



SCHOOL OF DENTISTRY  
UNIVERSITY OF MICHIGAN

CULTURAL COMPETENCY TRAINING

A photograph of a sunset over the ocean. The sun is low on the horizon, creating a bright orange and yellow glow. A sailboat is visible on the water in the distance. The text 'CULTURAL COMPETENCY TRAINING' is arched over the top of the image.

WORDS OF INSPIRATION

*“Words are, of course, the most powerful drug used by mankind.”*

*– Rudyard Kipling*

NOVEMBER 16, 2016

We are excited to share these words of inspiration submitted by you or your dental school colleagues. We hope these favorite quotes from your peers will serve as great illustrations of how we have more in common than we might initially recognize. Many of these quotes span the wisdom and intelligence of leaders from centuries ago up unto the present age. We are grateful to compile this collection of inspiring words and hope that it will be a daily source of motivation for you. A special thank-you goes out to everyone who so joyously shared these inspiring words!

– The Multicultural Affairs Implementation Committee



*“Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.”*

- Golda Meir



*“Be soft. Do not let the world make you hard. Do not let pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place.”*

- Kurt Vonnegut, Jr.

*Hay tiempo - Spanish for "There is time,"  
the concept that we can trust there is time for  
all the truly important things in life.*



*"Be kind whenever possible. It is always possible"*

*- Dalai Lama*



*"It is better to light a candle than curse the darkness."*

*- Eleanor Roosevelt*



*"When someone shows you who they are, believe  
them the first time."*

*- Maya Angelou*



*Plan your work, then work your plan.*



*"If you want others to be happy, practice compassion.  
If you want to be happy, practice compassion."*

*- Dalai Lama XIV, The Art of Happiness*



*Before you speak THINK. Is it True? Is it Helpful?  
Is it Inspiring? Is it Necessary? Is it Kind?*

*Mediocrity has no meaning. Be the best that you can be at all times. Surround yourself with people that will inspire you to reach new heights.*



*The purpose of human life is to serve, and to show compassion and the will to help others.*



*Every Accomplishment Starts with the Decision to Try.*



*“For the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack.”*

*- Rudyard Kipling*



*“Anthropology may not provide the answer to the question of the meaning of life, but at least it can tell us that there are many ways in which to make a life meaningful.”*

*-Thomas Hylland Eriksen, Small Places, Large Issues:  
An Introduction to Social and Cultural Anthropology*



*Kind Words Never Die*



*“Happiness is never stopping to think if you are.”*

*- Palmer Sondheim*

## INVICTUS

*“INVICTUS” Out of the night that covers me, Black as the  
Pit from pole to pole, I thank whatever gods may be For my  
unconquerable soul. In the fell clutch of circumstance I have  
not winced nor cried aloud. Under the bludgeonings of chance  
My head is bloody, but unbowed. Beyond this place of wrath  
and tears Looms but the Horror of the shade, And yet the men-  
ace of the years Finds, and shall find, me unafraid. It matters  
not how strait the gate, How charged with punishments the  
scroll. I am the master of my fate: I am the captain of my soul.*

- English Poet William Ernest Henley (1849-1903)



*“When trying to settle a dispute, remember; there are 2 sides  
to every story and then there’s what really happened”*

- Marilyn Woolfolk



*“No one can make you feel inferior without your consent”*

- Eleanor Roosevelt



*I would hope to be treated the same way  
as I treat others.*



*Let the BEST you shine through.*



*Live Life with a Positive Attitude.*

*You are wonderfully and beautifully made!*

- Inspired by Psalm 139:14



*Life is not about weathering the storm, it's about  
learning to dance in the rain.*



*As children we may have said, "Sticks and stones may  
break my bones, but words will never hurt me." As an adult,  
I've learned how untrue the end of this statement is. I think  
of this quote often as inspiration to guide my tongue.  
I truly don't want to hurt people with my words.  
Words should be used to heal and not hurt.*



*"We must come to see that the end we seek is a society of peace.  
That will be the day not of the white man, not of the  
black man, that will be the day of man as man and  
woman as woman."*

- Dr. Martin Luther King, Jr.



*Be Open-Minded & Always Work Together*



*"You have been assigned this mountain to show others  
it can be moved."*

*“Don’t be in a hurry to condemn because he doesn’t do what you do or think as you think or as fast. There was a time when you didn’t know what you know today.”*

- Malcolm X



*Everyone matters*



*Coming together is a beginning. Keeping together is progress.  
Working together is success.*

- Henry Ford



*Despite our differences, we all have one thing in common that makes us inseparable, our Humanity. At the core of our humanity, there’s Diversity, Equity and Inclusion. Just like a three-fold cord that is hard to break, DEI binds us, strengthens us, and makes us better than if we were alone.*

- Tina Pryor



*Life is too short*



*We are all God’s children and precious in His sight.*



*Don’t be good to get something. Be good for nothing -  
for free and for fun and because you want to.*

*“The happiest people don’t have the best of everything,  
they just MAKE the best of everything.”*

- Author Unknown



*Knowledge*



*Kindness*



*“Everybody can be great. Because anybody can serve.  
You don’t have to have a college degree to serve.  
You don’t have to make your subject and your verb  
agree to serve.... You don’t have to know the second  
theory of thermodynamics in physics to serve.  
You only need a heart full of grace.  
A soul generated by love.”*

- Martin Luther King, Jr.



*The pen is mightier than the sword*



*What you think about... You bring about*



*If you always do,  
what you’ve always done,  
you’ll always get,  
what you’ve always got.*