

Five things to tell yourself when you want to give up

Sometimes life gets you down. How do you keep going when the going gets tough? Try telling yourself one (or all) of these five phrases:

"Life is tough, my darling, but so are you."

- Stephanie Bennet-Henry¹



"It always seems impossible until it's done."

- Nelson Mandela¹



"If there is no struggle, there is no progress."

- Frederick Douglass²



"You can't give up! If you give up, you're like everybody else."

- Chris Evert⁴



"You never fail until you stop trying."

- Albert Einstein³



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¹ Nolan, Shannon. 15 Quotes to Get You Through a Stressful Day. The Odyssey. Accessed August 2017.

² Frederick Douglass Quotable Quote. Goodreads. Accessed August 2017.

³ Albert Einstein Quotable Quote. Goodreads. Accessed August 2017.

⁴ Chris Evert Quotes. BrainyQuote. Accessed August 2017.