

## HANDOUT

## Quotes About Goals and Your “Why”

“If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes.”

— Andrew Carnegie

“The tragedy of life doesn’t lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn’t a calamity to die with dreams unfulfilled, but it is a calamity not to dream.”

— Benjamin Mays

“He who has a *why* to live for can bear almost any *how*.”

— Friedrich Nietzsche

### Reflection Questions

Choose a quote that resonates with them and spend a few minutes responding to the following questions:

1. What do you think this quote means?
2. Why does the quote resonate with you?
3. To what extent do you agree or disagree with the quote.