

# CSB Coaching Insights

## Lovely quotes by Lao Tzu

Lao Tzu (Old Master) was an ancient Chinese philosopher and writer, born between the 6th-5th century BC into the Zhou Dynasty. He is the founder of philosophical Taoism and known as the reputed author of Tao Te Ching, which influenced many school of thoughts such as Confucianism and Buddhism.

His quotes are full of wisdom in getting to know oneself and being the best that you can be as an individual. May his quotes help you develop the inner strength within yourself to pursue a life of greatness.

“If you correct your mind, the rest of your life will fall into place.” Lao Tzu

“The best fighter is never angry.” Lao Tzu

“A man with outward courage dares to die: a man with inner courage dares to live.” Lao Tzu

“A journey of a thousand miles begins with a single step.” Lao Tzu

“Knowing others is wisdom, knowing yourself is enlightenment.” Lao Tzu

“Care about what other people think and you will always be their prisoner.” Lao Tzu

“If you are depressed, you are living in the past. If you are anxious, you are living in the future. if you are at peace, you are living in the present.” Lao Tzu

“Mastering others is strength, mastering yourself is true power.” Lao Tzu

“Be content with what you have, rejoice in the way things are. When you realise there is nothing lacking, the whole world belongs to you.” Lao Tzu

“If you do not change direction, you may end up where you are heading.” Lao Tzu

“A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves.” Lao Tzu

“Stop thinking and end your problems.” Lao Tzu

“New beginnings are disguised as painful endings.” Lao Tzu

“Manifest plainness, embrace simplicity, reduce selfishness, have few desires.” Lao Tzu

“Make your heart like a lake with a calm still surface and great depths of kindness.” Lao Tzu

“Great acts are made up of small deeds.” Lao Tzu

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“Life is a series of natural and spontaneous changes. Don’t resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.” Lao Tzu

“He who is contented is rich.” Lao Tzu

“When I let go of what I am, I become what I might be.” Lao Tzu

“To a mind that is still, the whole universe surrenders.” Lao Tzu

“The heart that gives, gathers.” Lao Tzu

“Confidence is the greatest friend.” Lao Tzu

“When you are content to be simply yourself and don’t compare or compete, everybody will respect you.” Lao Tzu

“Silence is a source of great strength.” Lao Tzu

“Be still like a mountain, and flow like a great river.” Lao Tzu

“Act without expectation.” Lao Tzu

“Use the light that is within you to revert to your natural clearness of sight.” Lao Tzu

“Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” Lao Tzu

“Watch your thoughts, they become your words. Watch your words, they become your actions. Watch your actions, they become your habits. Watch your habits, they become your character. Watch your character, it becomes your destiny.” Lao Tzu

“Knowledge is a treasure, but practice is the key to it.” Lao Tzu

“Health is the greatest possession.” Lao Tzu

“Empty yourself of everything – let the mind become still.” Lao Tzu

“By letting go, it all gets done.” Lao Tzu