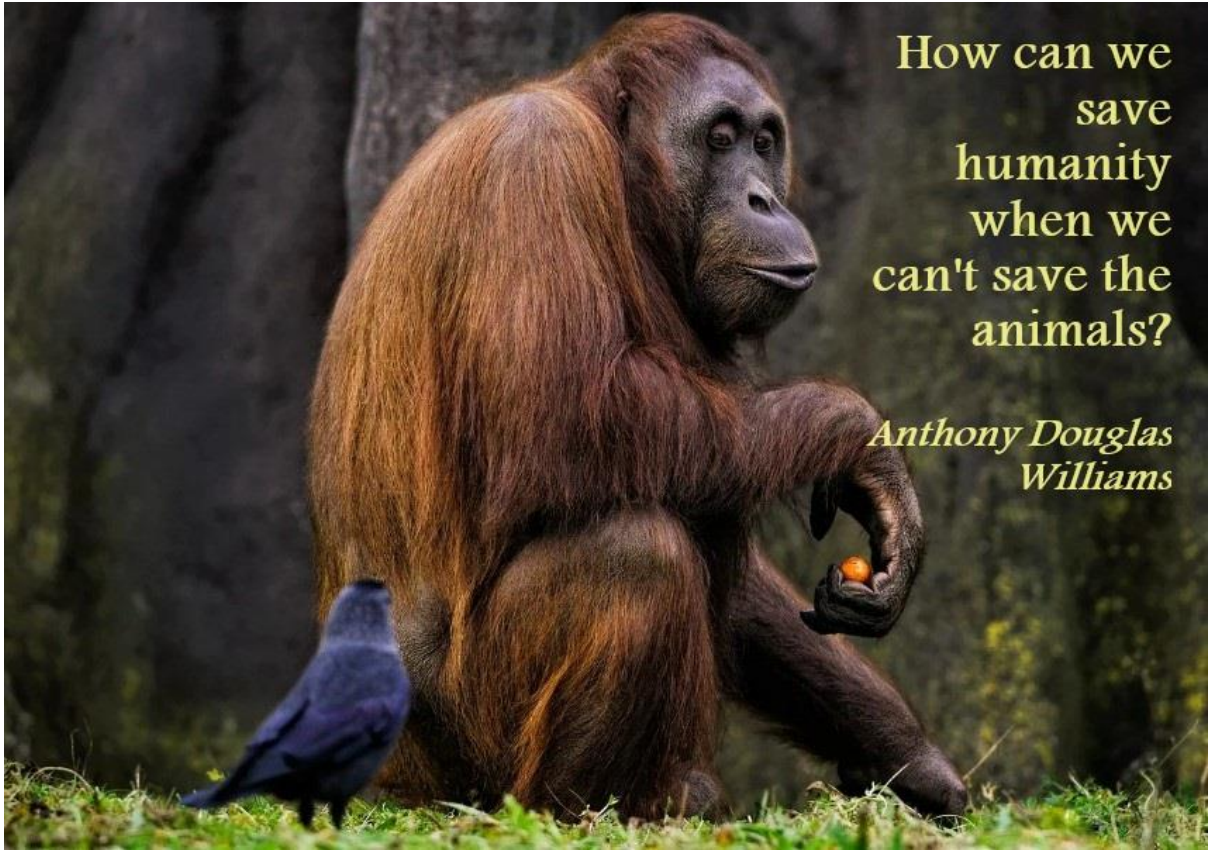


Every new friend is a new adventure...the  
start of more memories

*Patrick Lindsay*

August 18<sup>th</sup>

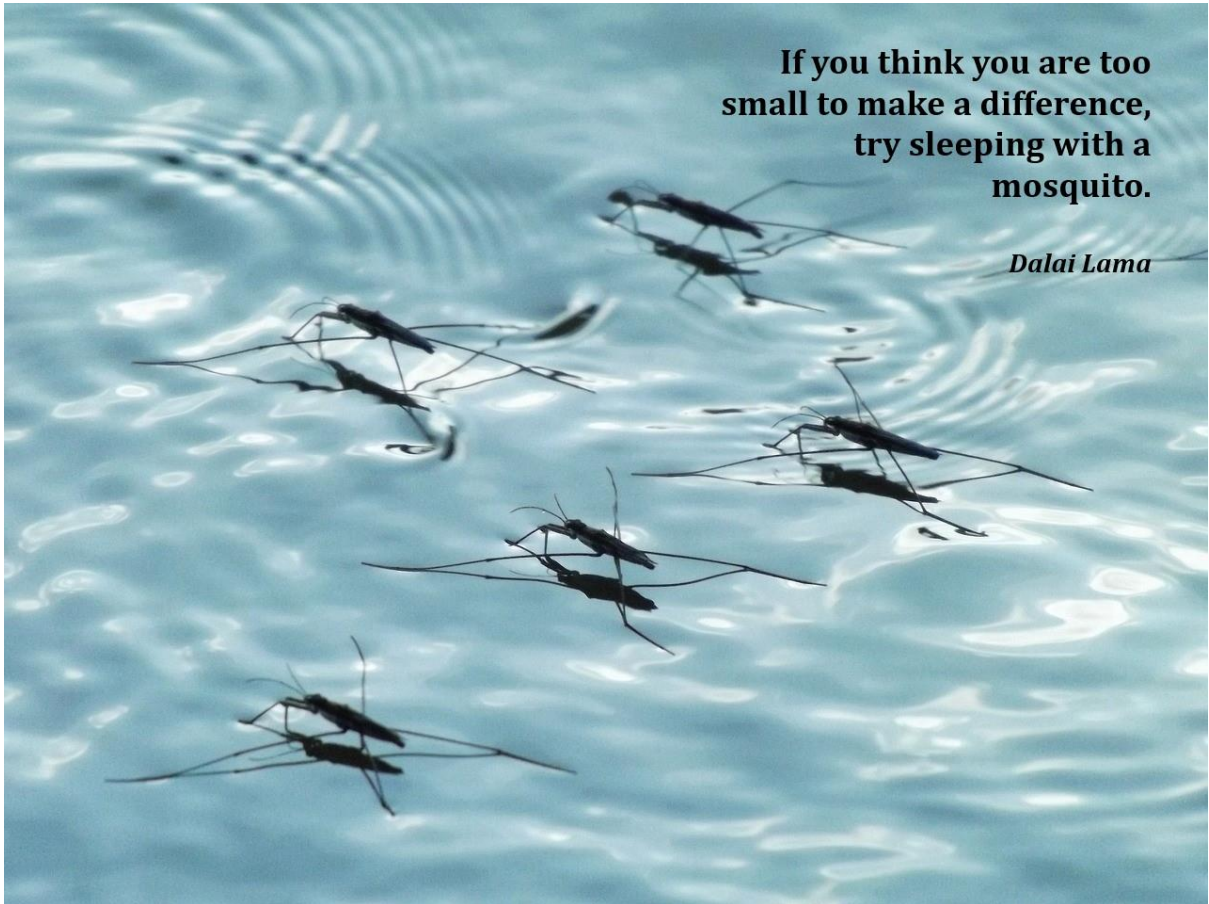




How can we  
save  
humanity  
when we  
can't save the  
animals?

*Anthony Douglas  
Williams*

August 19<sup>th</sup> – World Orangutan Day



If you think you are too  
small to make a difference,  
try sleeping with a  
mosquito.

*Dalai Lama*

August 20<sup>th</sup> – World Mosquito Day





**Terrorism is a horrible thing that is the  
great threat to civilisation on our planet.**

*Walter Issacson*

*August 21<sup>st</sup> - International Day of Remembrance and Tribute to the Victims of Terrorism*



**If almonds can  
become milk, you can  
become anything.**

*August 22<sup>nd</sup> – World Plant Milk Day*

Nobody's free until everybody's free

Fannie Lou Hamer



*August 23<sup>rd</sup> - International Day for Remembrance of the Slave Trade and its Abolition*

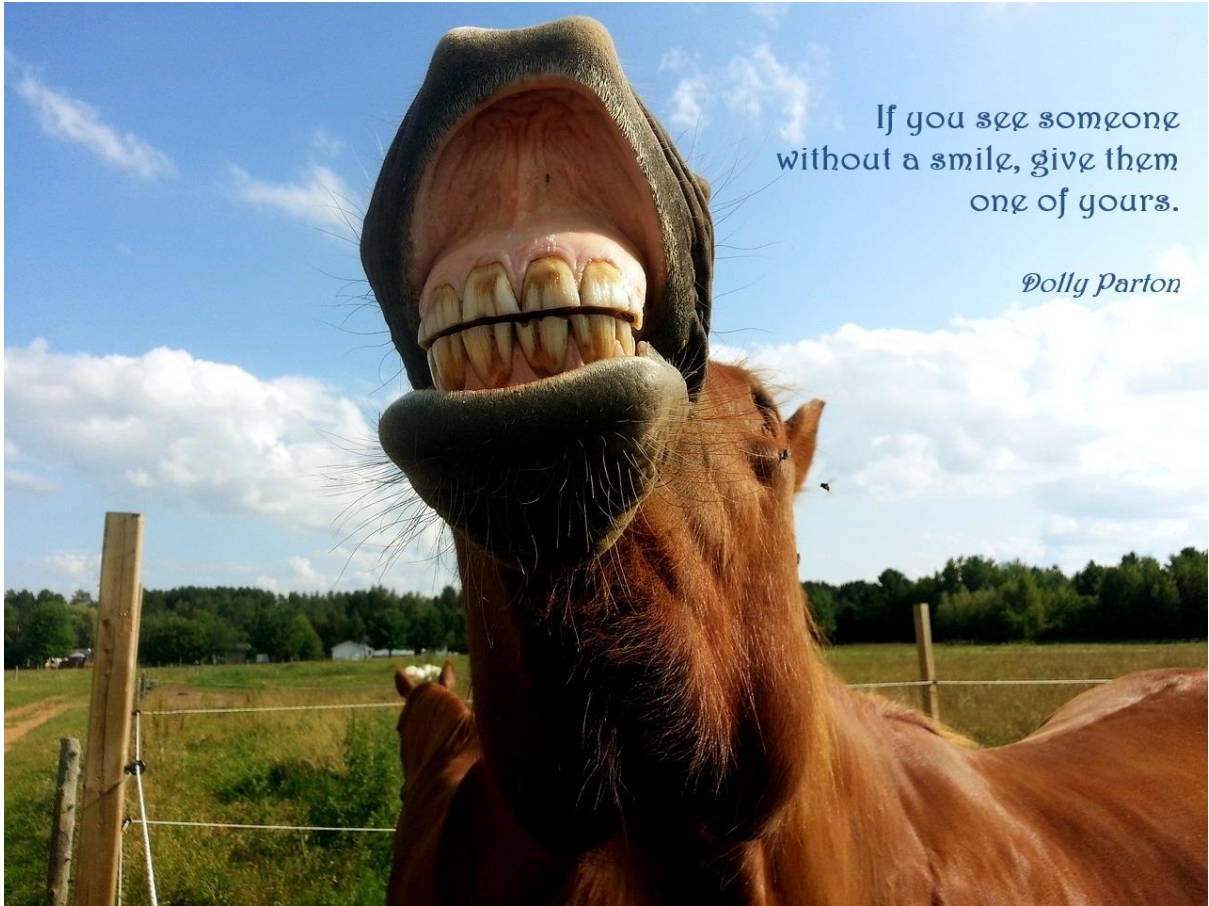
For every minute you  
are angry, you lose  
sixty seconds of  
happiness.

Ralph Waldo Emerson



*August 24<sup>th</sup>*





If you see someone  
without a smile, give them  
one of yours.

*Dolly Parton*

August 25<sup>th</sup>



No legacy is as  
rich as honesty.

*William Shakespeare*

August 26<sup>th</sup>





The bat hanging upside  
down laughs at the topsy  
turvy world

*Proverb*

August 27<sup>th</sup> – International Bat Night



The bad news is time flies.  
The good news is you're the  
pilot.

*Michael Altshuler*

August 28<sup>th</sup>



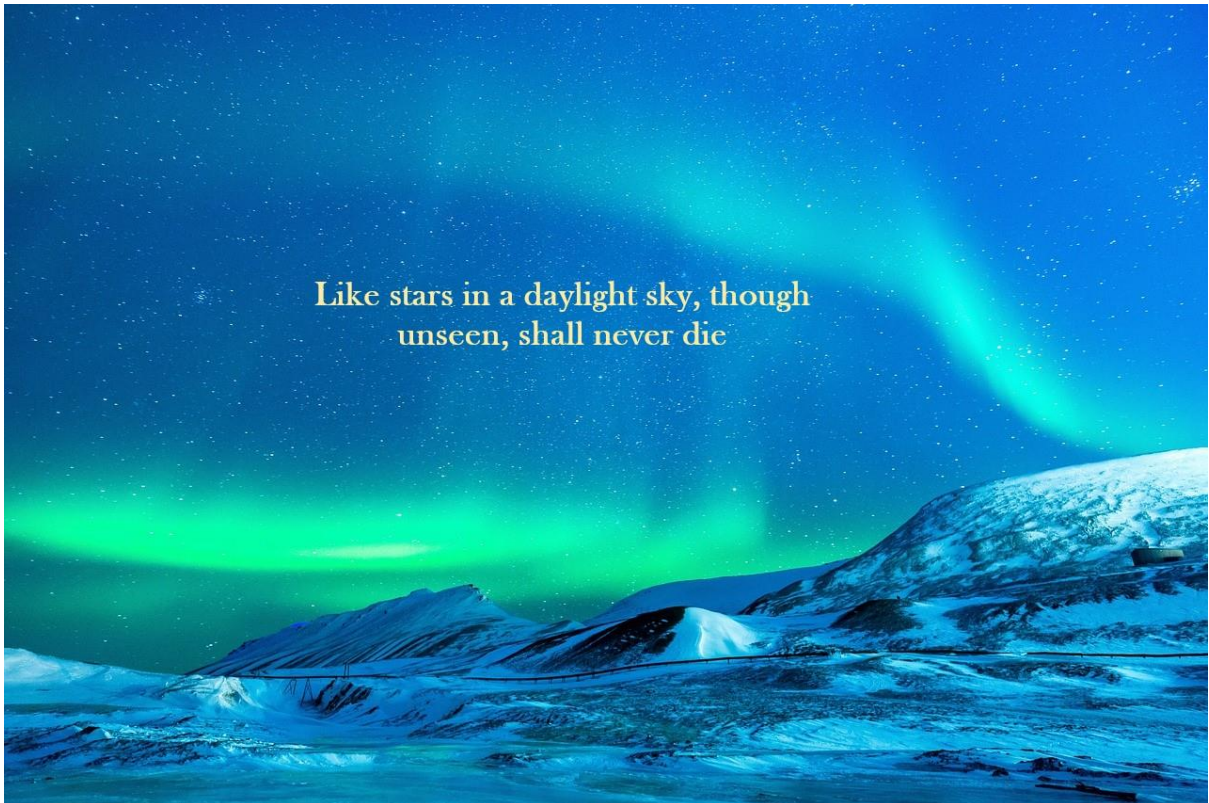
**Nuclear disarmament  
is the only sane path  
to a safer world.**

*Ban Ki-Moon*



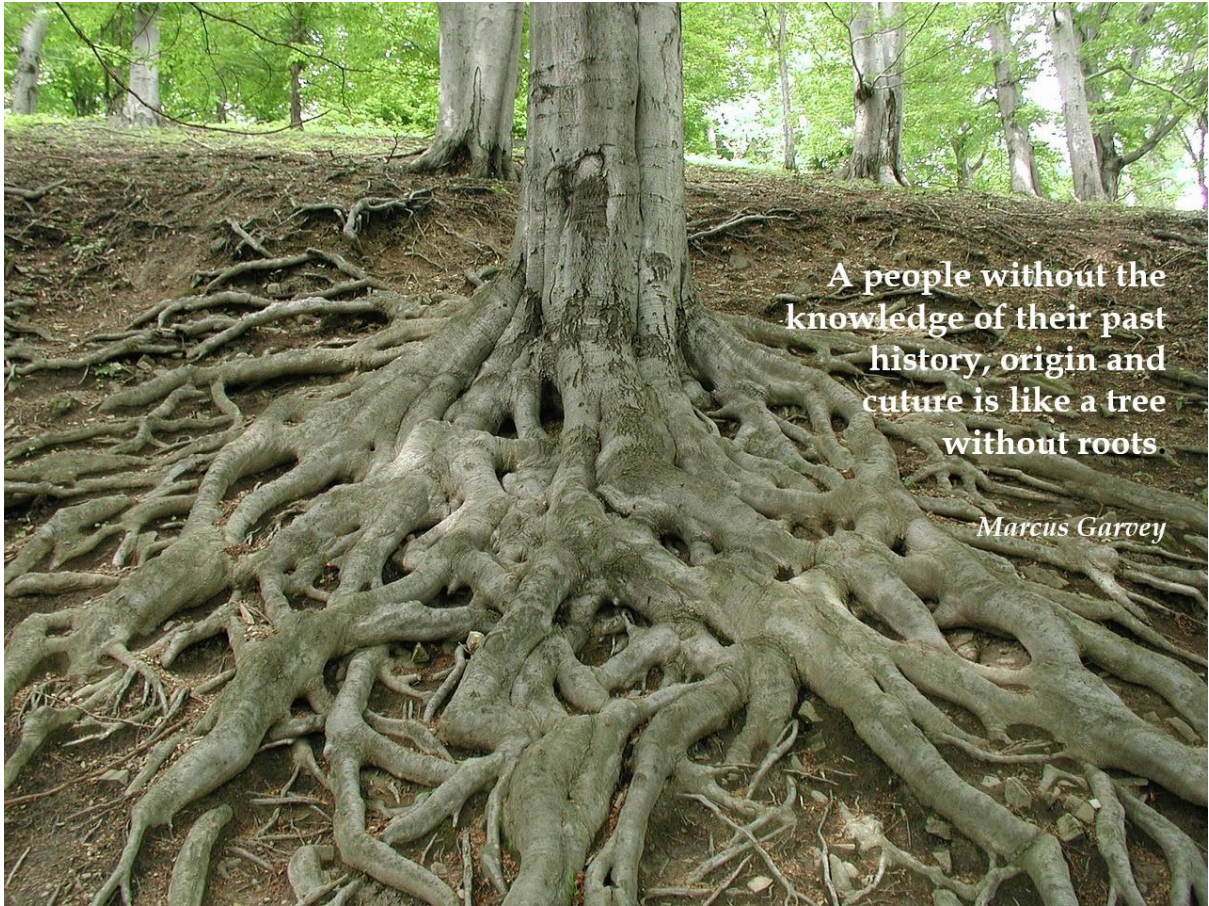
*August 29<sup>th</sup> – International Day Against Nuclear Tests*

**Like stars in a daylight sky, though  
unseen, shall never die**



*August 30<sup>th</sup> – International Day of the Victims of Enforced Disappearances*





A people without the  
knowledge of their past  
history, origin and  
culture is like a tree  
without roots.

*Marcus Garvey*

*August 31<sup>st</sup> – International Day for People of African Descent*