"Explore your mind, discover yourself, then give the best that is in you to your age and to your world. There are heroic possibilities waiting to be discovered in every person."
- Wilferd A. Peterson

"A hero is someone who has given his or her life to something bigger than oneself."
- Joseph Campbell

"Never in the field of human conflict was so much owed by so many to so few."
- Sir Winston Churchill

"Without heroes we're all plain people and don't know how far we can go."
- Bernard Malamud

"One person can and does make a difference."
- Albert Schweitzer

"In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit."
- Albert Schweitzer

"Heroism is not just pulling a child from a burning house or a driver from an icy river or a kitten from a tall tree. Heroism is also holding the door for a frail elderly and driving courteously and cooperatively and listening with an attentive heart to a friend's words. Small daily acts of love are as heroic as big once-in-a-lifetime acts of rescue."
- L. M. Heroux

"Aspire rather to be a hero than merely appear one."
- Baltasar Gracian

"Few of us will do the spectacular deeds of heroism that spread themselves across the pages of our newspapers in big black headlines. But we can all be heroic in the little things of everyday life. We can do the helpful things, say the kind words, meet our difficulties with courage and high hearts, stand up for the right when the cost is high, keep our word even though it means sacrifice, be a giver instead of a destroyer. Often this quiet, humble heroism is the greatest heroism of all."
- Wilferd A. Peterson

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