

## The Wisdom of Fred Rogers

"Often when you think you're at the end of something, you're *actually* at the beginning of something else."

"When we love a person, we accept him or her exactly as is: the lovely with the unlovely, the strong with the fearful, the true mixed in with the façade, and of course, the only way we can do it is by accepting ourselves that way."

"All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors—in our own way, each one of us is a giver and a receiver."

"Love isn't a state of perfect caring. It is an active noun like 'struggle.' To love someone is to *aspire* to accept that person exactly the way he or she is, right here and now."

"Everyone longs to be loved. And the greatest thing we can do is to let people know that they are loved and capable of loving."

"Imagine what our real neighborhoods would be like if each of us offered, as a matter of course, just one kind word to another person."

"We all have different gifts, so we all have different ways of saying to the world who we are."

"The thing I remember best about successful people I've met all through the years is their obvious delight in what they're doing and it seems to have very little to do with worldly success. They just love what they're doing, and they love it in front of others."

"I don't think anyone can grow unless he's loved exactly as he is now, appreciated for what he is rather than what he will be."

"Imagining something may be the first step in making it happen, but it takes the real time and real efforts of real people to learn things, make things, turn thoughts into deeds or visions into inventions."

"It's not the honors and the prizes and the fancy outsides of life which ultimately nourish our souls. It's the knowing that we can be trusted, that we never have to fear the truth, that the bedrock of our very being is good stuff."