

BE A HERO FOR A BETTER WORLD



"If we were logical, the future would be bleak indeed. But we are more than logical. We are human beings, and we have faith, and we have hope and we can work."
— Jacques Cousteau

Do One Thing for a Better World

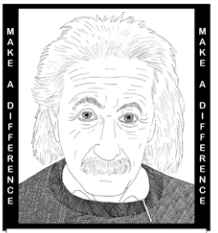
BE A HERO FOR A BETTER WORLD



"An act of love, a voluntary taking on oneself of some of the pain of the world, increases the courage and love and hope of all."
— Dorothy Day

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"Learns from yesterday, live for today, hope for tomorrow. The important thing is to not stop questioning."
— Albert Einstein

Do One Thing for a Better World

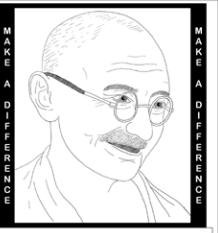
BE A HERO FOR A BETTER WORLD



"When there is discord may we bring harmony, when there is error, may we bring truth. Where there is doubt, may we bring faith. Where there is despair, may we bring hope."
— Saint Francis of Assisi

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty."
— Mahatma K. Gandhi

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"We should not let our fears hold us back from pursuing our hopes."
— John Fitzgerald Kennedy

Do One Thing for a Better World

Better World Quotes

HOPE

...make a difference...

Do One Thing for a Better World.

Together We Make a World of Difference!

© The Emily Fund
Distribute freely - no endorsement implied

DoOneThing.org - EmilyFund.org

BE A HERO FOR A BETTER WORLD



"If you lose hope, sometimes you lose the ability that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And, for today I still have a dream."
— Martin Luther King Jr.

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"I don't believe in people just hoping. We work for what we want. I always say that one has no right to hope without endeavor."
— Amy Siskind

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"Honest hope has an edge. It's messy. It requires that we let go of all pet aversions, all procedural certainties, all certainties that our path will be smooth. It's not a resting point. Honest hope is movement."
— Frances Moore Lapsley

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"Just can't live that negative way, make way for the positive day!"
— Bill Mahley

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"For me there is no hope without faith. Faith is a higher good. Faith in our own dignity."
— Alyssa Milano

Do One Thing for a Better World

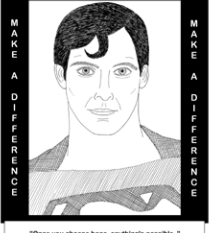
BE A HERO FOR A BETTER WORLD



"Hope is the backbone of this nation. The belief that our destiny and not be written for us, but by us. By all those men and women who are not content to wait for the world as it has been brought to us, but who as it should be."
— Barack Obama

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"Once you choose hope, anything's possible."
— Oprah Winfrey

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"Your emotional state has a tremendous amount to do with health, health and well-being. For years, my husband and I lived on - and because of - hope."
— Dana Reeve

Do One Thing for a Better World

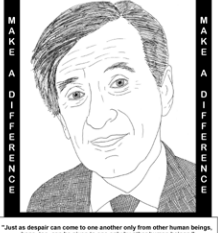
BE A HERO FOR A BETTER WORLD



"... a life you wish with hope and admiration to even be part for a short time in a community where people have connected to try to put out a hand."
— Susan Sarandon

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"Just as despair can come to one another only from other human beings, hope, too, can be given to us only by other human beings."
— Bill Wiesel

Do One Thing for a Better World

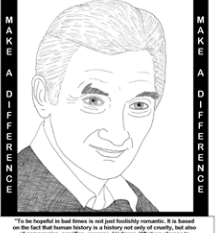
BE A HERO FOR A BETTER WORLD



"A mentor is someone who allows you to see the hope inside yourself."
— Oprah Winfrey

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



"To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but not only of oppression, but also of resistance. Each time we believe that we are alone in the complete history will deliver us and free us."
— Bill Wiesel

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"Life without idealism is empty indeed."
-- Pearl S. Buck**

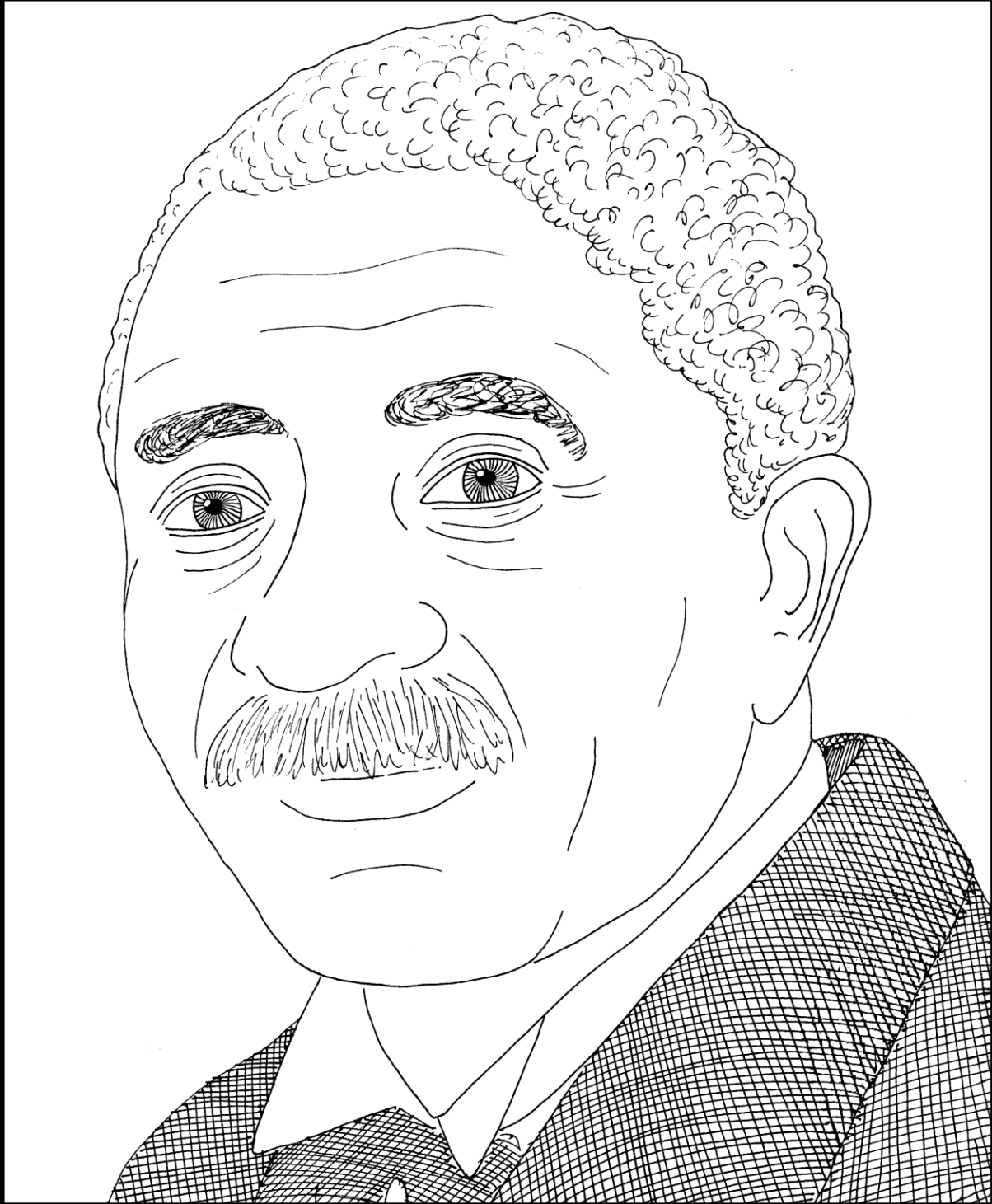
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**



**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**

**"Where there is no vision, there is no hope."
~ George Washington Carver**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

**"And I dream that something's coming...And it's not just in the wind...
It's more than just tomorrow...It's more than where we've been...
It offers me a promise...It's telling me, begin!"**

-- Harry Chapin

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

“The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started.”

-- Norman Cousins

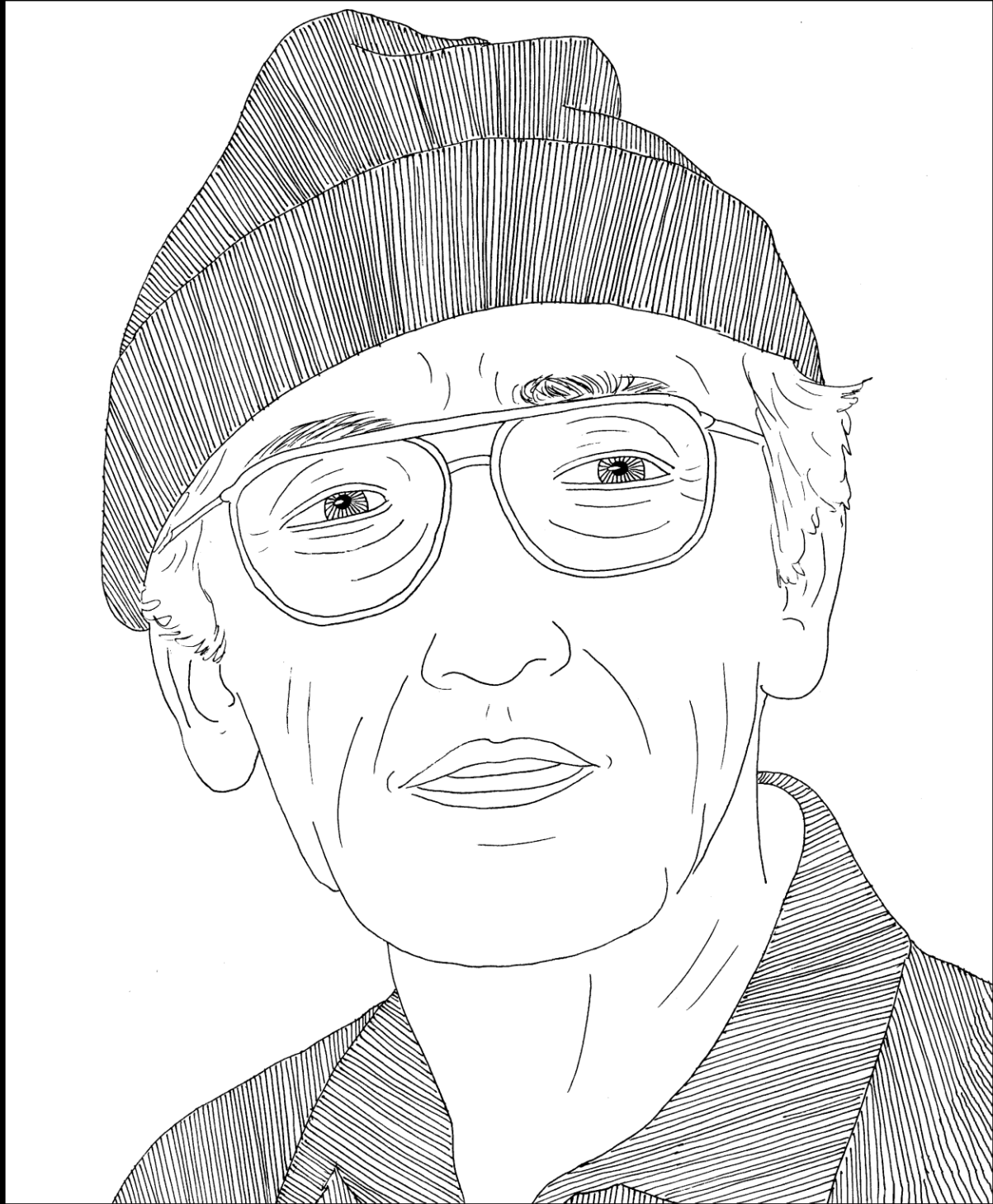
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"If we were logical, the future would be bleak indeed.
But we are more than logical. We are human beings,
and we have faith, and we have hope and we can work."**

-- Jacques Cousteau

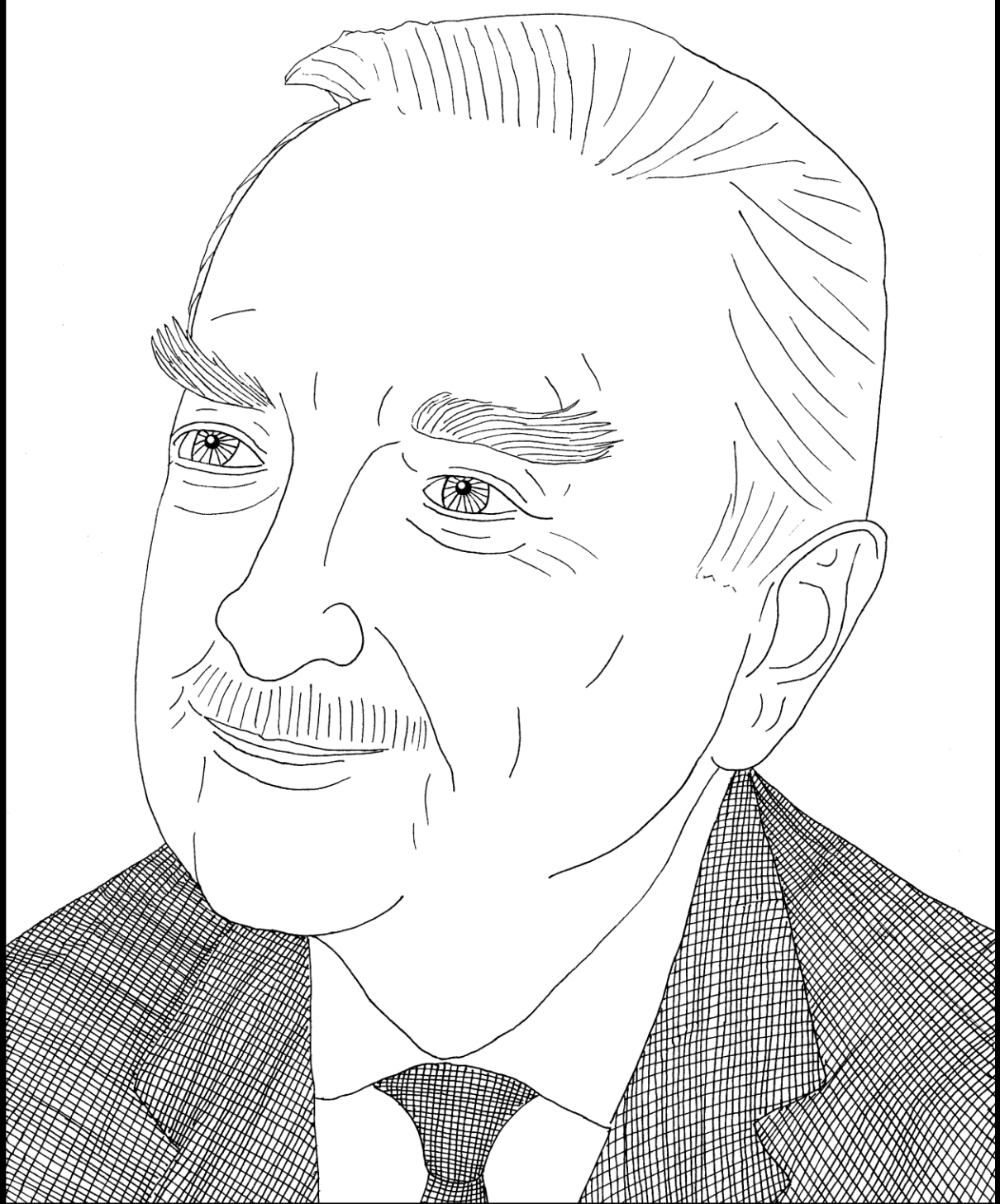
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"The 20th century may be leaving us with a host of problems, but I've also noted that it does seem darkest before the dawn. There's reason to hope for the 21st century. And that's the way it will be."

-- Walter Cronkite

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE A DIFFERENCE



MAKE A DIFFERENCE

"An act of love, a voluntary taking on oneself of some of the pain of the world, increases the courage and love and hope of all.

-- Dorothy Day

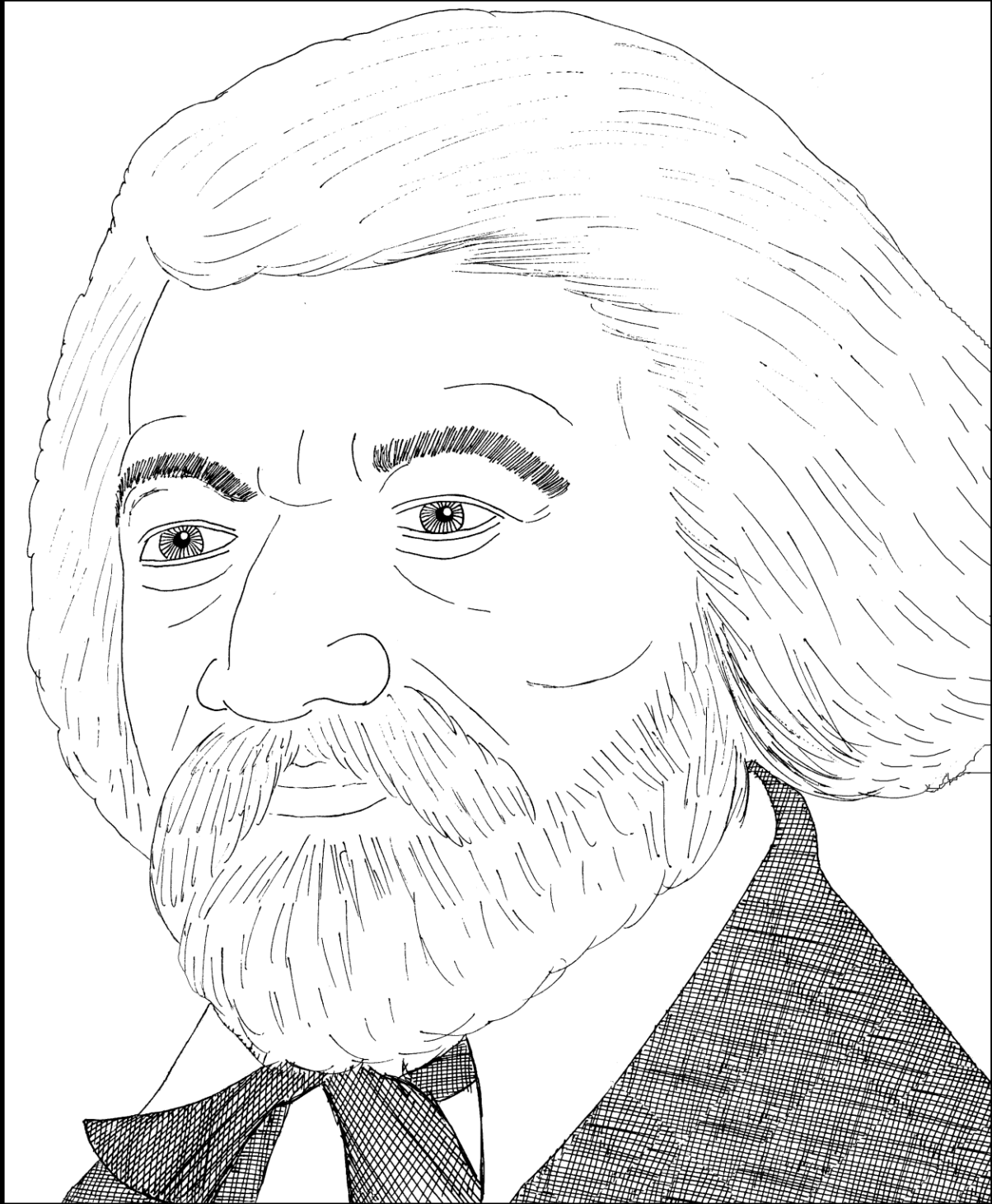
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"Be not discouraged. There is a future for you...
The resistance encountered now predicates hope..."**
-- Frederick Douglass

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

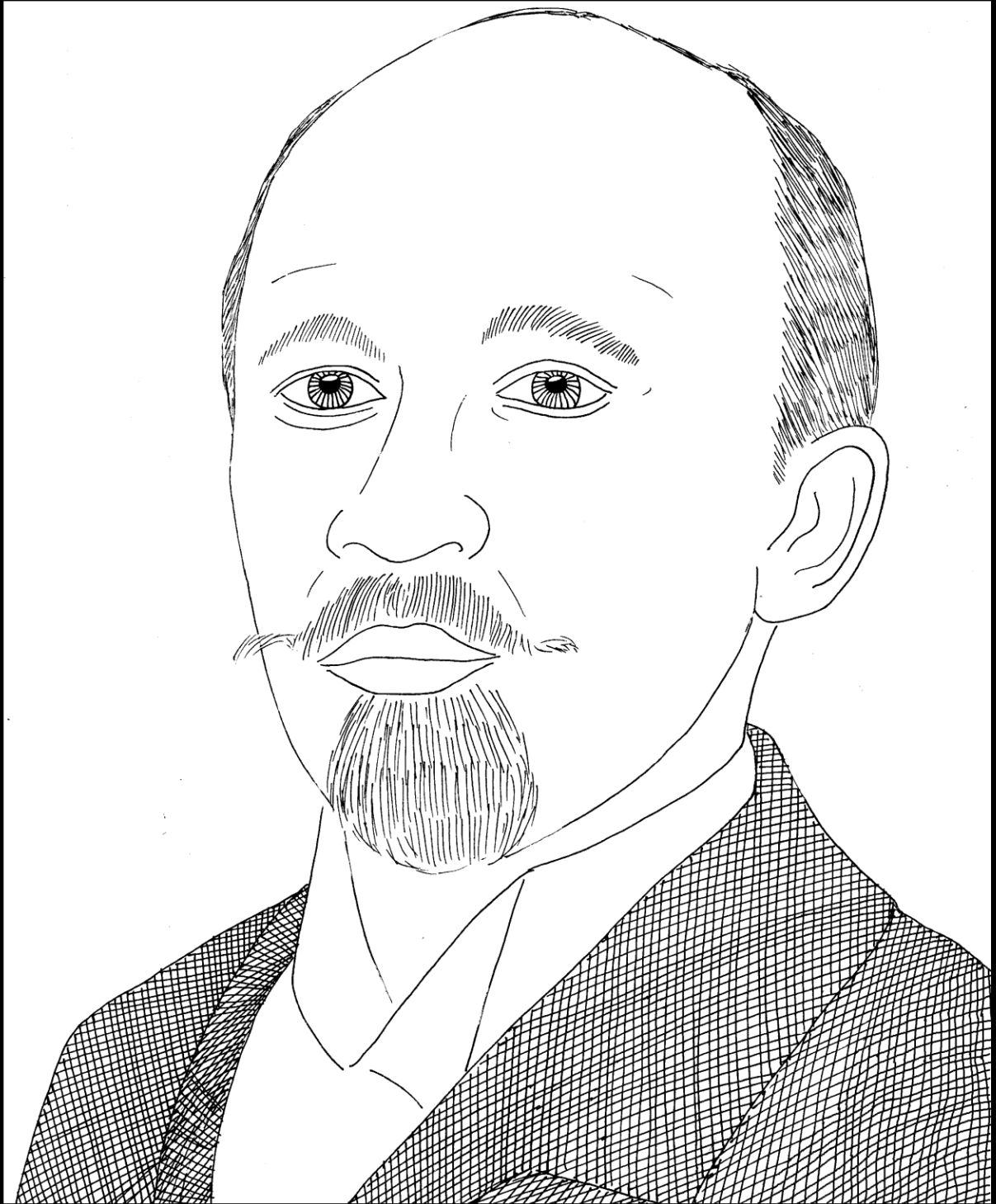
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

“Believe in life! Always human beings will live and progress to greater, broader, and fuller life.”

-- W. E. B. DuBois

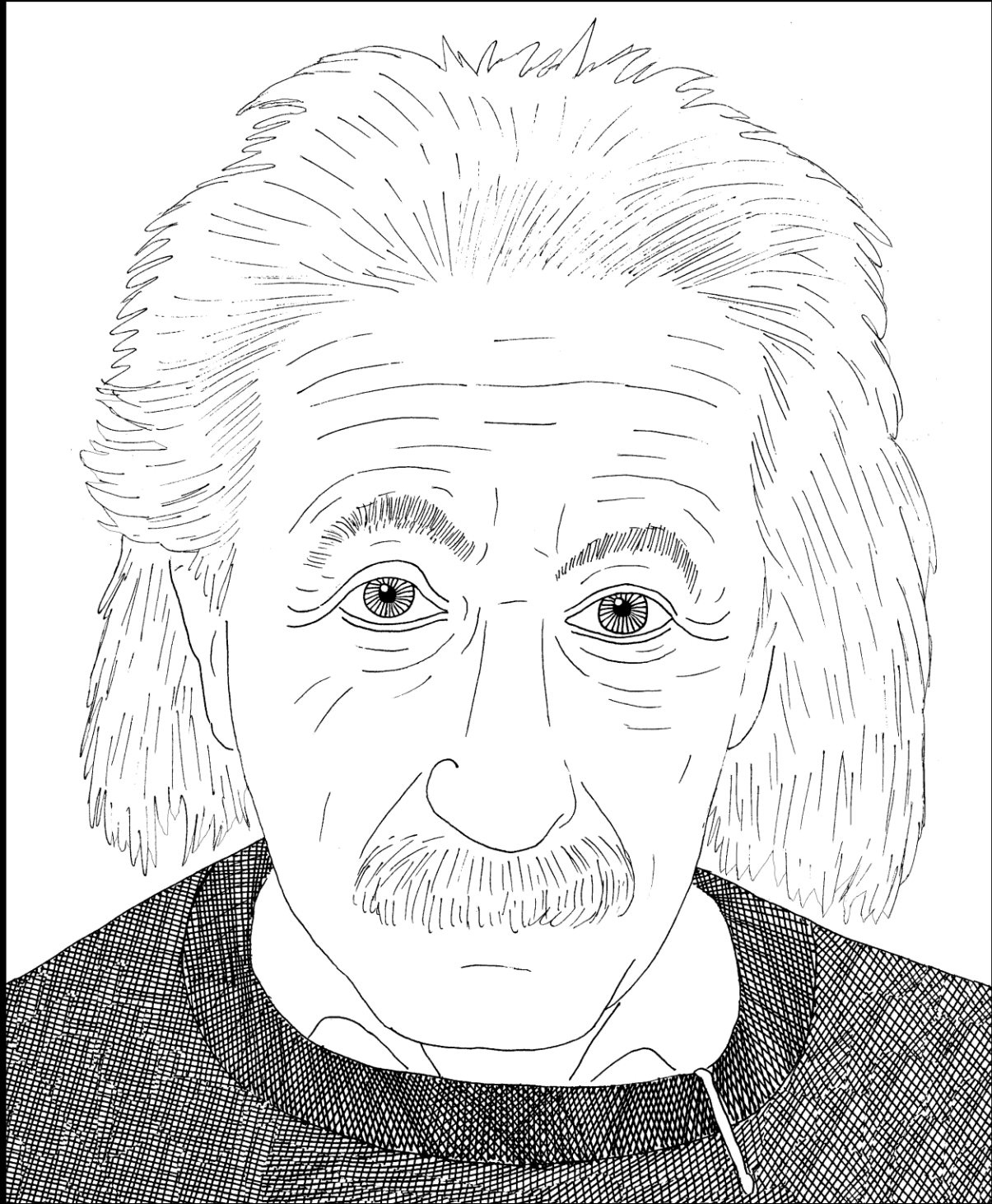
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

**"Learn from yesterday, live for today, hope for tomorrow.
The important thing is to not stop questioning."
--Albert Einstein**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"Where there is discord may we bring harmony. Where there is error, may we bring truth. Where there is doubt, may we bring faith. Where there is despair, may we bring hope."

--Saint Francis of Assisi

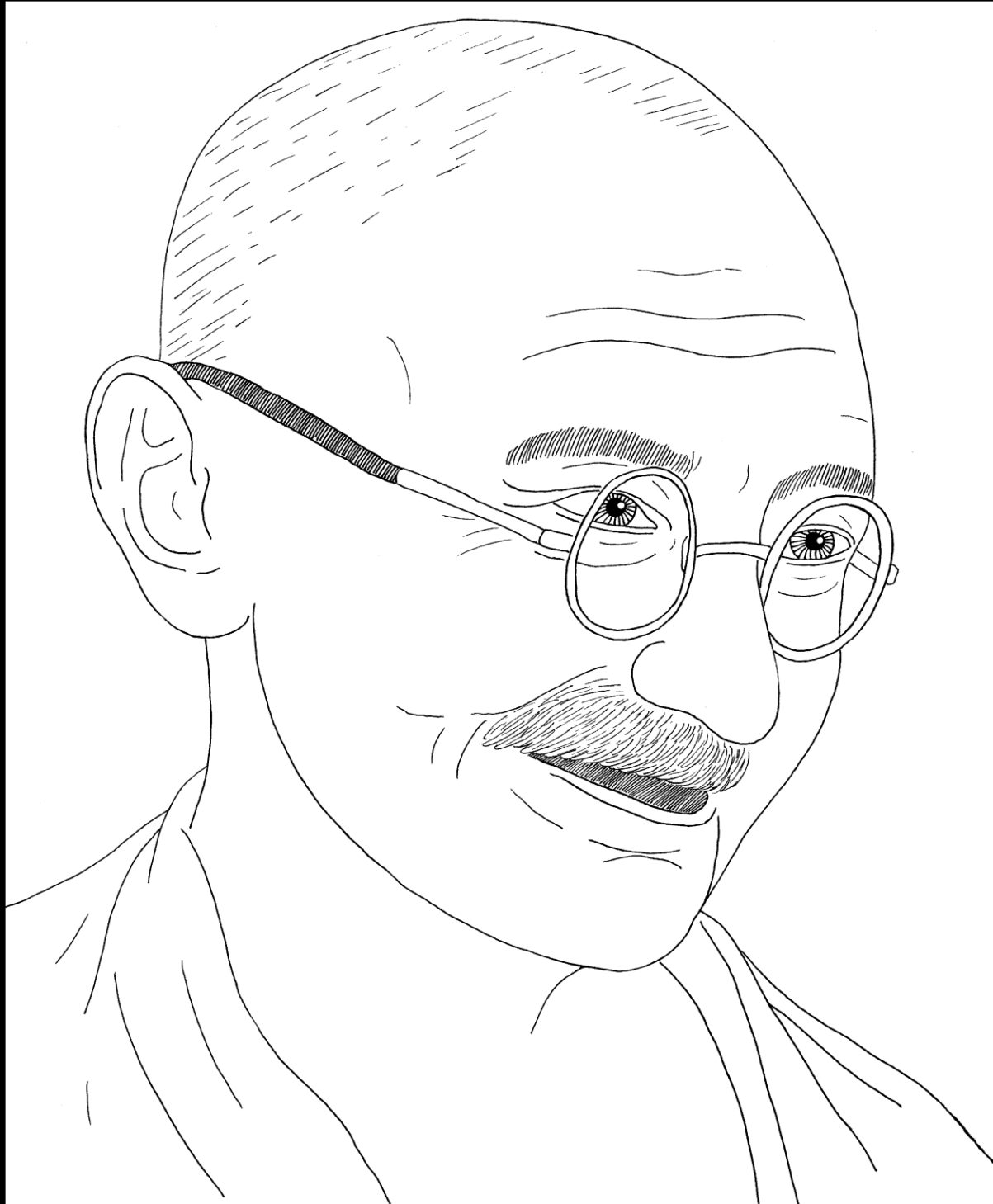
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"You must not lose faith in humanity. Humanity is an ocean;
if a few drops of the ocean are dirty, the ocean does not become dirty."
-- Mohandas K. Gandhi**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**



**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**

**“...give me hope, help me cope, with this heavy load,
trying to, touch and reach you with, heart and soul...”**

-- George Harrison

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

"Hope is not the conviction that something will turn out well, but the certainty that something makes sense regardless of how it turns out."

-- Vaclav Havel

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"Optimism is the faith that leads to achievement.
Nothing can be done without hope and confidence."**

-- Helen Keller

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"We should not let our fears hold us back from pursuing our hopes."
-- John Fitzgerald Kennedy**

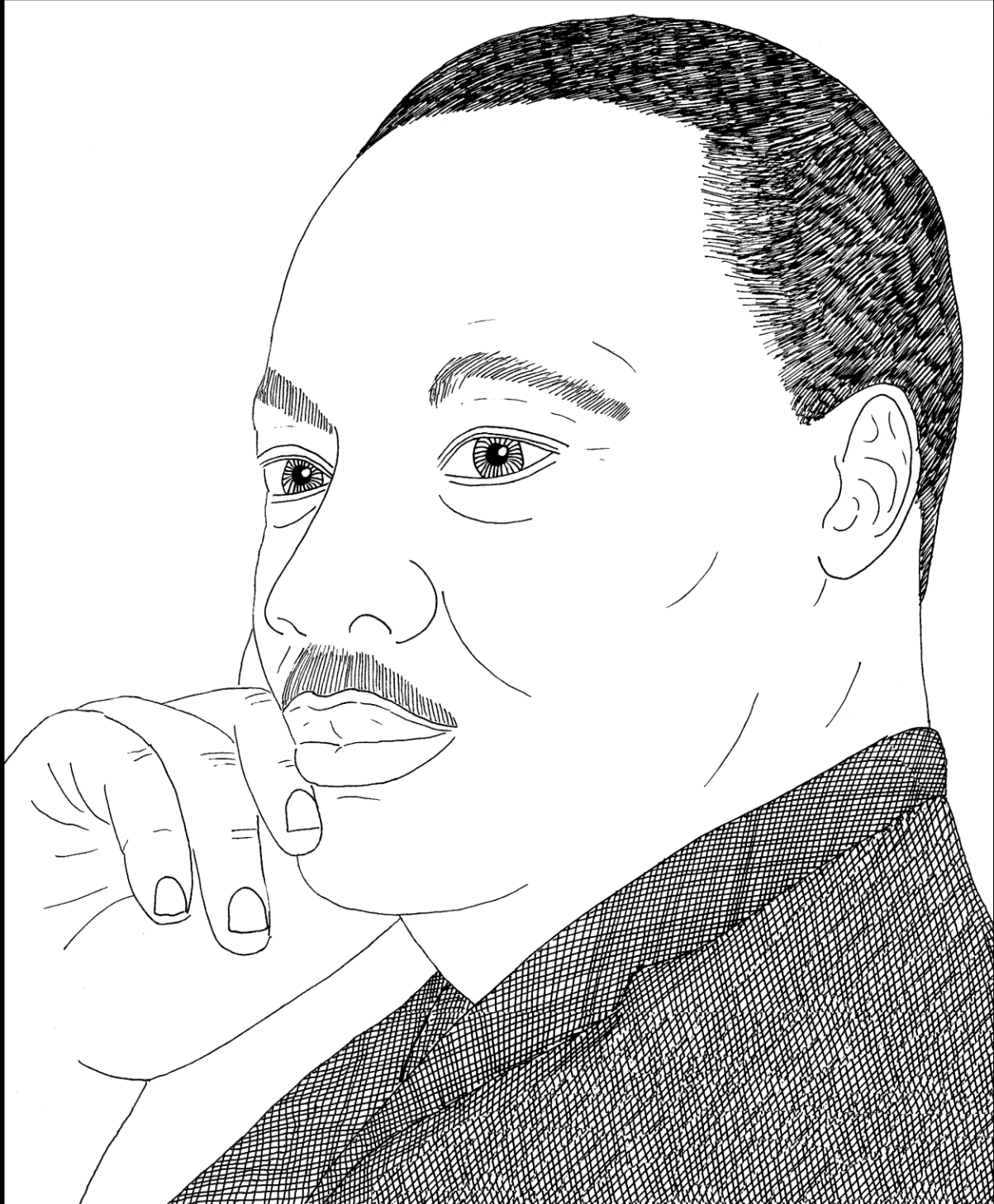
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today I still have a dream."

-- Martin Luther King, Jr

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"Hope is not enough to change the world, to bring peace, to end starvation and poverty, to provide a decent education for all children, or to prevent nuclear holocaust. Yet it is a critical starting point for building a better and brighter future. All of us are challenged to connect hope to action until we have created a mighty river that will carve a new path to the future."

-- David Krieger

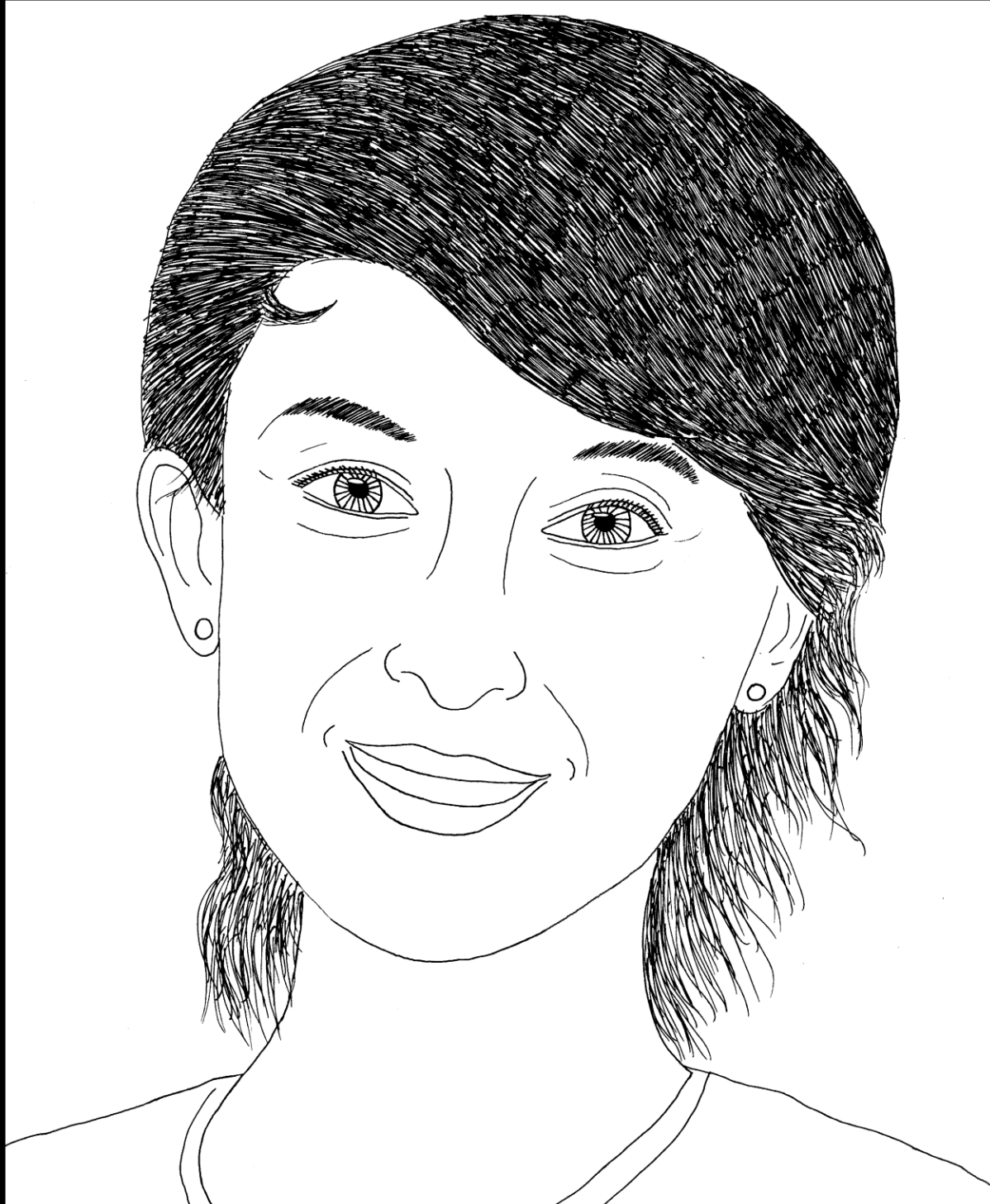
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"I don't believe in people just hoping. We work for what we want. I always say that one has no right to hope without endeavor..."

-- Aung San Suu Kyi

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"Honest hope has an edge. It's messy. It requires that we let go of all pat answers, all preconceived formulas, all confidence that our sailing will be smooth. It's not a resting point. Honest hope is movement."

-- Frances Moore Lappé

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

**“Just can't live that negative way...make way for the positive day!”
-- Bob Marley**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

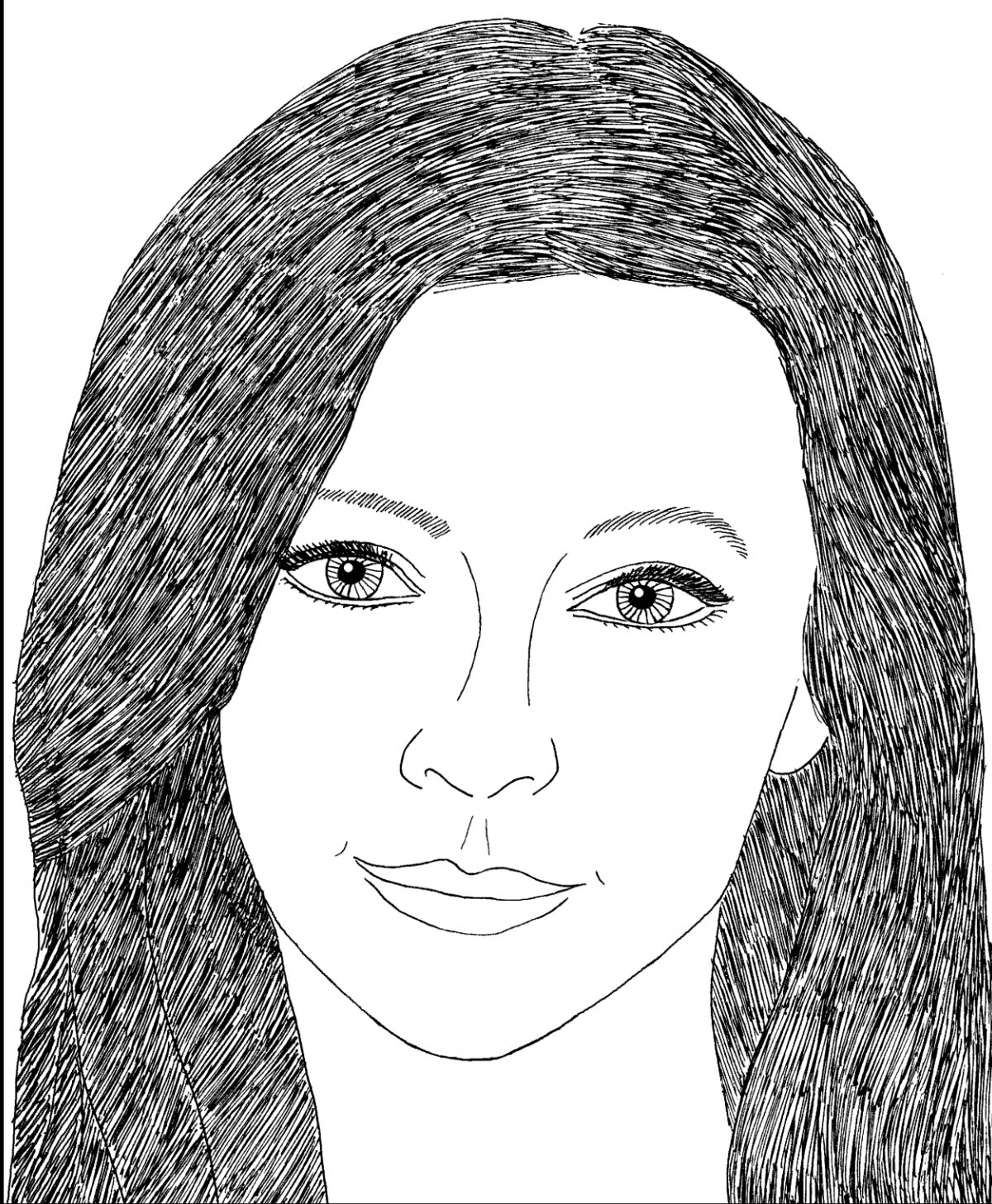
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"For me there is no hope without faith.
Faith in a higher good. Faith in our own divinity."
-- Alyssa Milano**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"I have to be an optimist and say that it might get better.
I am a mixture of idealist and realist."**

-- Sir Roger Moore

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"Hope is the bedrock of this nation; the belief that our destiny will not be written for us, but by us; by all those men and women who are not content to settle for the world as it is; who have courage to remake the world as it should be."

-- Barack Obama

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

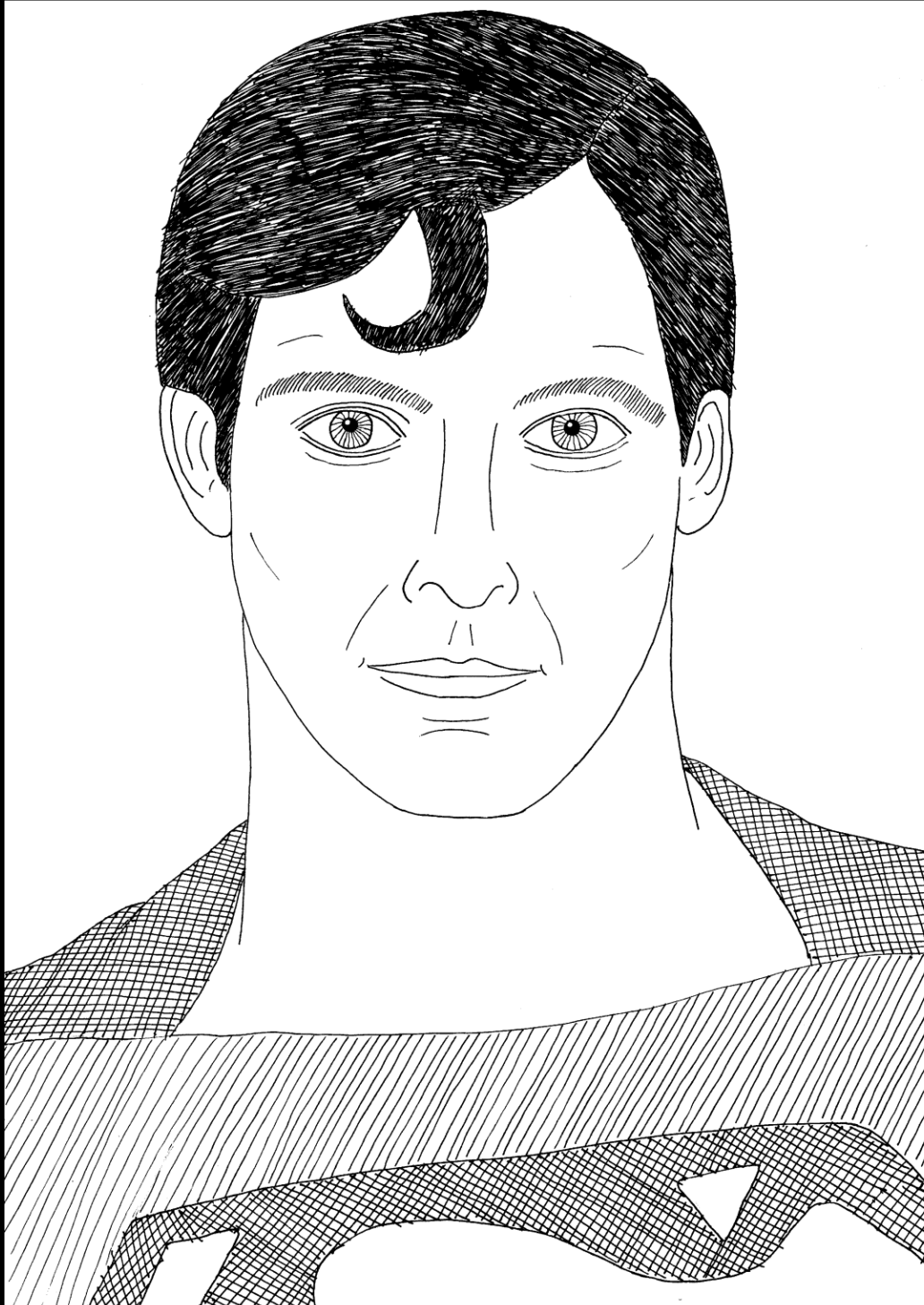
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"Once you choose hope, anything's possible."
-- Christopher Reeve**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"Your emotional state has a tremendous amount to do with sickness, health and well-being. For years, my husband and I lived on -- and because of -- hope."

-- Dana Reeve

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

"...it fills you with such hope and admiration to even be part for a short time in a community where people have connected to strangers to try to put out a hand."

-- Susan Sarandon

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"Hope is a powerful emotion that gives us strength and helps us through difficult times. With hope, we believe that things will get better, and we find the courage to keep trying."

-- Robert Alan Silverstein

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE A DIFFERENCE



MAKE A DIFFERENCE

**"The thought that life could be better
is woven indelibly into our hearts and our brains."
-- Paul Simon**

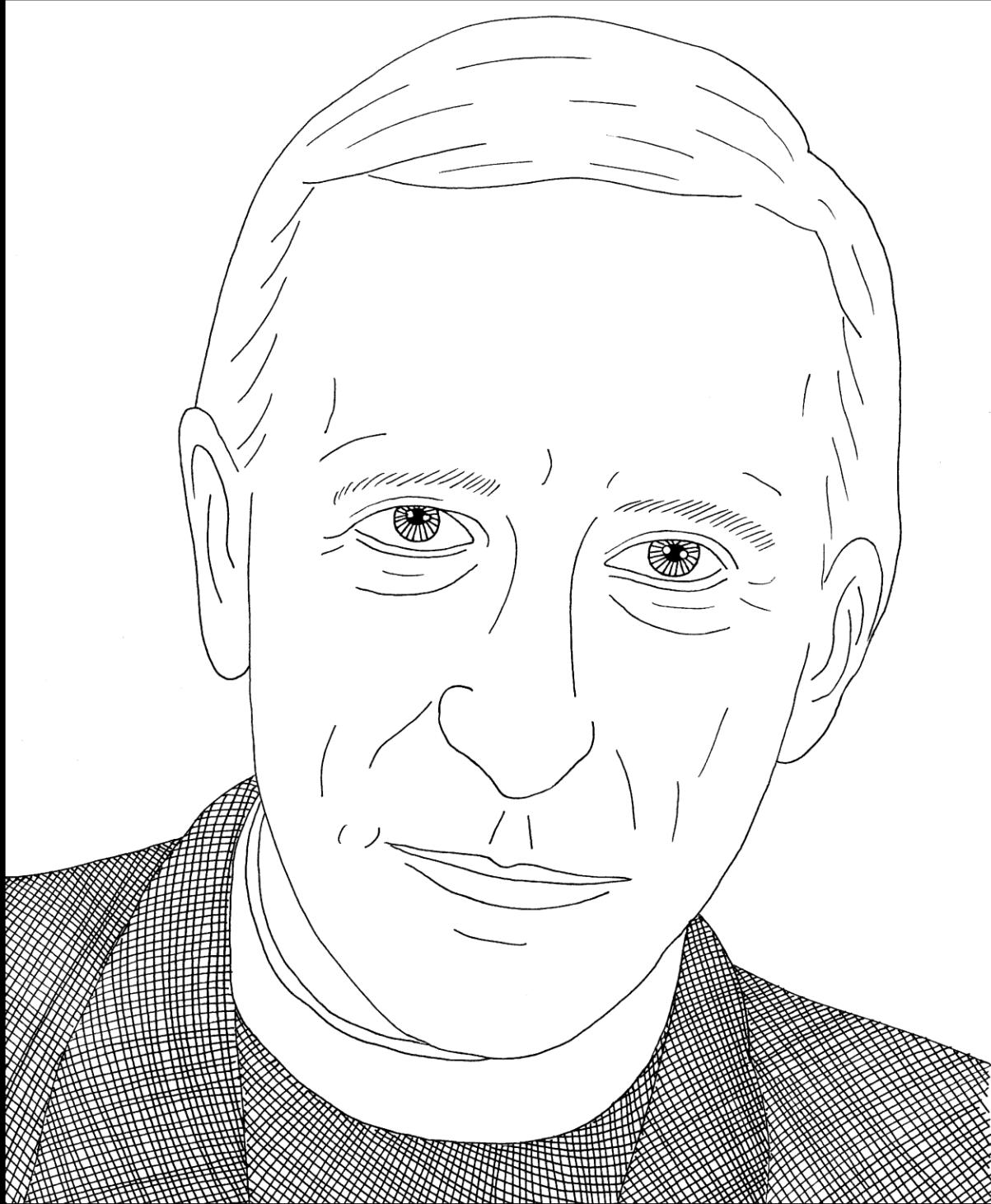
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**



**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**

**"The future belongs to those
who give the next generation reason for hope."
-- Pierre Teilhard de Chardin**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

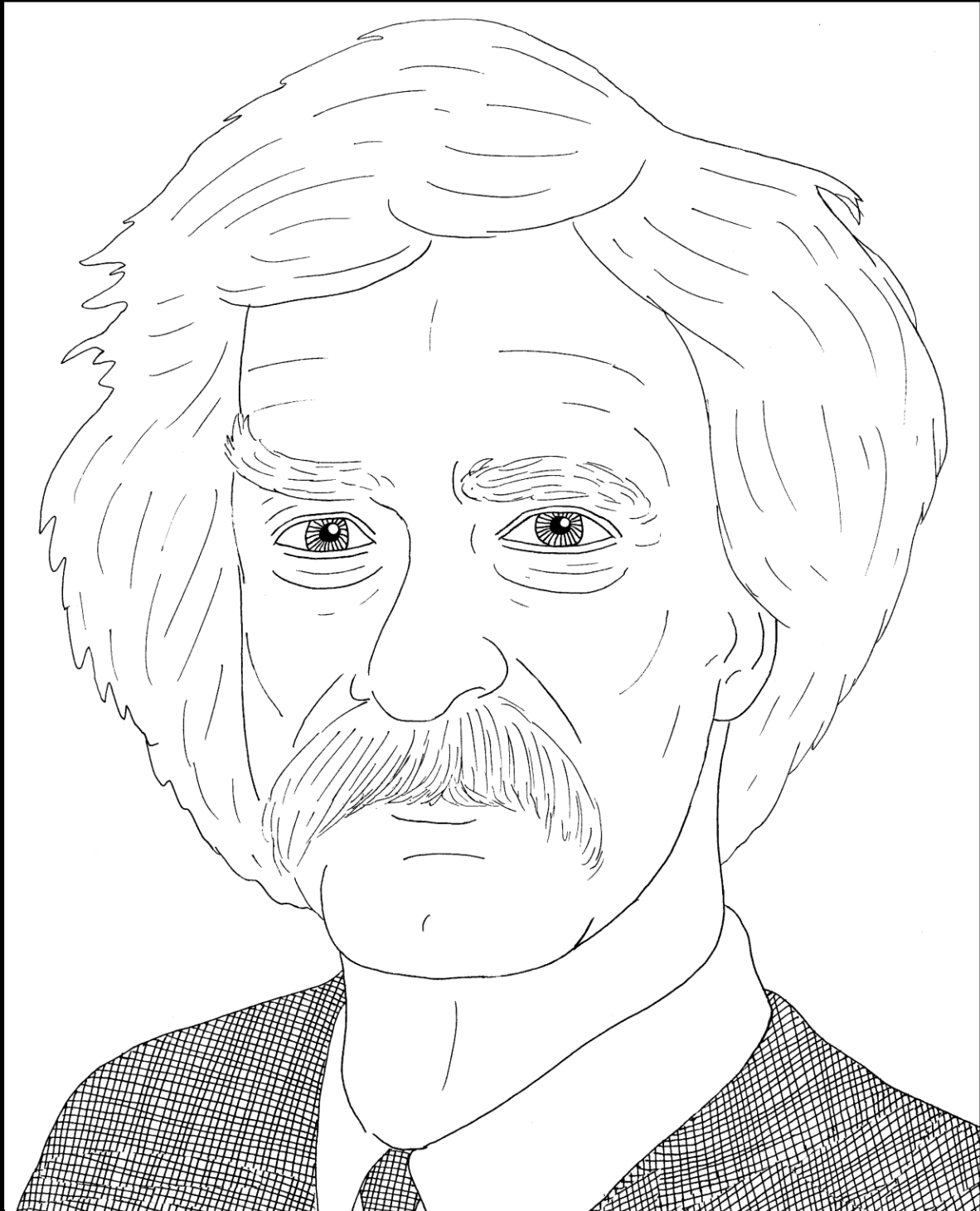
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
-
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
-
I
F
F
E
R
E
N
C
E**

**"Lord save us all from a hope tree that has
lost the faculty of putting out blossoms."
-- Mark Twain**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"The point of living and of being an optimist,
is to be foolish enough to believe the best is yet to come."
-- Peter Ustinov**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

**"Infuse your life with action. Don't wait for it to happen.
Make it happen. Make your own future. Make your own hope."
-- Bradley Whitford**

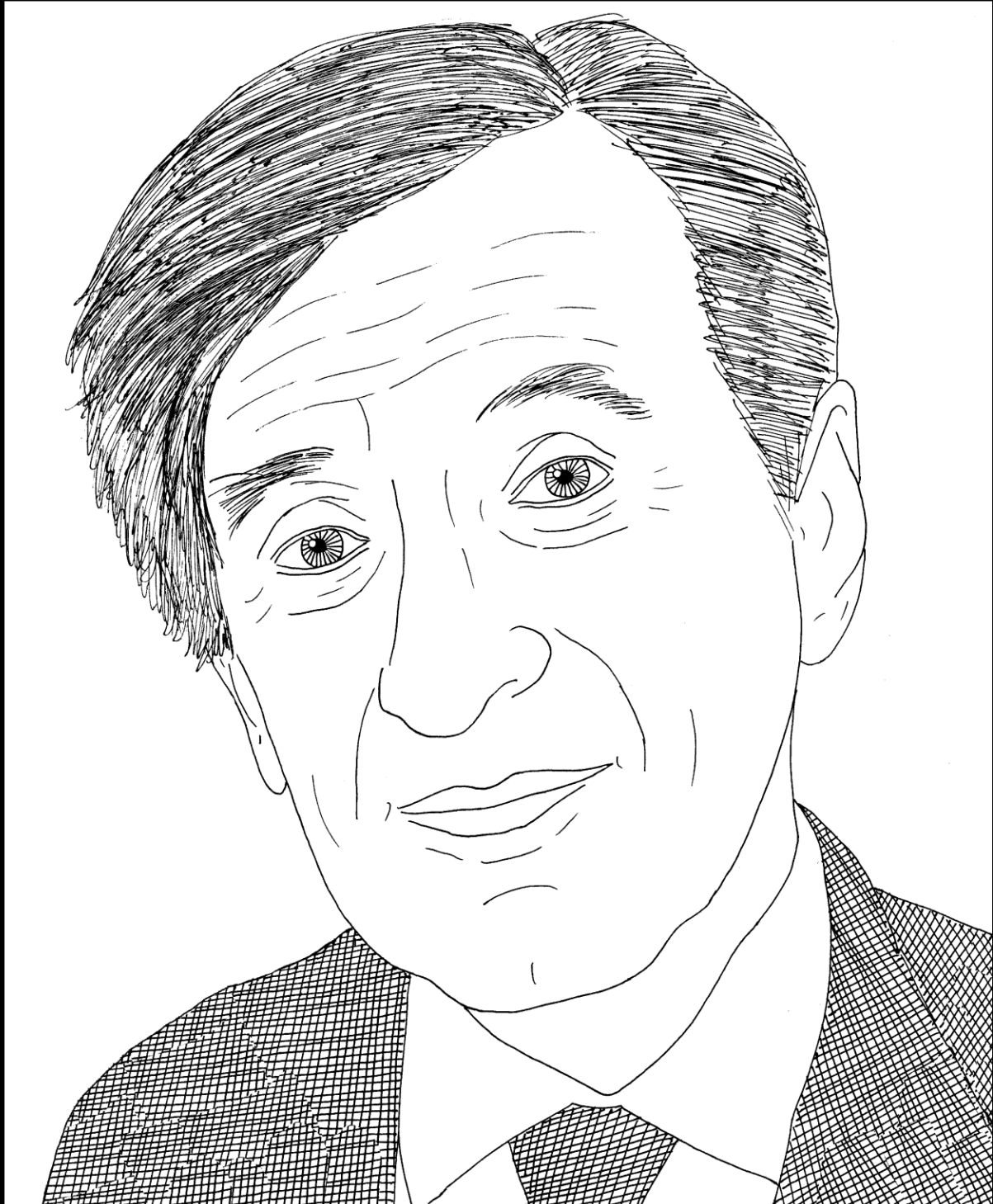
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**



**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**

"Just as despair can come to one another only from other human beings, hope, too, can be given to one only by other human beings."

-- Elie Wiesel

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"A mentor is someone who allows you to see the hope inside yourself."
-- Oprah Winfrey**

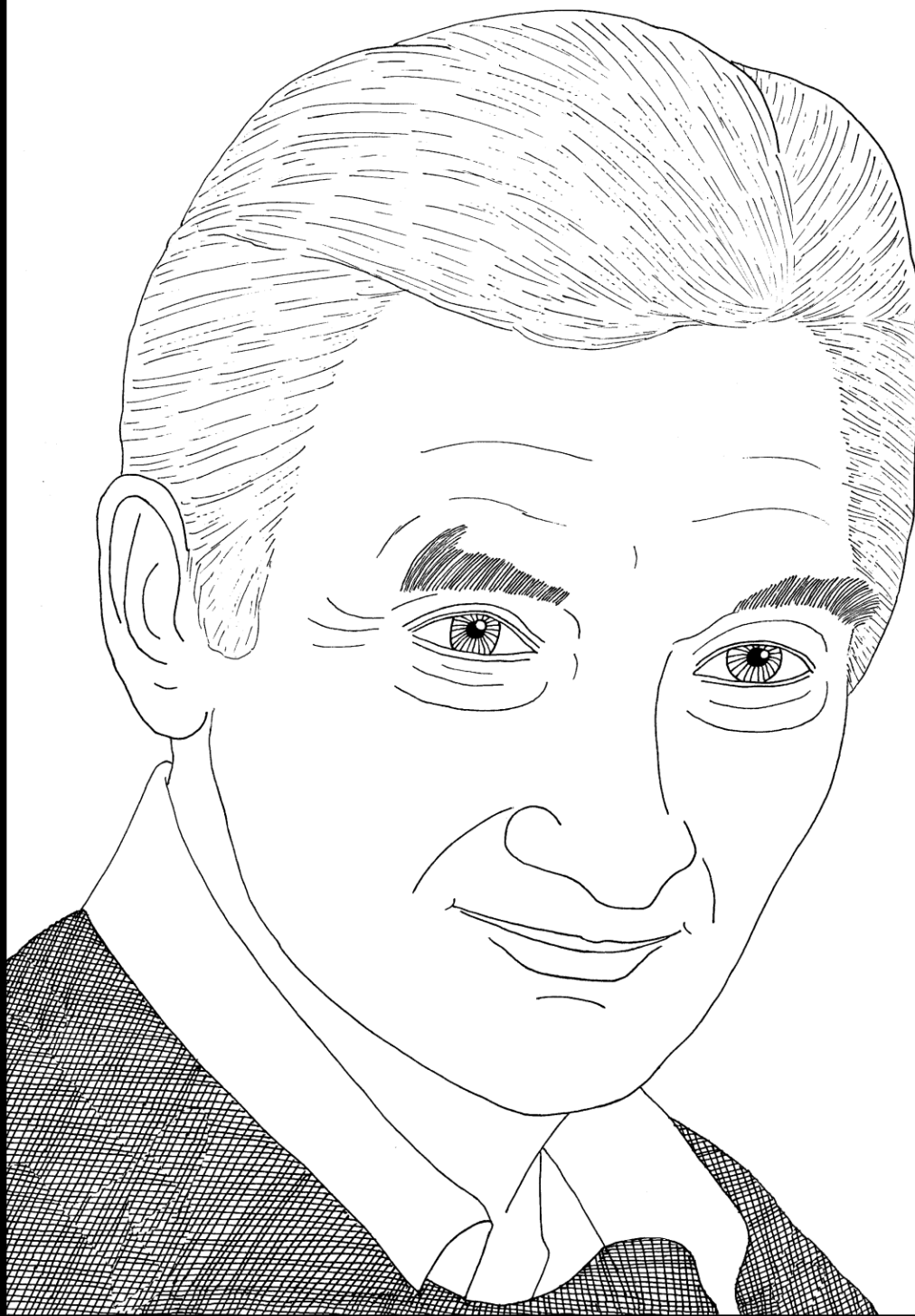
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness. What we choose to emphasize in this complex history will determine our lives."

-- Howard Zinn

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied