

**Thought For The Day – January 2025**



**Time together as a family  
is a gift.**

*Joanna Gaines*

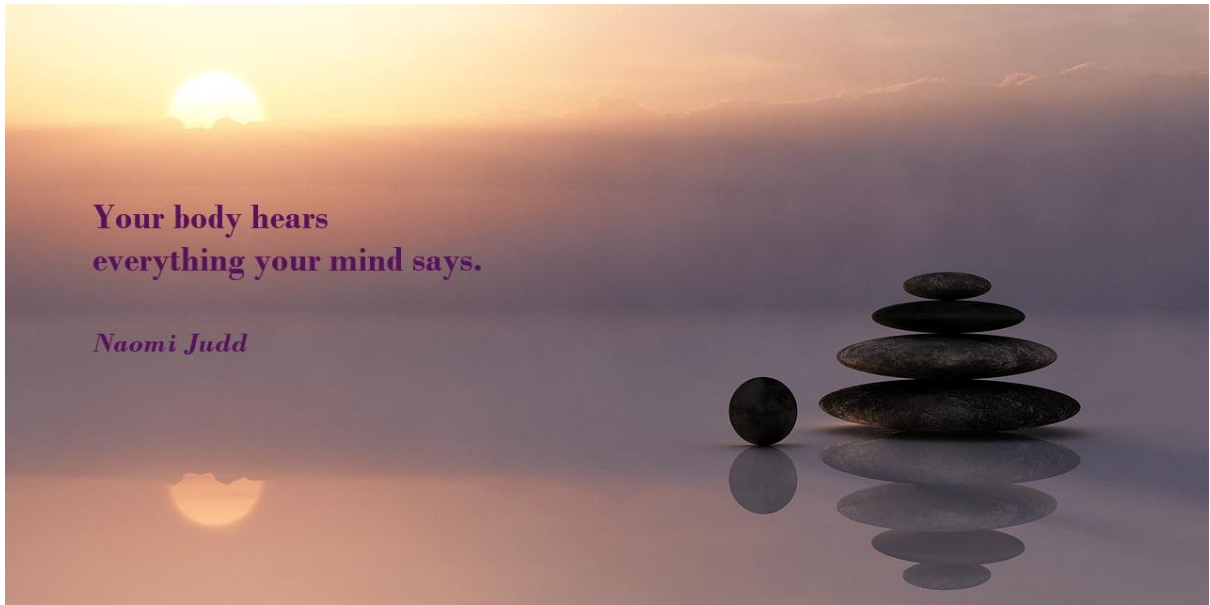
*January 1<sup>st</sup> – Global Family Day*



**Just one small positive  
thought in the morning  
can change your whole  
day.**

**Dalai Lama**

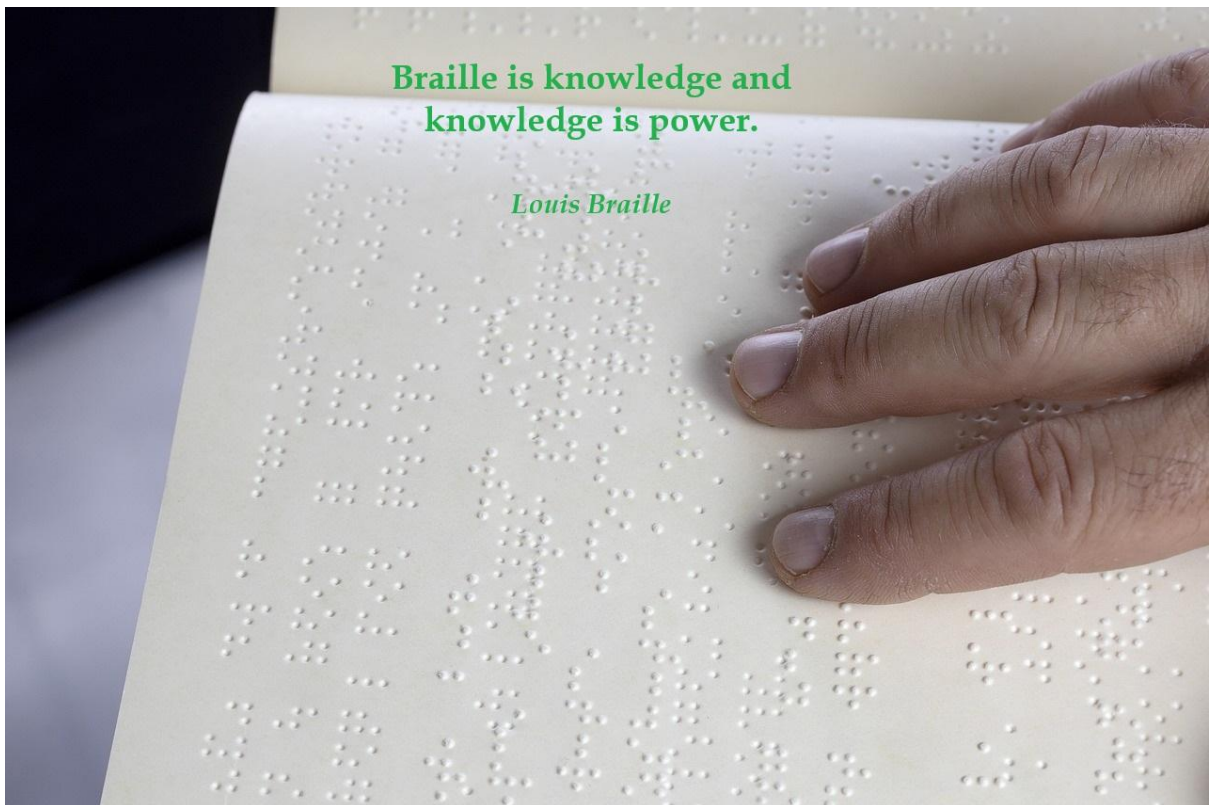
*January 2<sup>nd</sup> – Motivation and Inspiration Day*



**Your body hears  
everything your mind says.**

*Naomi Judd*

*January 3<sup>rd</sup> – International Mind-Body Wellness Day*



**Braille is knowledge and  
knowledge is power.**

*Louis Braille*

*January 4<sup>th</sup> – World Braille Day*

**A good friend is like  
a four leaf clover;  
hard to find and  
lucky to have.**

*Irish Proverb*



*January 5<sup>th</sup>*



***Take the time today to  
love yourself. You  
deserve it.***

***Avina Celeste***

*January 6<sup>th</sup> – Women's Little Christmas*



*Calmness is the cradle of power.*

*Josiah Gilbert Holland*

*January 7<sup>th</sup>*



**Today will be great! No matter how I feel I will dress up, show up and never give up!**

*Snoopy*

*January 8<sup>th</sup>*

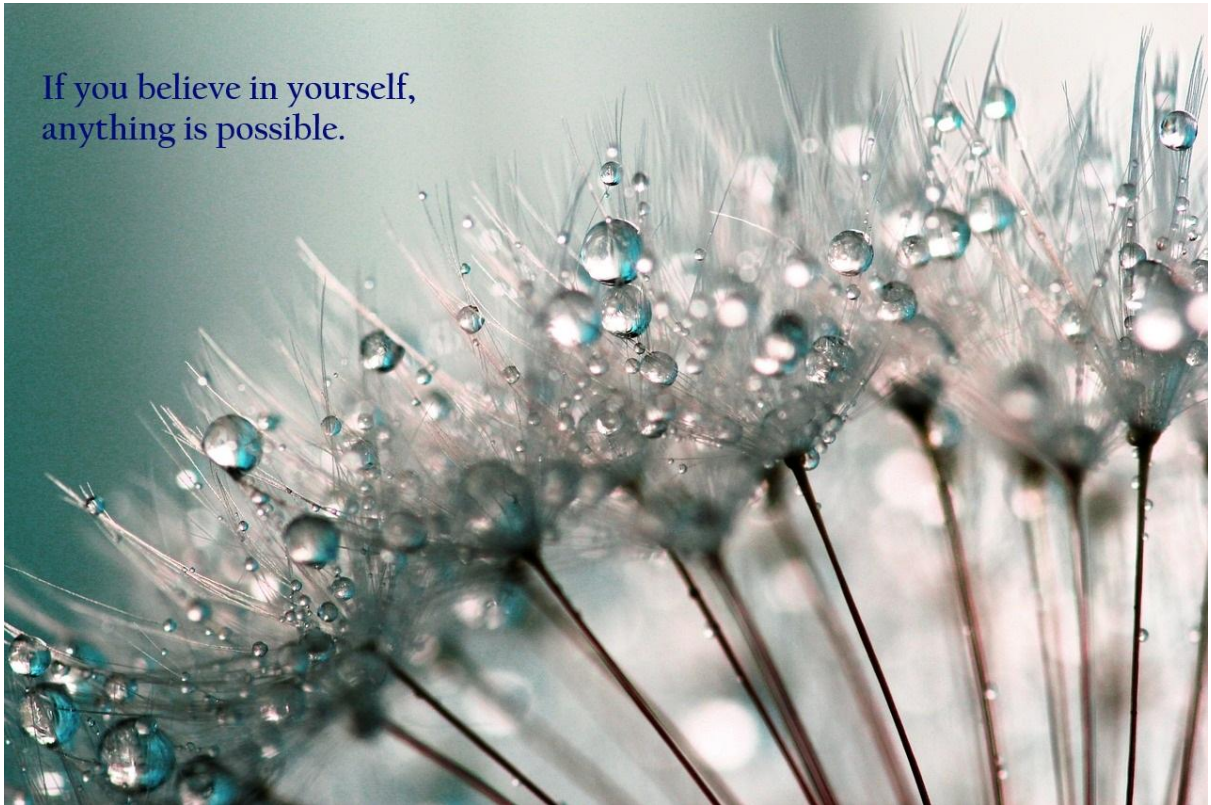
A flower blooms for its own joy

*Oscar Wilde*



*January 9<sup>th</sup>*

If you believe in yourself,  
anything is possible.

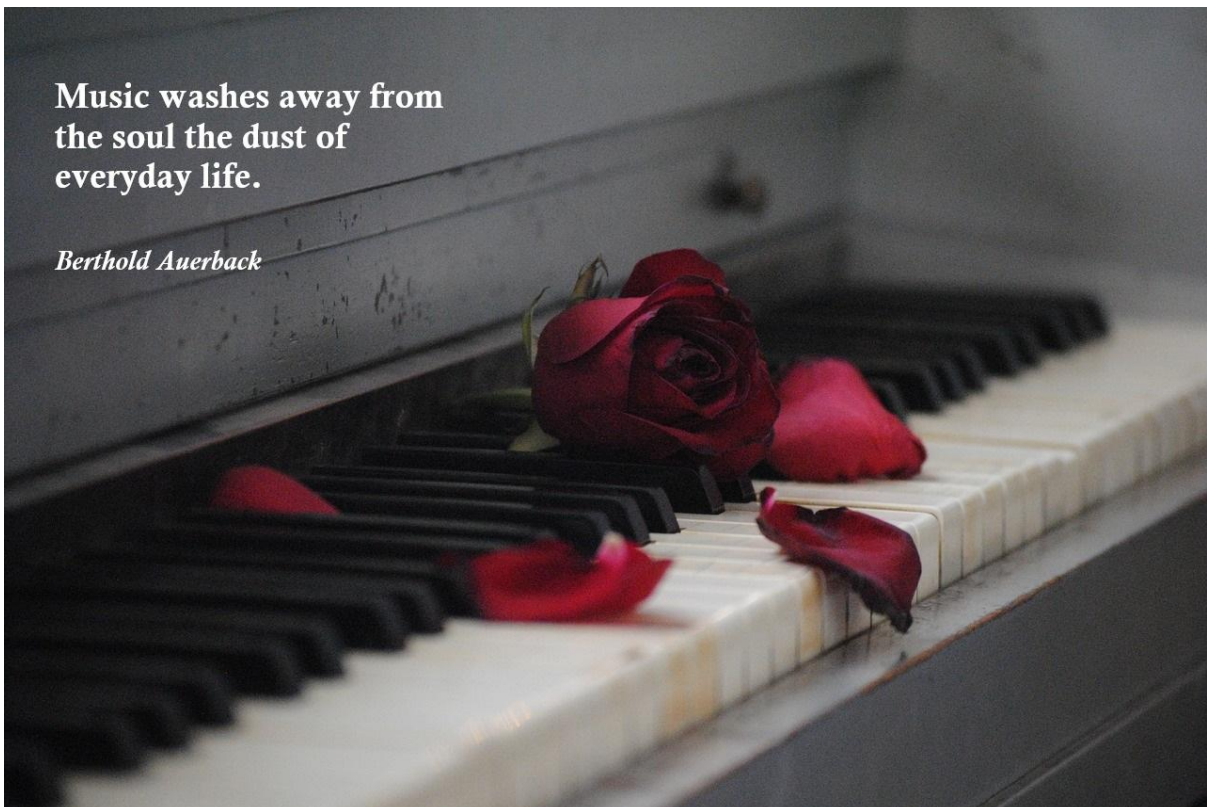


*January 10<sup>th</sup>*



**Treating others with  
fairness and dignity is  
the 'rain' that helps  
them grow and be  
fruitful.**

*January 11<sup>th</sup> – International Parity At Work Day*



**Music washes away from  
the soul the dust of  
everyday life.**

*Berthold Auerback*

*January 12<sup>th</sup>*



Faith is taking the first  
step even when you don't  
see the whole staircase.

*Martin Luther King Jr.*

*January 13<sup>th</sup>*



Kites are like people; We rise highest when  
standing together against the wind.

*January 14<sup>th</sup> – International Kite Day*

We all live with the objective of  
being happy; our lives are all  
different yet the same.

*Anne Frank*



*January 15 – Week of Prayer for Christian Unity*

Let us carry a smile in our heart to give to someone we  
meet on our journey. We are called to carry God's smile.

*Pope Francis*



*January 16<sup>th</sup>*



Perhaps the butterfly is  
proof that you can go  
through a great deal of  
darkness yet become  
something beautiful.

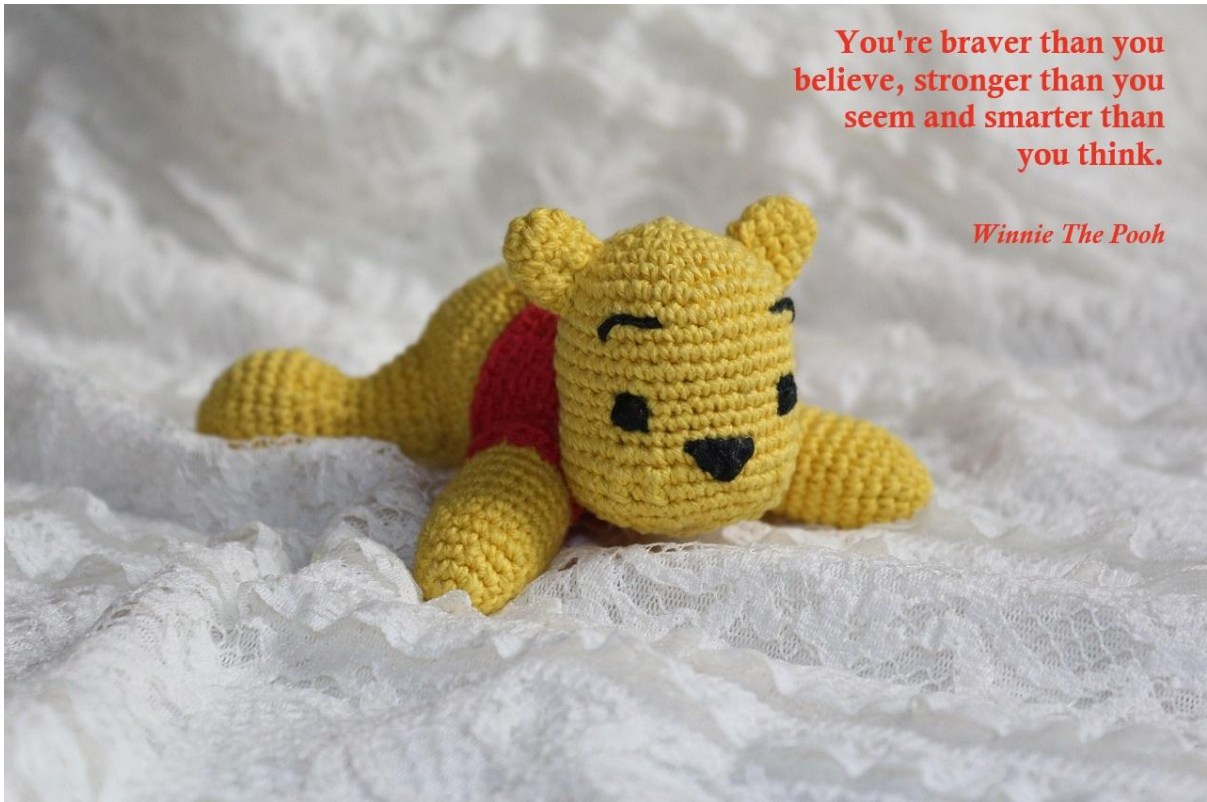
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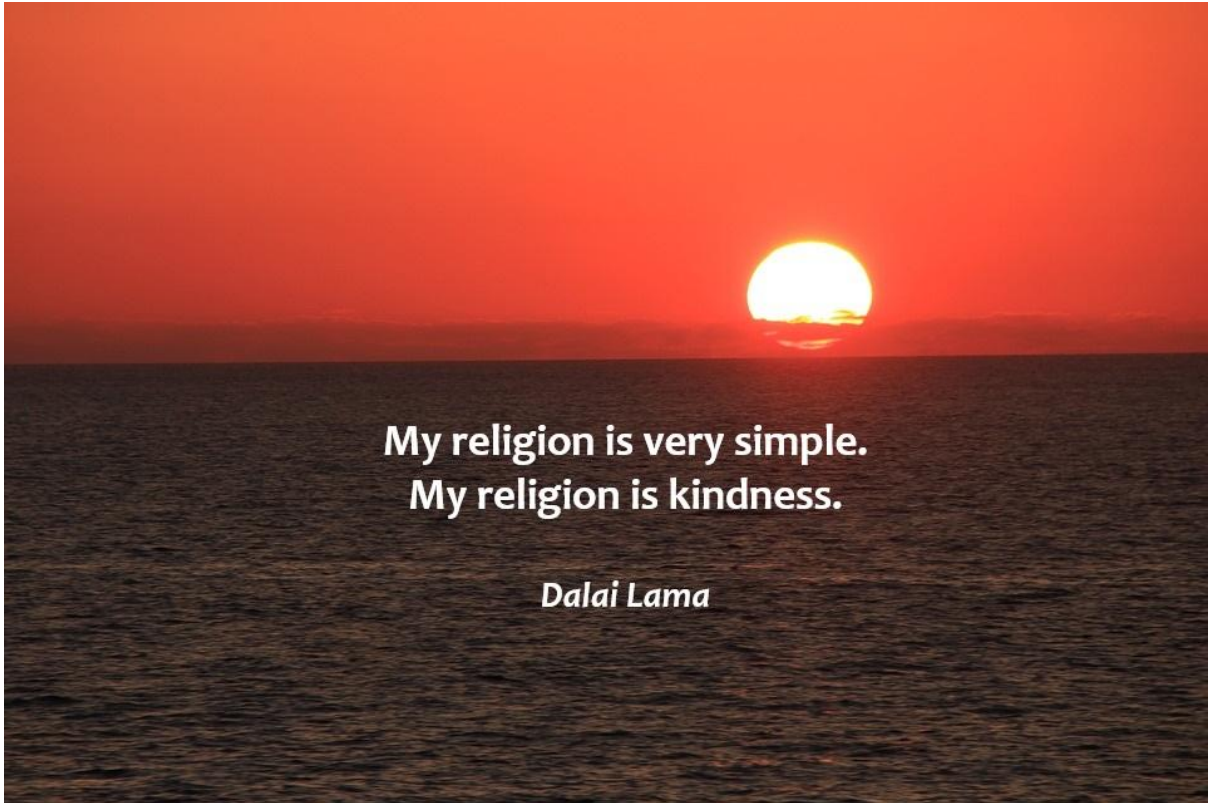
*January 17<sup>th</sup> – International We Are4 Not Broken Day*

**You're braver than you  
believe, stronger than you  
seem and smarter than  
you think.**

*Winnie The Pooh*



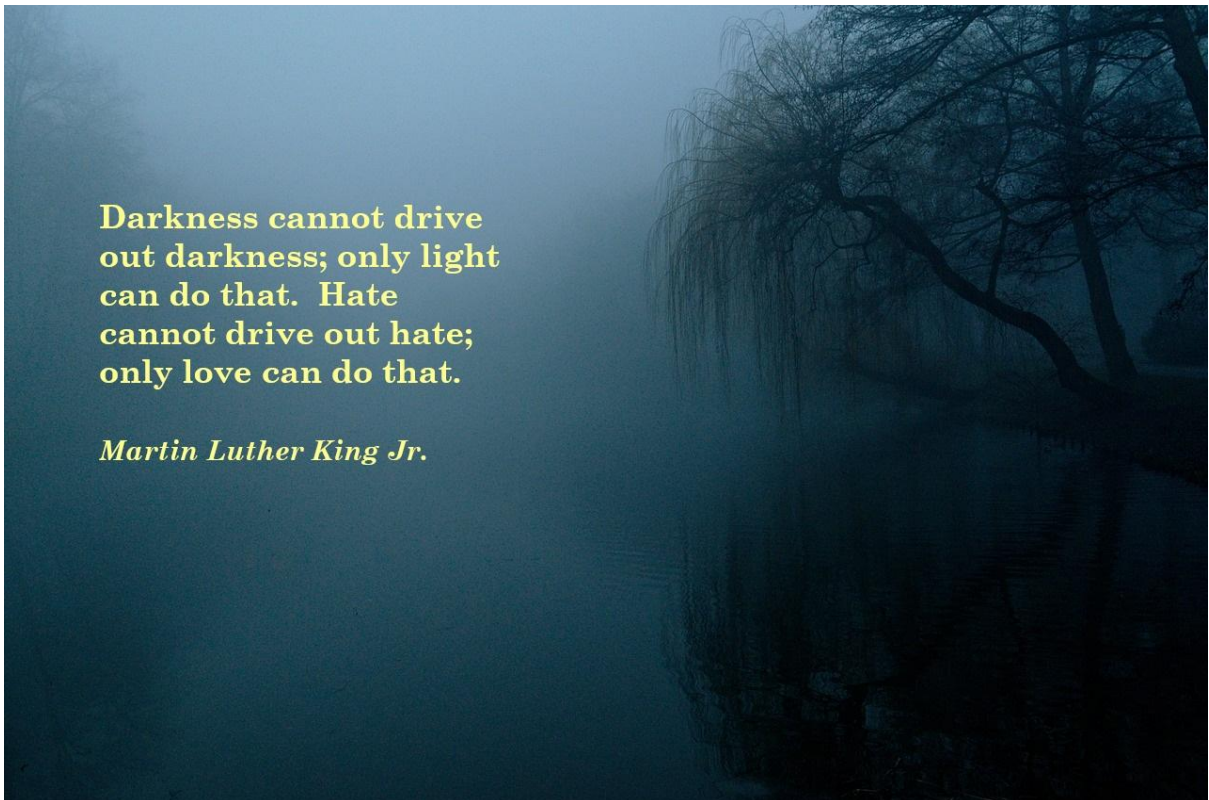
*January 18<sup>th</sup> – Winnie The Pooh Day*



**My religion is very simple.  
My religion is kindness.**

*Dalai Lama*

*January 19<sup>th</sup> – World Religion Day*



**Darkness cannot drive  
out darkness; only light  
can do that. Hate  
cannot drive out hate;  
only love can do that.**

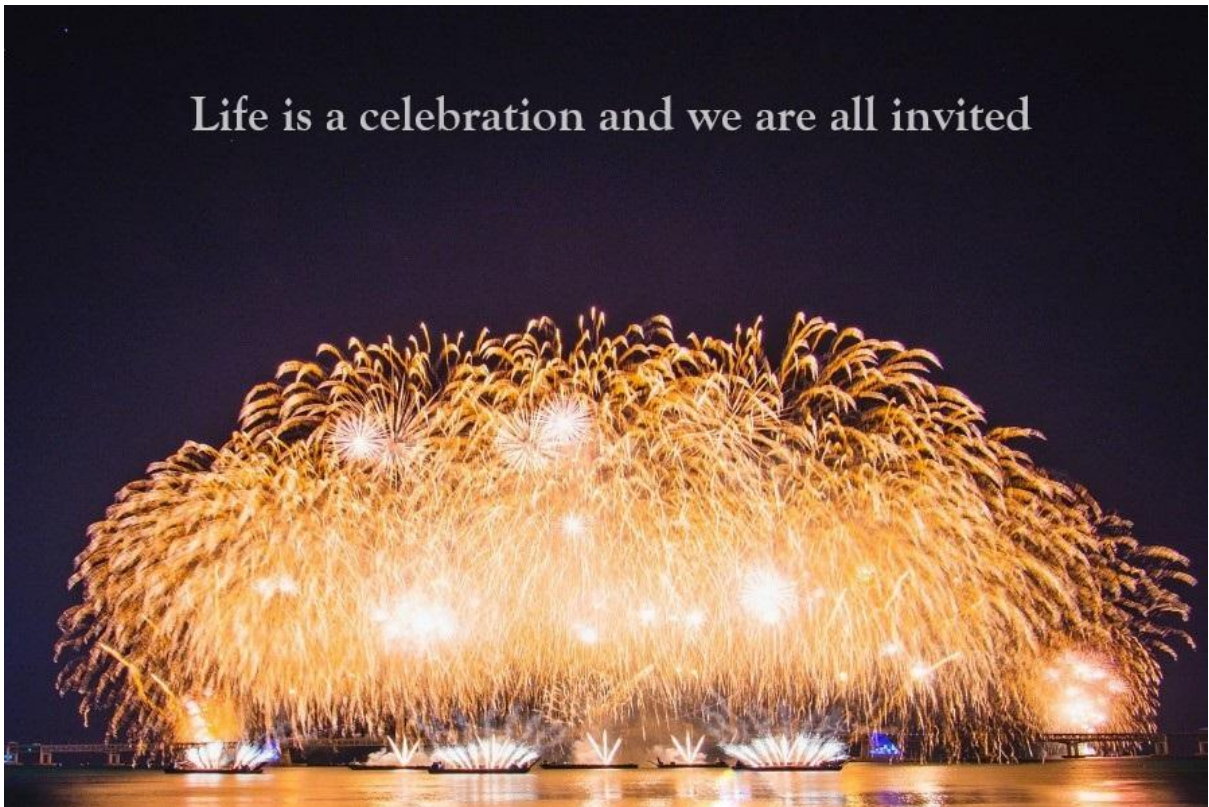
*Martin Luther King Jr.*

*January 20<sup>th</sup> – Martin Luther King Jr. Day*



It is estimated that millions  
of trees grow thanks to  
squirrels forgetting where  
they buried their nuts.

*January 21<sup>st</sup> – Squirrel Appreciation Day*



Life is a celebration and we are all invited

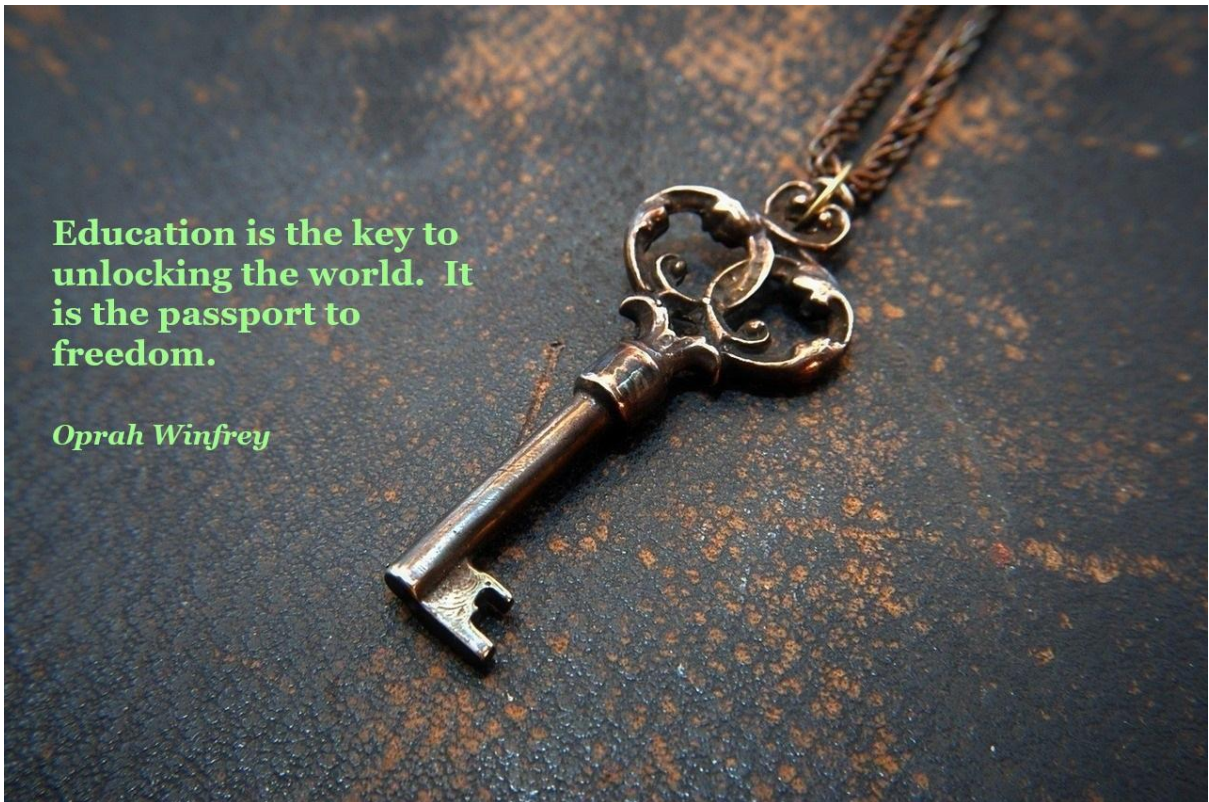
*January 22<sup>nd</sup> – Celebration of Life Day*



**Each day comes bearing its gifts. Untie the ribbon.**

*Ann Ruth Schabacker*

*January 23<sup>rd</sup>*



**Education is the key to  
unlocking the world. It  
is the passport to  
freedom.**

*Oprah Winfrey*

*January 24<sup>th</sup> – International Day of Education*



To make a difference in someone's life you don't have to be brilliant, rich, beautiful or perfect. You just have to care.

*Mandy Hale*

*January 25<sup>th</sup>*



The greatest threat to our planet is the belief that someone else will save it.

*Robert Swan*

*January 26<sup>th</sup> – International Day of Clean Energy*

**For evil to flourish, it only requires good men to do nothing**

*Simon Wiesenthal*



*January 27<sup>th</sup> – Holocaust Memorial Day*

**If you really think that the environment is less important than the economy, try holding your breath while you count your money.**

*Guy McPherson*



*January 28<sup>th</sup> – International Reduced CO2 Emissions Day*



May the Lunar New  
Year be as graceful and  
wise as the gentle snake.

*January 29<sup>th</sup> – Chinese/Lunar New Year*

Be the reason someone smiles. Be the reason someone  
feels loved and believes in the goodness of people.

*Roy T. Bennett*



*January 30<sup>th</sup>*



*January 31<sup>st</sup> – International Zebra Day*