

# BASIC ENGLISH

*31 Pensamentos em Inglês*



---

**KEEP MOVING**

---

**Charles Nunes**



Enjoy your life today.  
Hope for a better tomorrow.  
Learn with yesterday.

# 2

Travel as much as you can.  
Otherwise, read a book or  
magazine.



Play with your children  
while they still have time.



Always tell the truth.

A true life is the most precious gift.



Make friends every day.  
Start at your own mirror.



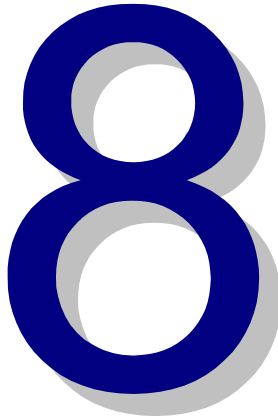
Be patient with the children.

Respect your elders.



Never lie to a child.  
(One Santa Claus is enough.)





Sleep at least 8 hours per day.  
Preferably, at night.

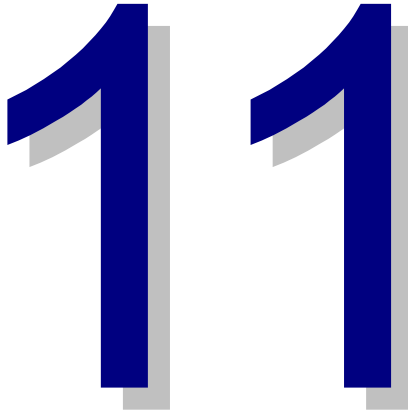


Think a lot about your future.

(Pay your bills in time.)

# 10

Be yourself everywhere.  
The copyright will always be yours.



Study smart.

Those who don't, end up  
working harder!

12

Speak clearly.

Speak slowly.

Say good things about people.

# 13

Never start doing what your doctor  
may tell you to quit someday.

14

Turn your work into a cause.

Then, you will never  
'work' anymore.

15

Live on your own for some time.

But first, learn how to cook.



16

Buy in cash.

Buy only what you need.

Certain things are priceless.

17

Date as much as you can.

Treat your wife as your  
eternal girlfriend.

18

Never take away  
someone else's hope.

It may be the last thing they own.

# 19

Eat slowly.

Eat more fruit and vegetables.

Be thankful for your meals.

20

Read at least a book per month.

Otherwise, keep reading  
this calendar.

# 21

Never mind about criticism.

Sincere criticisms are better  
than a false praise.



Call people by name.

A person's name is among the  
sweetest sounds one can hear.

# 23

Talk about your dreams.

Write down your goals.

Learn the difference  
between them.



24

Start saving some money today.

It will be easier to keep saving  
after you've started it.

25

Write a letter to a friend  
who is far away.

It may be the best gift  
he will receive this year.

# 26

Talk to strangers once in a while.  
You didn't meet your best friend  
at the maternity ward.

27

Try to know your parents.

Try to understand your enemies.

Neither of them will last forever.

28

Make a difference  
in the world every day.

At least, move your furniture  
once in a while.

29

Get your mind and hands  
well trained.

Sooner or later, the world will  
recognize your value.

30

Watch the sunrise once in a while.

Watch the sunset in a while.

Always do something in between!

# 31

Open your windows every day.

Open your mind to new ideas.

Open your heart to the  
one you love.



## 1. THANK YOU QUOTES - PORTUGUESE

1. A gratidão não é apenas a maior das virtudes, mas a mãe de todas as outras. ~Cicero
2. Um agradecimento pode melhorar um dia, ou até mudar uma vida. Basta externá-lo.  
~Margaret Cousins
3. Só de contar o que se tem, você já está no lucro.  
~Robert Quillen
4. A gratidão te capacita a tomar posse de cada Dom que Deus tem para você. ~Marnie Pehrson
5. Deus te deu 86.400 segundos hoje. Você usou algum deles pra dizer 'obrigado'? ~William A. Ward
6. A gratidão traz sentido ao passado, paz ao presente e cria uma visão para o amanhã.  
~Melodie Beattie
7. Os Pioneiros fizeram sete vezes mais covas do que cabanas. Entretanto, estabeleceram um Dia de Ação de Graças. ~H. U. Westermayer
8. Sentir gratidão e não expressá-la é como embrulhar um presente e não entregá-lo.  
~William Arthur Ward
9. A aritmética mais difícil de se dominar é a que nos permite contar nossas bênçãos. ~Eric Hoffer

10. Sejam gratos àqueles que nos fazem felizes, são eles os jardineiros que fazem nossa alma florescer. ~Marcel Proust
11. A gratidão é a memória do coração.  
~Jean Baptiste Massieu
12. Pode-se dizer que estamos vivos de verdade somente quando nosso coração se dá conta de nossos tesouros. ~Thornton Wilder
13. Valorize a ponte que te possibilitou a travessia.  
~George Colman
14. Cultive um coração grato o dia inteiro e, como o ímã acha o metal, você também encontrará, a cada hora, bênçãos celestiais. ~Henry Ward Beecher
15. A mente grata sempre se concentra no melhor, e assim, recebe o melhor. ~Marnie Pehrson
16. Cultive as flores da gratidão no solo da oração.  
~Verbena Woods
17. A gratidão é como a eletricidade: somente quando produzida e utilizada, passa a existir.  
~William Faulkner
18. Quem não agradece pelo pouco, nunca agradecerá pelo muito. ~Estonian Proverb
19. Como cada dia nasce novo em folha, minha gratidão também se renova a cada dia.  
~Adabella Radici

20. Não ore quando chover se você não ora quando o sol brilha. ~Leroy S. Paige
21. A gratidão nasce nos corações que reservam tempo para contar suas bênçãos.  
~Charles E. Jefferson
22. A verdadeira medida da gratidão não é o que dizemos, mas sim a maneira como usamos nossas bênçãos. ~W, T. Purkiser
23. Sábio é aquele que não se lamenta pelo que não tem, mas se alegra pelo que tem. ~Epictetus
24. Se a única oração que você já proferiu na vida foi 'obrigado', já é o suficiente. ~Meister Eckhart
25. A gratidão não é uma pequena prece recitada antes das refeições. É uma maneira de viver.  
~Jackie Windspear
26. A felicidade é a experiência espiritual de viver cada minuto com amor, justiça e gratidão.  
~Denis Waitley
27. A gratidão é o desabrochar mais bonito que aflora da alma. ~Henry Ward Beecher
28. Se quiser dar uma guinada na vida, experimente a gratidão. ~Gerald Good
29. Não existe exercício mental mais prazeroso do que a gratidão. ~Joseph Addison

30. A gratidão é a forma mais elevada de pensamento, é a felicidade multiplicada pela contemplação. ~G. K. Chesterton
31. Com um olho fixo nas bênçãos do presente, teremos mais capacidade de alcançar as metas distantes. ~Henry B. Eyring

## 2. THANK YOU QUOTES - ENGLISH

1. Gratitude is not only the greatest of virtues, but the parent of all others. ~Cicero
2. Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary. ~Margaret Cousins
3. If you count all your assets, you always show a profit. ~Robert Quillen
4. Gratitude enables you to take into your possession every gift that God has for you. ~Marnie Pehrson
5. God gave you a gift of 86,400 seconds today. Have you used one to say 'thank you'? ~William A. Ward
6. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow. ~Melodie Beattie
7. The Pilgrims made seven times more graves than huts. Nevertheless, set aside a day of thanksgiving. ~H. U. Westermayer
8. Feeling gratitude and not expressing it is like wrapping a present and not giving it. ~William Arthur Ward
9. The hardest arithmetic to master is that which enables us to count our blessings. ~Eric Hoffer

10. Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom. ~Marcel Proust
11. Gratitude is the memory of the heart.  
~Jean Baptiste Massieu
12. We can only be said to be alive in those moments when our hearts are conscious of our treasures.  
~Thornton Wilder
13. Praise the bridge that carried you over.  
~George Colman
14. Let the thankful heart sweep through the day and, as the magnet finds the iron, so it will find, in every hour, some heavenly blessings! ~Henry Ward Beecher
15. The grateful mind is constantly fixed upon the best and thus it will receive the best. ~Marnie Pehrson
16. Grow flowers of gratitude in the soil of prayer.  
~Verbena Woods
17. Gratitude is a quality similar to electricity: it must be produced and used up in order to exist at all.  
~William Faulkner
18. Who does not thank for little will not thank for much. ~Estonian Proverb
19. As each day comes to us refreshed and anew, so does my gratitude renews itself daily.  
~Adabella Radici

20. Don't pray when it rains if you don't pray when the sun shines. ~Leroy S. Paige
21. Gratitude is born in hearts that take time to count up past mercies. ~Charles E. Jefferson
22. Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving. ~W, T. Purkiser
23. He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has. ~Epictetus
24. If the only prayer you said in your whole life was "thank you", that would suffice. ~Meister Eckhart
25. Grace isn't a little prayer you chant before receiving a meal. It's a way to live. ~Jackie Windspear
26. Happiness is the spiritual experience of living every minute with love, grace and gratitude. ~Denis Waitley
27. Gratitude is the fairest blossom which springs from the soul. ~Henry Ward Beecher
28. If you want to turn your life around, try thankfulness. ~Gerald Good
29. There is not a more pleasing exercise of the mind than gratitude. ~Joseph Addison
30. Thanks are the highest form of thought; and gratitude is happiness doubled by wonder. ~G. K. Chesterton

31. With one eye on today's blessings you will have more staying power for the distant goal.  
~Henry B. Eyring