



Capacity Building
Solutions

SELECTED QUOTES AND EXCERPTS FROM THE WORKS OF PAULO COELHO



01

"The simple things are also the most extraordinary things, and only the wise can see them." – **The Alchemist**



02

"Only one thing makes a dream impossible: the fear of failure." - **The Alchemist**



03

"A child can teach an adult three things: to be happy for no reason, to always be busy with something, and to know how to demand with all his might that which he desires." – **Paulo Coelho**



04

"We always have a tendency to see those things that do not exist and to be blind to the great lessons that are right there before our eyes." – **The Pilgrimage: A Contemporary Quest for Ancient Wisdom**



05

"When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back. A week is more than enough time for us to decide whether or not to accept our destiny." – **The Devil and Miss Prym**



06

"You are what you believe yourself to be." – **The Witch of Portobello**



07

"Know that no day is the same as another, that each morning contains its own particular miracle, it's magic moment, when old universes are destroyed, and new stars are created." - **By The River Piedra I Sat Down and Wept**



08

"When we strive to become better than we are, everything around us becomes better, too." – **The Alchemist**



09

"A search always starts with Beginners Luck and ends with the Test of the Conqueror." – **The Alchemist**



10

"Before taking any important decisions in life, it is always good to do something slowly." – **The Diary of Magus**



11

"I believe that every single day people are offered the chance to make the best possible decision about everything they do." – **The Zahir**



12

"At every moment in our lives, we all have one foot in a fairy tale and the other in the abyss." - **Paulo Coelho**



13

"You have two choices, to control your mind or let your mind control you." -
Veronica Decides to Die



14

"We can never judge the lives of others, because each person knows only their own pain and renunciation." – **By The River Piedra I Sat Down and Wept**



15

"It is always important to know when something has reached its end. Closing circles, shutting doors, finishing chapters, it doesn't matter what we call it; What matters is to leave in the past those moments in life that are over." – **The Zahir**



16

"Don't be intimidated by other people's opinions. Only mediocrity is sure of itself, so take risks and do what you really want to do." – **Aleph**



17

"That is why it is so important to let certain things go. To release them. To cut loose. People need to understand that no one is playing with marked cards; sometimes we win and sometimes we lose. Don't expect to get anything back, don't expect recognition for your efforts, don't expect your genius to be discovered or your love to be understood. Complete the circle. Not out pride, inability or arrogance, but because whatever it is no longer fits your life. Close the door, change the record, clean the house, and get rid of the dust. Stop being who you were and become who you are." – **The Zahir**



18

"Life takes us by surprise and orders us to move toward the unknown - even when we don't want to and think we don't need to." -

By The River Piedra I Sat Down and Wept



19

"It takes a huge effort to free yourself from memory." – **Aleph**



20

"As soon as people decide to confront a problem, they realize that they are far more capable than they thought they were." – **Paulo Coelho**



21

"It is one thing to feel that you are on the right path, but it's another to think that yours is the only path." – **The Alchemist**



22

"Happiness is something that multiplies when it is divided." -

By The River Piedra I Sat Down and Wept



23

"Everyone believes the world's greatest lie..." says the mysterious old man. "What is the world's greatest lie?" the little boy asks. The old man replies, "It's this: that at a certain point in our lives, we lose control of what's happening to us, and our lives become controlled by fate. That's the world's greatest lie." - **Paulo Coelho**



24

Be like the fountain that overflows, not like the cistern that merely contains." – **Veronika Decides To Die**



25

"No matter how you feel today, get up, dress up & show up." - **Paulo Coelho**



26

"By changing the way you do routine things you allow a new man to grow inside you." – **The Pilgrimage**



27

"If you go around promising what you do not have, you will lose the will to achieve it." – **The Alchemist**



28

"The secret is here in the present. If you pay attention to the present, you can improve upon it. And, if you improve upon the present, what comes later will also be better." – **The Alchemist**



29

"A man who seeks only the light, while shirking his responsibilities, will never find illumination. And one who keeps his eyes fixed upon the sun ends up blind...It doesn't matter what others think - because that's what they will think in any case. So, relax. Let the universe move about. Discover the joy of surprising yourself." – **Maktub**



30

"If you are traveling the road of your dreams, be committed to it. Do not leave an open door to be used as an excuse such as, 'Well, this is exactly what I wanted.' Therein are contained the seeds of defeat. Walk your path. Even if your steps have to be uncertain, even if you know that you could be doing it better. If you accept your possibilities in the present, there is no doubt that you will improve in the future. But if you deny that you have limitations, you will never be rid of them. Confront your path with courage and don't be afraid of the criticism of others. And, above all, don't allow yourself to become paralyzed by self-criticism." – **Maktub**



31

"You can either be a victim of the world or an adventurer in search of treasure. It all depends on how you view your life." – **Eleven Minutes**



32

"Suffering occurs when we want other people to love us in the way that we imagine we want to be loved, and not in the way that love should manifest if itself - free and untrammelled. Guiding us with its force and driving us on." – **The Zahir**



33

"Life always waits for some crisis to occur before revealing itself at its most brilliant." – **Eleven Minutes**



34

"The cup of suffering is not the same size for everyone." – **Manual of The Warrior of Light**



35

"Scars speak more loudly than the sword that caused them." – **Manuscript Found In Accra**



36

"When there is no turning back, then we should consider ourselves only with the best way of going forward." – **The Alchemist**



37

"It is not our explanations that carry us forward; It is our will to proceed." - **Brida**



38

"In his or her life, each person can take one of two attitudes: to build or to plant. Builders may take years over their tasks, but one day they will finish with their doing. Then they will stop, hemmed in by their own walls. Life becomes meaningless once the building is finished. Those who plant suffer the storms and the seasons and rarely rest. Unlike a building, a garden never stops growing. And by its constant demands on the gardener's attentions, it makes of the gardener's life a great adventure. - **Brida**



39

"Pitiful is the person who is afraid of taking risks. Perhaps this person will never be disappointed or disillusioned; Perhaps she won't suffer the way people do when they have a dream to follow. But when that person looks back - and at some point, everyone looks back - she will hear her heart saying, what have you done with the miracles that God planted in your days? What have you done with the talents God bestowed on you? You buried yourself in a cave because you were fearful of losing those talents. So this is your heritage; the certainty that you wasted your life." - **By The River Piedra I Sat Down and Wept**



40

"If you have a past with which you feel dissatisfied, then forget it, now. Imagine a new story for your life and believe in it. Focus only on the moments when you achieved what you desired, and that strength will help you get what you want." – **The Fifth Mountain**



41

"Life sometimes separates people so they can realize how much they mean to each other." – **The Winner Stands Alone**



42

"A man's dignity isn't measured by the people he has around him when he's at the peak of his success, but by his ability not to forget those who helped him when his need was greatest." **The Winner Stands Alone**



43

"During the worst of all my crises, friends appeared. Since then, the first thing I do is ask for help."- **Paulo Coelho**



44

"Close some doors. Not because of pride, incapacity or arrogance, but simply because they no longer lead somewhere." - **Paulo Coelho**



45

"Don't be like those people who believe in "positive thinking" and tell themselves that they're loved and strong and capable. You don't need to do that because you know it already. And when you doubt it - which happens, I think, quite often at this stage of evolution - do as I suggested. Instead of trying to prove that you're better than you think, just laugh. Laugh at your worries and insecurities. View your anxieties with humor. It will be difficult at first, but you gradually get used to it. Now go back and meet all those people who think you know everything. Convince yourself that they're right, because we all know everything, it's merely a question of believing." - **The Witch of Portobello**



46

"People learn 25% from their teacher, 25% from listening to themselves, 25% from their friends, and 25% from time." – **The Witch of Portobello**



47

"It is part of human nature always to judge others very severely and, when the wind turns against us, always to find an excuse for our own misdeeds, or to blame someone else for our mistakes." – **Like The Flowing River**



48

"But there is suffering in life, and there are defeats. No one can avoid them. But it's better to lose some of the battles in the struggles for your dreams than to be defeated without ever knowing what you're fighting for." - **Paulo Coelho**



49

"Excessive caution destroys the soul and the heart, because living is an act of courage, and an act of courage is always an act of love." – **Manuscript Found In Accra**



50

"Choosing one path means abandoning others - if you try to follow every possible path you will end up following none." - **Brida**



51

"Don't forget that everything you deal with is only one thing and nothing else."
Paulo Coelho



52

"Stop thinking about life and choose to live it." – **The Fifth Mountain**



53

"The world is changed by your example, not by your **opinion.**"



54

"We do not need to know "how" or "where." but there is one question that we should all ask whenever we start anything: What am I doing this for?" – **The Valkyries**



55

"Playing the part of a charitable soul was only for those who are afraid of taking a stand in life. It is always far easier to have faith in your own goodness than to confront others and fight for your rights. It is always easier to hear an insult and not retaliate than have the courage to fight back against someone stronger than yourself; we can always say we're not hurt by the stones others throw at us, and it's only at night - we were alone and our wife or husband or our school friend is asleep - that we can suddenly grieve over our own cowardice." – **The Devil and Miss Prym**



56

"We are the ones who create the messes in our heads. It does not come from the outside." – **Adultery**



57

"When we turn around and come face to face with our destiny, we discover that words (spoken) are not enough. I know so many people who are brilliant speakers but are quite incapable of practicing what they preach. It's one thing to describe a situation and quite another to experience it." - **Paulo Coelho**



58

"Everything in life has its price." – **The Alchemist**



59

"There are moments when troubles enter our lives and we can do nothing to avoid them. But they are there for a reason. Only when we have overcome them will we understand why they were there." – **The Fifth Mountain**



60

"When we postpone the harvest, the fruit rots, but when we postpone our problems, they keep on growing." – **The Fifth Mountain**



61

"Lessons always arrive when you're ready for them, and if you can read the signs, you will learn everything you need to know in order to take the next step." – **The Zahir**



62

"The busiest people I have known in my life always have time enough to do everything. Those who do nothing are always tired and pay no attention to the little amount of work they are required to do. They complain constantly that the day is too short. The the truth is, they are afraid to fight the good fight." – **The Pilgrimage**



63

"You only know yourself when you go beyond your limits." – **Eleven Minutes**



64

"Remember that wherever your heart is, there you will find your treasure. You've got to find the treasure, so that everything you have learned along the way can make sense." – **The Alchemist**



65

"Only he who gives up is defeated. Everyone else is victorious." - **Manuscript Found In Accra**



66

"Love is an act of faith in another person, not an act of surrender. " - **Manuscript Found In Accra**



67

"in a forest of 100,000 trees, no two leaves are like. And no two journeys along the same path or alike." - **Aleph**



68

"A warrior knows that the ends do not justify the means. Because there are no ends, there are only means..." – **Warrior of Light**



69

"We always know which is the best road to follow, but we follow only the road that we have become accustomed to." – **The Pilgrimage**



70

"Pain, loss and separation are inevitable on the path of love, and the only way of avoiding them is by deciding not to take the path at all. In order not to suffer, you have to renounce love. It was like putting out your own eyes in order not to see the bad things in life." – **Brida**



71

"If you must say yes, say it with an open heart. If you must say no, say it without fear." – **Paulo Coelho**



74

"The two hardest tests on the spiritual road are the patience to wait for the right moment and the courage not to be disappointed with what we encounter." – **Veronika Decides To Die**



75

"The roller coaster is my life; Life is fast, dizzying game; life is a parachute jump; Is taking chances, falling over and getting up again; It's mountaineering; It's wanting to get to the very top of yourself and to feel angry and dissatisfied when you don't manage it." – **Eleven Minutes**



76

"A disciple can never imitate the steps of his guide, because each of us has our own way of seeing life, of coping with difficulties and with victories. Teaching is merely showing that something is possible. Learning is making something possible for yourself."- **The Diary of Magus**



77

"No one should be afraid of the unknown, because everyone is capable of achieving everything he/she wants and needs." – **The Alchemist**

