Hope is the thing with feathers that
perches in the soul
and sings the
tunes without the
words and never stops at all.
— Emily Dickinson

Hope is the little voice you
hear whisper “maybe”
when it seems the entire
world is shouting “no!”

A single
thread of hope
is still a
very powerful
thing.

Even the
smallest
steps
move you
forward.

Oprah Winfrey

Fear, to a
great extent,
is born of a
story we tell
ourselves...

Cheryl Strayed