

## Positive Thoughts of Encouragement

1. “When you think about the difference you can make rather than just focusing on the magnitude of the problems, I think there’s every reason for optimism.” — **Will MacAskill** ([listen to more here](#))
2. “If you want to make small changes, change the way you do things. If you want to make major changes, change the way you see things.” — **Don Campbell** ([read to more here](#))
3. “The question of the century is: How best can we shift to a culture of permanence, both for ourselves and for the biosphere that sustains us” — **E.O. Wilson** ([read to more here](#))
4. “Regeneration is not only about bringing the world back to life; it is about bringing each of us back to life.” — **Paul Hawken** ([read to more here](#))