## Words of Encouragement & Quotes

"There are exciting possibilities of "what could be" if we can let go of "what used to be"."

"This too shall pass."

"You are not working from home. You are at home, during a pandemic, trying to work. I think that's an important distinction to make."

"We are all in this together!"

"Everything will be okay in the end. If it's not okay, it's not the end." – John Lennon

"Often when you think you're at the end of something, you're at the beginning of something else." – Fred Rogers

"Everyone has inside them a piece of good news. The good news is you don't know great you can be! How much you can love! What you can accomplish! And what your potential is." - Anne Frank

"You are courageous, you are resilient, you are strong. Be kind!"

"Change is a constant. We may be scared of it but there are great things that can come with it."

"You may not control all the events that happen to you, but you can decide not to be reduced by them." - Maya Angelou

"Patience is most definitely a virtue we all need to hold on to. Everyone is hurting some way or another so remember to LOVE unconditionally and help when you can."

"In the middle of difficulty lies opportunity."

"I survived because the fire inside me burned brighter than the fire around me." - Joshua Graham

"I honestly could not have pulled off our virtual Commencement ceremony if not for my colleagues and partnered vendors here at NAACO. I was in isolation with only 2 months to figure out what to do in order to honor our graduates many accomplishments. I felt alone but thanks for NAACO, I was able to get something together for Commencement this May."

"Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus." - Philippians 4:6-7

"We proved how vital we are to the campus community and that we can be valuable voices at the table!"

"Working apart has brought us closer."

"Essayons!"

"Trust your knowledge and experience."

"Adversity is just a challenge to overcome your fear."

"Kind words can be short and easy to speak, but their echoes are truly endless." - Mother Teresa

"The ceremonies and celebrations that we facilitate are for the whole family, not just the graduate. It is important to know that any sweeping changes will affect Grandpa and Mom and Uncle Jo. Understanding that is vital for good decision making."

"We are at our very best when we are challenged the most!"

"None of this has really been normalized or done before. As long as you are doing (or have done) what you think is best for your graduates and your community, then you're doing it right!"

"Keep your graduate's wellbeing front of mind and you can't go wrong."

"Resilience coupled with adaptability and creativity can bring peace and new collaborations."

"Keep calm and carry on."

"Believe in yourself and your abilities and what is important."

"When everything is uncertain, everything that is important becomes clear."

"There is a silver lining in every cloud."

"This is temporary and it will make you stronger."

"That which doesn't challenge you doesn't change you."

"Be kind whenever possible. It is always possible." - Dalai Lama

"The way I see it, if you want the rainbow, you have to put up with the rain!"

"Make it work." - Tim Gunn

"Have realistic expectations - there is no way to please everyone - trust your knowledge, instinct and experience - voice your concerns, goals and recommendations as early in discussions as possible."

"As long as you know you've done your very best, the rest does not matter."

"Surround yourself with people that reflect who you want to be and how you want to feel, energies are contagious." - Rachel Wolchin

"Despite all the challenges that lay before us, during this season, our students still deserve to be honored and celebrated well. I am grateful for all of the Commencement teams, in the US and Canada, who have worked so hard to pivot, with grace and creativity, to make this happen!"

"While these are unprecedented times, it's a chance to be creative. Keep thinking positively and how to best celebrate your students during these unique times." "Someday we'll look back at this and it will all seem funny."

"Every day is one day closer to this ending. We need to find the silver linings and figure out how this makes us better."

"Where there's a will, there's a way."

"These difficult times of not knowing and constant changes were (are) certainly uncomfortable, but also provided me with a flexible perspective and understanding that no matter what kind of unexpected difficulties might arise going forward, we will find a way. There are levels of creativity that we, at times, might not be aware of until we are faced with a challenge."

"Put your heart, mind, and soul into even your smallest acts. This is the secret to success." - Swami Sivananda.

"The last few months have been very hectic and the future is unpredictable - keep pushing through and we'll make it to the other side just fine."

"Having perspective and situational awareness is key."

"If I am not for myself, who will be for me? But if I am only for myself, who am I? If not now, when?" - Hillel

"Don't Stress, Do Your Best, Forget the Rest."

"We will get through this."

"Nobody can take away what you've got in yourself, and everybody has potential they haven't used yet."

"It's really amazing to see all of the work that is being done during such uncertain times! Congrats to all of you on your hard work and stay well!"

"The fireworks begin today. Each diploma is a lighted match, each one of you is a fuse." - Ed Koch

"You are braver than you believe, stronger than you seem, and smarter than you think." - A.A. Milne

"Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved." - Mattie Stepanek

"The greatest story of all is this: the beautiful world is broken, but it will not always be so." - Warren Cole Smith

"Do what you can, with what you have, where you are." - Theodore Roosevelt

"As with anything in life, it is what you make it."

"A Rose Parade float designer said that life is moments of beauty. I like to think that our role as Commencement Coordinators is providing moments of beauty for our graduates and families."

"The heart has its reasons of which reason knows nothing." - Blaise Pascal Pivot

"Without risk, there is no reward."

"Courage is not the towering oak that sees storms come and go; it is the fragile blossom that opens in the snow." - Alice Mackenzie

"Whatever is worth doing at all, is worth doing well." - Lord Chesterfield

"Our jobs at the moment are like wrestling Jello" - Campus Counsel

"Event planners always make the impossible possible and we continue to do so under any circumstances."

"Be your own advocate. Don't wait to be told what to do during times like these."

"Continue to ask for what you need."

"Give Yourself Grace."

"Patience is a virtue."

"Focus on what you can do, not what you can't."

"HAPPINESS IS A CHOICE!"

"The best thing about the future is that it comes one day at a time."

"We will get through this together."

"Even though we are working from home, we still need to take some time off to re-center ourselves. These are tough times we're living in."

"Trust that difficult times lead to improvements."

"I can do all things through Christ who gives me the strength I need." - Philippians 4:13

"Everything will get done. We just have to figure out how."

"Think outside the box! Event people always make lemonade out of lemons!

"Patience."

"From one parent to another...you are doing an impossible job. Whether you are working from home, going to work as an essential worker, teaching remotely, keeping your household going in whatever way that looks right now, or not working because of furloughs and layoffs...then on top of all that you are staying strong and connected to your children as you are thrust into teaching from home. All. Of. This. Is. Tough. You are seen. Whatever you are feeling is real. We will get through this." - Jeff "Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God." -Philippians 4:6

"Resilient."

"Although they finished in less than ceremonious fashion, they still did finish. Cheers to the remarkable Class of 2020."

"Be humble, Be Kind."

"Invite the source of your fear to tea for a conversation on how to continue on together in the best way."

"With a new day comes new strength and new thoughts." - Eleanor Roosevelt

"Change is the only Constant in Life" - Heraclitus

"Stop checking off the things that need to be completed, and start living them."

"Keep working to get your words heard by your school, you can overcome!"

"We are stronger together, and if we stand together, we will overcome any obstacle."

"The entire university is part of your Commencement team in situations like this, and they are happy to help because everyone cares about the students."

"We will persevere!"

"If plan A doesn't work, the alphabet has 25 more letters — 204 if you're in Japan." - Claire Cook

"Don't spend too much time planning today because it will all change tomorrow."

"Everyone is dealing with the trauma that is the COVID-19 situation. It's okay if you just get by right now."

"We have been saying that "we can't know what we don't know." But, by staying curious, keeping an open mind and listening to others, we can calmly tackle the unknowns with grace, together."

"Different is okay. Give yourself grace."

"When I'm in new and/or stressful situations, I always ask myself: "Did I do the best I could with the time I had and the resources/tools I was given?" Based on my experience during this Convocation season, I believe the answer from all Commencement/Convocation officers is: YES"