

## 365 Days Wisdom and Values

### Happiness

1. There is no cosmetic for beauty like happiness.
2. To become praise worthy, be peaceful & happy.
3. Ever smiling face is the symbol of contentment.
4. A happy person can light up even the saddest face.
5. Show your fortune through your happy face.
6. Happiness acts as a powerful tonic to mind & body.
7. Be a detached observer to remain cheerful.
8. Be happy & make others happy to gain blessings.
9. Worry is death, happiness is life.
10. To give happiness is a great act of charity.
11. Happiness is richness, anxiety is sickness.
12. Happiness is the essence of life.
13. Courage is the king of virtues, happiness is the queen.
14. Sweetness & cheerfulness are invaluable treasures.
15. The one who remains happy will be loved by all.
16. Contentment in life leads to happiness.
17. One who is free from worries will enjoy life as a carefree king.
18. Happiness removes laziness in life.
19. Innocent smile is a gift of God & breath of life.
20. Self control is the master key of happiness.
21. Quality of thoughts reflects the extent of happiness.
22. Goodwill & good wishes enhance the treasure of happiness.
23. Remain in the present to be pleasant.
24. To become a lucky soul, remain happy & make others happy.

25. Let God be your companion to enjoy life.
26. Happiness in the face is like a display on a notice board.
27. Happiness is lost due to hatred, be friendly & loving.
28. There is great happiness in understanding life.
29. To have balance in all situations is the key to happiness.
30. Resolve to be always happy, you will never cry.
31. Congratulate self & others on remaining always cheerful.

### **Responsibility**

32. Manage time & resources responsibly for optimum benefit.
33. The base of responsibility is to honestly fulfill the duty.
34. Moral responsibility is to accept what is required.
35. Moral responsibility is to honor established social values.
36. Moral responsibility is to behave conscientiously.
37. Moral responsibility is to do the best of ones ability.
38. Personal responsibility involves commitment and cooperation.
39. Justice & humaneness facilitate social & global responsibility.
40. Sense of responsibility ensures benefit to all.
41. Responsible people stay neutral & flexible in all kinds of roles.
42. Responsibility uses humility to overcome obstacles of ego.

43. Hold responsibility with instrumentality to be happy.
44. Responsible people work with understanding.
45. Sense of responsibility makes situations cooperative.
46. Responsible people will not be egoistic.
47. Responsibility is a thorn for idlers, crown for effort makers.
48. Rights & responsibilities go together.
49. Wear the crown of responsibility to be a shining star.
50. Maturity lies in accepting responsibility.
51. Success of responsibility lies in the virtue of humility.
52. We are solely responsible for our good and bad in life.
53. Responsibility lies in commitment & tireless efforts.
54. Our present is the result of our past actions.
55. Responsibility provides leadership qualities.
56. Positive thought, key to successful discharge of responsibility.
57. Mercy & forgiveness – prime responsibility of humaneness.
58. In this world drama of life act with responsibility.
59. While discharging responsibility be instrumental & light.
60. One who takes up responsibilities deserves blessings.
61. Responsibility is an opportunity to grow.
62. Responsible person enjoys efforts, the result is always success.

### **Humility**

63. Keep humility as your armour & experience protection.
64. Humility is the root of self esteem.

65. A word of humility has the significance of thousand words.
66. One who can adjust with humility possesses greatness.
67. Humility draws one into a mode of silent reflection.
68. Humility gives time to look at life from different perspectives.
69. Humility is the recognition of trusteeship.
70. Humility is to let go & let be.
71. Be humble but not a slave.
72. Humility eliminates possessiveness & narrow vision.
73. Everyone 'bows down when one has the virtue of humility.
74. Humility enables one to become flexible & adaptable.
75. Humble person listens to and respects others.
76. Success in service comes from humility.
77. Greater the humility, higher the achievement.
78. Collective humility ensures social welfare.
79. A humble person is able to function in all environments.
80. Presence of a humble person creates comfort.
81. Humility is the best of manners that has essence & power.
82. Just a few words in humility diffuses anger.
83. Wear the costume of humility to receive love & cooperation.
84. Even after victory great men remain humble.
85. True servers are those who are constructive & humble.
86. Humble person seeks no praise.
87. Humility is born of wisdom & strength.
88. Humility is not weakness, but as strong as a diamond.
89. Humility is a guide that takes us forward.

90. Humility is the base for all pleasant things to happen.
91. Every creative task needs humility.
92. Humble person is always hopeful & helpful.

## **Simplicity**

93. Simplicity is the hallmark of greatness.
94. Simplicity makes any work simple.
95. Be simple, be sample.
96. Simplicity is beautiful like a full moon.
97. Great people are always simple.
98. Simplicity combines sweetness & wisdom.
99. Simplicity will not waste thoughts.
100. Simplicity is the plainness of mind & intellect.
101. One who is simple will attract others.
102. One who is simple will not boast of achievements.
103. One who is simple is free from strenuous thinking.
104. One who is simple is devoid of ego.
105. Simplicity gives freedom from intense material desires.
106. Simplicity is being the innocent child & wise master.
107. Simplicity is being closer to truth.
108. One who is simple enjoys close relationship with nature.
109. Simplicity makes everyone feel at home & friendly.
110. One should be simple, but not stupid.
111. Simplicity triggers generosity.
112. Simplicity is synonymous with economy.
113. Simplicity is recognizing the value of others.
114. Simplicity is appreciating the beauty of nature.
115. Simplicity is the backbone of prosperity.

116. Simplicity is as open as the sky.
117. Simplicity decreases gap between haves & have nots.
118. Simplicity is the mother of sacrifice.
119. True affection can not be gained without simplicity.
120. Simplicity & truthfulness act as fragrance in life.
121. Simple food & great thoughts make up healthy body & mind.
122. Simplicity is application of divine virtues in life.
123. Simplicity is the result of many stages of learning in life.

### **Honesty**

124. Honesty is to speak what you really think.
125. Purity in life is the seed of honesty.
126. Honesty is never to misuse that which is given in trust.
127. Honesty is the awareness of what is right & appropriate.
128. Honesty removes confusion & mistrust in mind.
129. Honesty is to match words with deeds.
130. Honesty portrays clarity in actions.
131. One who is honest will be an example to others.
132. Honesty means freedom from falsehood.
133. Honesty is as distinct as a flawless diamond.
134. Honesty is natural, which is always heartening & elegant.
135. Honesty ensures strength & stability.
136. Honesty induces faith in others.
137. Honesty acts as the stain remover.
138. The boat of truth may rock, but will never sink.
139. Honesty makes one trustworthy.

140. When there is honesty & cleanliness there is closeness.
141. Progress comes through honesty in words & deeds.
142. One who follows the highest code of conduct is honest.
143. Honest person can not misuse, abuse wealth or resources.
144. One who is honest will always feel light & tension free.
145. To be happy serve with honesty.
146. Honesty gives strength & self confidence.
147. Live with honesty to learn different phases of truth.
148. A lie will force to tell series of lies, hence speak only the truth.
149. If I am honest in my dealings, I never experience fear.
150. An honest individual satisfies self & others.
151. Easiness & flexibility in ones nature reveals honesty.
152. An individual will be identified by his actions not by words.
153. Time will reveal the truth, no need to prove.

### **Cooperation**

154. With compassion & cooperation every action ends in service.
155. One who cooperates receives cooperation.
156. Cooperation spreads vibrations of goodwill.
157. Cooperation ensures equanimity & empowerment.
158. Cooperation ensures easiness & enthusiasm.
159. Cooperation is like a safety belt.
160. Cooperation is mutual benefit in human interactions.

161. Cooperation is sustained by mutual respect.
162. Cooperation is possible when there is easiness.
163. Cooperation is everyone's responsibility.
164. Subtle cooperation is pure feelings.
165. We can scale mountains of success through cooperation.
166. Positive thoughts automatically create feelings of cooperation.
167. Call of time is to lend a finger of cooperation.
168. One who removes the block of non-cooperation is cooperative.
169. Friendliness among nations ends in international cooperation.
170. You will be valued in a company by your cooperation.
171. Being cooperative does not mean becoming a slave.
172. He who cooperates with every one is loved by all.
173. Take one step get thousand steps cooperation from God.
174. By helping others, you will be helping yourself.
175. Being benevolent is being free from selfishness.
176. Real cooperation is in giving peace & happiness to all.
177. Ethics & moral values form the foundation of cooperation.
178. Unmindful of either good or bad, repay in love & cooperation.
179. Spreading rays of hope in disappointed lives is cooperation.
180. Elevate yourself with gift of blessings by being cooperative.
181. Be a trustee to get cooperation.



182. Cooperation is the element of success in group activities.
183. Make weak ones stronger with power of zeal & enthusiasm.
184. A prosperous world is the consequence of all round cooperation.

### **Knowledge**

185. Determination garlands success in your neck.
186. Virtues are the imperishable wealth of a person.
187. Each second can be the last second, do not waste any second.
188. Don't wait, do right, right now.
189. Good feelings wash away unpleasant reactions.
190. Don't go by the looks, go by the qualities.
191. Practice, then preach.
192. Failures are not failures but learning experiences.
193. Learn from past, use the present, hope best for the future.
194. Good frame of mind creates good environment.
195. Avoid harsh words to avoid becoming harsh.
196. One who has noble thoughts & deeds is a great person.
197. The true religion is possessing divine virtues.
198. Good deeds turn out to be close friends when in distress.
199. Those who pick up virtues are virtuous.
200. Echo of deeds is louder than words.
201. If you save time, time will save you.
202. Self-confidence is the greatest power.
203. Our own thoughts are responsible for our rise & fall.

204. One who is not egoistic of his attributes is wise.
205. Think before thinking what you want to think.
206. Wisdom lies in avoiding waste.
207. Adversities are lessons to mend our ways.
208. True victory means complete control over sense organs.
209. Loveful relationship with God results in multiple attainments.
210. Have attention to dissolve tension.
211. A knowledgeable person is a beacon of light for others.
212. Foul literature pollutes, pure literature purifies the mind.
213. Experience is the best teacher.
214. Change yourself, world will change.
215. Inner core of all human beings is virtuous.

## **Respect**

216. In all aspects keep giving respect.
217. Respect is an acknowledgement of inherent worth.
218. Understand self worth & honour the worth of others.
219. Self-respect is based on awareness of self as a spiritual being.
220. With self-realization one experiences true self respect.
221. The beginning of all weakness is the absence of self-respect.
222. One loses respect by falling victim to desires.
223. Humility & self respect enables selfless service.
224. Respect others ideas to empower the group.
225. One who has self respect will never insult others.
226. Everyone respects those who shun vices.

227. Without self respect, one will be under other's influence.
228. Right actions with courage earns the respect of others.
229. The moment I insult others, I lose the respect of others.
230. Real respect generates the ability to understand others.
231. Be in the seat of self respect, the best of others will come forth.
232. Self respect makes us virtuous & great.
233. Self Respect generates freedom.
234. Shower good wishes on those who disrespect you.
235. Self respect is measured in terms of respect given to others.
236. Fortunate is the one who admires others.
237. Love for God & self-respect enables one to respect others.
238. One who hides truth can not become a respectable person.
239. Respect always gains cooperation from others.
240. Disrespect is the result of ego, respect is the result of humility.
241. Self respect dislikes power & authority by unlawful means.
242. Real respect comes from the depth of heart.
243. Mutual respect weaves a web of understanding.
244. Respect promotes freedom.

## **Peace**

245. Peace brings truthfulness in interactions.
246. Understand reality to experience peace & happiness.

247. Condition your mind to remain cool & calm in all situations.
248. Avoid waste & negative thoughts to remain peaceful.
249. Anger – weapon of the ignorant, Peace – weapon of the wise.
250. To experience peace stop looking at the weakness of others.
251. Mental clarity & cleanliness ensure peace of mind.
252. Power of silence increases efficiency in work.
253. Anger, the root of all illness- Peace, the remedy for all illness.
254. Peaceful person is liked by everyone.
255. Experience God's blessings in calm mind & sweet tongue.
256. Peace gives rest to mind & body.
257. Spreading rays of peace in a peaceless life is real service.
258. Be the magnet of peace to soothe peaceless hearts.
259. Selfless attitude is the result of being peaceful.
260. Be free from perishable desires to experience peace.
261. Improve your power of concentration to remain peaceful.
262. Control your mind positively to experience peace.
263. Broaden your mind to remain free from mental disturbances.
264. Improve power of judgement to remain free from confusion.
265. Fearlessness & cheerfulness lead to peacefulness.
266. Spread peace by becoming the messenger of peace.
267. Peace in you will generate peace in others.
268. To be peaceful is to be free from expectations.

269. The less you are in doubt, the more you are at peace.
270. In silence you can let bad feelings & sorrows dissolve.
271. Anger makes you devilish, peace makes you divine.
272. Where there is righteousness, there is peace.
273. Peace is natural nature, can not be enforced.
274. Peace is not passive attitude, it is active attitude.
275. Peace is the ornament of an illumined soul.

## Unity

276. Unity is built on a shared vision for a common good cause.
277. Unity is harmony within and among individuals in a group.
278. Unity is being loyal to the group and also to the assigned task.
279. Unity makes even the biggest tasks easy.
280. The stability of unity comes from the spirit of equality.
281. The greatness of unity is respect for everyone.
282. Unity creates the experience of cooperation.
283. Unity increases zeal & enthusiasm for the task.
284. Unity makes the atmosphere powerful & ennobling.
285. Accept & appreciate the value of each unit to ensure unity.
286. Disrespect breaks unity, respect creates unity.
287. Ego & inferiority create disharmony, humility creates unity.
288. Basic need for unity is a sense of belongingness.
289. Unity sustains by unified thought & concentrated energy.

290. Unity in diversity is the indication of a progressive society.
291. Unity is based on universal brotherhood.
292. Keep up promises to maintain unity.
293. Maintain unity by adjusting with others.
294. Selfishness breaks unity, generosity builds unity.
295. Pleasant nature in human beings forms a beautiful world.
296. Unity creates harmony in life.
297. Unity is the priority for the very existence of humankind.
298. Unity & concentration lead to achievement & success.
299. A generous heart is the foundation of unity.
300. Unity protects nation's security.
301. Unity offloads burdens of sorts.
302. Avoid "I"ness to remain united.
303. Unity ensures stability in the face of disaster.
304. Unity is the balm of life.
305. Unity shares joys & sorrows.

## **Love**

306. He who loves truth is loved by God.
307. True love is based on understanding rather than emotions.
308. There is no difficulty when heart is big, filled with love.
309. Have love for everyone to succeed in everything you do.
310. Intense love for God decorated life.
311. Sweetness of speech brings love for all.

312. When all situations in life must be faced, why not face with love?
313. Balance in love & law leads to perfection in life.
314. Thoughts of love & good wishes cure sorrows.
315. Love of God makes you love humankind.
316. Love is universal, it has no limits.
317. Have equal love for all & experience a life of equanimity.
318. Do not expect love & attention, give it instead.
319. Love has the ability to create kindness in crudeness.
320. Love is the principle which sustains human relations.
321. Love is the catalyst for change, development & achievement.
322. Love based on wisdom is real love.
323. Watch the secrets of life to discover true love.
324. Coolness of love transforms negative feelings to positive.
325. True love creates willingness to correct ones own defects.
326. Selfless love leads to peacefulness.
327. Love & cheerfulness act as a first aid.
328. Ignite the lamp of love to drive away darkness of hatred.
329. Love has the ability to soothen the hurt.
330. In jealousy, loved ones become enemies. Be friendly.
331. Pure love is a great power.
332. One drop of true love can convert bitter world into better one.
333. Spiritual love has the power to unite, guide & free people.

334. Loving vision, attitude and actions transform the world.
335. To create a world of truth spiritual love is required.
336. Intense love for God liberates us from attachments.

## **Tolerance**

337. Tolerance is a tree providing shadow even to the woodcutter.
338. Family is the first class room to learn tolerance.
339. Tolerance removes the tension created by ignorance.
340. Great men of yore were great due to the quality of tolerance.
341. The aim of tolerance is peaceful co-existence.
342. Tolerance recognizes individuality and diversity.
343. Understanding and open mindedness enhance tolerance.
344. The seed of tolerance is love sown with compassion & care.
345. Power of tolerance is a shield of protection.
346. Tolerance develops ability to accommodate problems.
347. Tolerance is the ability to understand others.
348. Ignorance is root of intolerance, be fearless & courageous.
349. Tolerance can face mountainous problems with ease.
350. Tolerance is inner strength.
351. The tolerant takes into consideration the uniqueness of all.
352. Tolerance is not cowardice but bravery.
353. Courage, tolerance & faith lead to succes.



354. Strengthen your mind to not get affected by circumstances.
355. Be tolerant to enjoy life in all situations.
356. Practice of tolerance is a good habit.
357. Flexible nature is the foundation of tolerance.
358. Tolerance means forgive & forget others mistakes.
359. Tolerance acts like an air conditioner in life.
360. Don't become a problem, be a solution.
361. Endure the situation with love, not by force.
362. To be truthful in life, be tolerant.
363. Tolerance is a tool to achieve our aim.
364. Transforming a curse into blessing to tolerance.
365. Tolerance lies in tireless efforts.
366. The one who can mould himself is real gold.