Here are 220 of the best hard times quotes. The best part? They will make you feel stronger and inspired. You’ll find quotes on adversity, suffering, hope, and more. Enjoy!

Character is the virtue of hard times.
Charles de Gaulle

People need hard times and oppression to develop psychic muscles.
Emily Dickinson
Do not be concerned too much with what will happen. Everything which happens will be good and useful for you. Epictetus

In hard times, no less than in prosperity, preserve equanimity. Horace
At night, especially, it is beautiful to believe in the light. Plato

Tonight we cry, we despair, and we fear. Tomorrow we get back to work trying to build the world we want. Sam Altman
Master the art of doing things you don’t feel like doing, and you’ll go quite far.  
Thibaut

You have the power to change anything.  
Rhonda Byrne
Sometimes the tide is with us, and sometimes against. But we keep swimming either way.

Charlie Munger

Life is a storm that will test you unceasingly. Don’t wait for calm waters that may not arrive. Derive purpose from resilience. Learn to sail the raging sea.

@TheStoicEmperor
Hard times lifts the seeking souls to higher spiritual realms. Lailah Gifty Akita

If you want to save your soul, forget about your comfort. Leo Tolstoy
Things worth having are worth waiting for. Paulo Coelho

You’ll have bad times, but it’ll always wake you up to the good stuff you weren’t paying attention to. Robin Williams

Life will throw obstacles at you to make sure you truly want it. Maxime Lagacé
Life will throw obstacles at you to make sure you truly want it. Maxime Lagacé

See also: perseverance quotes, stoic quotes, courage quotes

Download your free pdf

The Best Hard Times Quotes

You don’t build psychological resilience by feeling good all the time. You build psychological resilience by getting better at feeling bad. Mark Manson

There’s no such thing as a “bad experience,” only an experience that we fail to utilize. Mark Manson

When it’s tough, lean in and stay strong. Remember it’s for the better. It’s for you, not against you. Maxime Lagacé

Courage is what you earn when you’ve been through the tough times and you discover they aren’t so tough after all. Malcolm Gladwell

The more humble a person is, the freer and stronger he is. Leo Tolstoy

If there is one lesson I’ve learned from failure and success, it’s this. I am not the outcome. I am never the result. I am only the effort. Kamal Ravikant

Hard times are good in their own way, too. The only way you can achieve true happiness is if you experience true sadness as well. Gabrielle Williams

Our ambition should not be to win but to play with our full effort. Our intention is not to be thanked or recognized, but to help and to do what we think is right. Our focus is not on what happens to us but on how we respond. In this, we will find contentment and resilience. Ryan Holiday

If you’re not the smartest, strongest, or most innovative, you can still win by simply being the most consistent. Anthony Pompliano

The people who did the hard, unpopular, disciplined things during the good times are the ones set up to thrive during the bad times. Anthony Pompliano

The people who stick with things for years and never stop almost always win the race. James Clear
When times are hard and you are mentally and physically exhausted and feel like you have nothing left and all you want to do is quit, that’s when you find out who you are! Stay hard! David Goggins

Sometimes painful things can teach us lessons that we didn’t think we needed to know. Amy Poehler

The soul would have no rainbow had the eyes no tears. John Vance Cheney

Realists are not afraid to look at the harsh circumstances of life. Robert Greene

It will work if you forget all the reasons it will not. Paulo Coelho

Character is developed in the tough times, when we’re not getting our way but we keep doing the right thing. Joel Osteen

As long as you keep getting born, it’s alright to die sometimes. Orson Scott Card

Pros are just amateurs who know how to gracefully recover from their mistakes. Kevin Kelly

People who try to force circumstances become their slaves. Those who use them become their masters. The Talmud

Work. Keep digging your well. Water is there somewhere. Rumi

Happy are those who dream dreams and are ready to pay the price to make them come true. Leo Suenens

You can’t calm the storm… so stop trying. What you can do is calm yourself. The storm will pass. Timber Hawkeye

You can handle anything if you can handle time alone. @orangebook

Talent is nothing but long patience. Gustave Flaubert

See also: being strong quotes

Part 2. Hard Times Quotes That Are…

The Most Famous Hard Times Quotes (Steve Jobs, Emerson, Oprah, etc.)

Go to table of contents

If you’re going through hell, keep going. Winston Churchill
It does not matter how slowly you go so long as you do not stop. Confucius

Don’t give up what you want most, for what you want now. Zig Ziglar

They were good times, there were hard times, but there were never bad times. Steve Jobs

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. Henry Ford

I like to use the hard times of the past to motivate me today. Dwayne Johnson (The Rock)

Hard times require furious dancing. Each of us is proof. Alice Walker

Hard times arouse an instinctive desire for authenticity. Coco Chanel

It is the ability to resist failure or use failure that often leads to greater success. J.K. Rowling

Hard times build determination and inner strength. Through them we can also come to appreciate the uselessness of anger. 14th Dalai Lama

Hard times make you bitter or make you more compassionate. Jewel

Never say never, because limits, like fears, are often just an illusion. Michael Jordan

Hard times fall upon everybody. Whatever it is, we’re going to get out of it. Mike Tyson

The task must be made difficult, for only the difficult inspires the noble-hearted. Søren Kierkegaard

Night is always darker before the dawn and life is the same, the hard times will pass, everything will get better and sun will shine brighter than ever. Ernest Hemingway

Never abandon life. There is a way out of everything except death. Winston Churchill

We must all either wear out or rust out, every one of us. My choice is to wear out. Theodore Roosevelt

If people knew how hard I had to work to gain my mastery, it would not seem so wonderful at all. Michelangelo

Unless you try to do something beyond what you have already mastered, you will never grow. Ralph Waldo Emerson

Turn your wounds into wisdom. Oprah Winfrey

To have become a deeper man is the privilege of those who have suffered. Oscar Wilde
Although the world is full of suffering, it is full also of the overcoming of it. Helen Keller

Man needs difficulties in life because they are necessary to enjoy the success. Abdul Kalam

More famous quotes

Short Hard Times Quotes

Go to table of contents

One-liners, short hard times quotes, sayings, thoughts and captions for your bio, social status, self-talk, motto, mantra, signs, posters, wallpapers, backgrounds.

Persist. Jack Butcher

Problems are messages. Shakti Gawain

There are no straight lines. Tony Robbins

Wisdom is knowing when to end. Robert Greene

Dark times are not hopeless times. David Goggins

There is no failure. Only feedback. Robert Allen

Become comfortable with not knowing. Eckhart Tolle

Every downturn had ended in an upturn. Noah Kerner

Suffering is when we resist the moment. Kamal Ravikant

A happy life doesn’t mean an easy life. Thibaut

Hard times produce your greatest gifts. Robin Sharma

In order to win, you must expect to win. Richard Bach

It’s only pain that can make you change. Naval Ravikant

Hard times always lead to something great. Betsey Johnson

Accept hardship as a necessary discipline. Lailah Gifty Akita

Don’t worry, this isn’t your last mistake. @orangebook_

Life is given to us not only for pleasures. Nikolai Gogol
If there is no struggle there is no progress. Kimberly Jones

The darker the night, the brighter the stars. Fyodor Dostoevsky

Breathe deeply and often. This too shall pass. Jason Garner

There’s no such things as failure, only results. Tony Robbins

Successful people failed more than most made attempts. @orangebook_

Pros are just amateurs who learned from their mistakes. James Clear

Surmounting difficulty is the crucible that forms character. Tony Robbins

You need hard times to become strong, otherwise you stay weak. Maxime Lagacé

The universe is sending you exactly what you need. Keep trusting. Andrew Zaffina

Humble in our aspirations. Gracious in our success. Resilient in our failures. Ryan Holiday

More short quotes

You may also like:
Inspirational, Positive And Encouraging Hard Times Quotes

Go to table of contents

| When we go all in, we find the answers. They’re in us. Kamal Ravikant |
| We have the opportunity, even in difficult times, to let our spirit shine. Jack Kornfield |
| All you need to do is a little step forward. It’s the hardest part. The rest is easier. Gal Shapira |
| Hard times may have held you down, but they will not last forever. When all is said and done, you will be increased. Joel Osteen |
| In life, you may face hard times. But in the face of adversity, always seek to remain positive. What we think, will eventually become our life. And if you think positive, you will have a positive life. Sarah Wilson |
| Hard times are purposeful, meant to refine and redirect us. They’re not arbitrary or random, and they’re definitely not cruel. Liz Curtis Higgs |
Adversity and catastrophe are inevitable in a universe where things fall apart. Small misfortunes allow us to test our own resilience. Trouble will come. We must be ready for it. @TheStoicEmperor

Start believing again; start dreaming again. Start talking like it’s going to happen; start acting like it’s going to happen. Joel Osteen

Give yourself a break. Life isn’t easy, especially now. It’s okay to be human, to feel all the emotions that come with difficult moments like these. Breathe and let go of the judgments and high expectations and just be as you are. You’re good. You’re enough. Just breathe. Jason Garner

The further you walk away from accountability, the weaker you become. Character is not built on the couch. Stay hard! David Goggins

The hardest thing in the world is to continuously fall and stay motivated. But those who can will start to create great separation between them and those who choose the path of least resistance. David Goggins

It’s not supposed to be easy. Life is designed to test the human soul. David Goggins

When times are hard and you are mentally and physically exhausted and feel like you have nothing left and all you want to do is quit, that’s when you find out who you are. David Goggins

A true champion has experienced fatigue many times and yet always finds what they still haven’t given. David Goggins

Persevere on, my brave lads. We have only just begun. Never despond! Never say enough! Swami Vivekananda

The hard stuff will always be hard. The scary stuff will always be scary. It won’t ever feel easy and you won’t ever feel like doing it. The real way to move forward is knowing that you can push yourself. You can do it anyway. That’s how you succeed. Mel Robbins

If things appear to be coming apart, maybe they are just rearranging themselves for a better fit. Pawnee Grey

Never underestimate your own strength. You were born for a purpose and are blessed with the power to achieve it. @TheGodLight

Neither failure nor success has the power to change your inner state of Being. Eckhart Tolle

When there is harmony between the mind, heart and resolution then nothing is impossible. The Vedas
It will hurt. It will take time. It will take sacrifice. It will take dedication. It will be worth it.
Jack Coulson

There is no deed in this life so impossible that you cannot do it. Your whole life should be lived as an heroic deed. Leo Tolstoy

Be patient. It will all be fine in the end. Sometimes it’s just longer. Maxime Lagacé

More positive quotes

**Funny Hard Times Quotes**

Go to table of contents

Everyone has a plan until they punched in the mouth. Mike Tyson

Have the courage to face a difficulty lest it kick you harder than you bargained for. Stanisław Leszczyński

In a day, when you don’t come across any problems – you can be sure that you are travelling in a wrong path. Swami Vivekananda

No matter how bad things are, you can always make things worse. Randy Pausch

More funny quotes

See also: Resilience In Hard Times (2 minutes YouTube video by The School of Life)

**Deep Hard Times Quotes**

Go to table of contents

If my wealth goes away, it takes with it nothing but itself. Seneca

When crisis and disaster strike, don’t waste them. No problems, no progress. Kevin Kelly

Storms draw something out of us that calm seas don’t. Bill Hybels

But where, after all, would be the poetry of the sea were there no wild waves? Joshua Slocum

Choose not to be harmed — and you won’t feel harmed. Don’t feel harmed — and you haven’t been. Marcus Aurelius

It’s important to be kind to yourself, but also be tough. Be real about where you are and where you want to be. Notice when you are not giving 100% and make sure to get rid of excuses. Gal Shapira
The perfected future never arrives. Life is full of seemingly endless trouble, and then life ends. Find peace in the imperfect present. @TheStoicEmperor

The difference between perseverance and obstinacy is that one comes from a strong will, and the other from a strong won’t. Henry Ward Beecher

Do you understand that the main thing holding you back is your belief that something is holding you back? Ralph Marston

There is no gathering the rose without being pricked by the thorns. The Panchatantra

The turning point in the process of growing up is when you discover the core of strength within you that survives all hurt. Max Lerner

Pain doesn’t last. And when it’s gone, we have something to show for it. Growth. Kamal Ravikant

We have more strength than will; and it is often merely for an excuse we say things are impossible. François de La Rochefoucauld

We should manage fortune like our health, enjoy it when it is good, be patient when it is bad, and never resort to strong remedies but in an extremity. François de La Rochefoucauld

Pain is important: how we evade it, how we succumb to it, how we deal with it, how we transcend it. Audre Lorde

You have come into a hard world. I know of only one easy place in it, and that is the grave. Henry Ward Beecher

In prosperity it is very easy to find a friend; but in adversity it is most difficult of all things. Epictetus

If you only keep pushing when it makes sense, you’ll never accomplish anything great. Maxime Lagacé

More deep quotes

See also: 10 Forgotten Truths to Help You Get Through Hard Times (marcandangel.com)

Wise Hard Times Quotes (Words of Wisdom)

Go to table of contents

Planning for failure is a crucial part of success. James Clear
Only during hard times do people come to understand how difficult it is to be master of their feelings and thoughts. Anton Chekhov

Circumstances don’t make the man, they only reveal him to himself. Epictetus

In the meantime, cling tooth and nail to the following rule: not to give in to adversity, not to trust prosperity, and always take full note of fortune’s habit of behaving just as she pleases. Seneca

When you understand, there is peace. When you don’t, there is fear. Maxime Lagacé

There is tremendous power in acceptance. To fully accept suffering and misfortune frees you from fear. You can appreciate good times because you are not tormented by the knowledge that they will end (they will). Such is the way of things, and we must live in accord with reality. @TheStoicEmperor

Patience is the calm acceptance that things can happen in a different order than the one you have in mind. David G. Allen

The more voluntary suffering you build into your life, the less involuntary suffering will affect your life. Tim Ferriss

What happens is not as important as how you react to what happens. Thaddeus Golas

Personality can open doors, but only character can keep them open. Elmer G. Letterman

If you are patient in one moment of anger, you will escape a hundred days of sorrow. Chinese proverb

The gem cannot be polished without friction, nor man perfected without trials. Chinese proverb

Do not pray for an easy life, pray for the strength to endure a difficult one. Bruce Lee

What concerns me is not the way things are, but rather the way people think things are. Epictetus

You should look in suffering for the seeds of your future spiritual growth, or the bitterness of suffering will be severe. Leo Tolstoy

Virtue begins only when there is an effort. Leo Tolstoy

More wisdom quotes

Part 3. Hard Times Quotes About…
Hard Times Quotes About Life, Learning

Go to table of contents

- When you’re finished changing, you’re finished. Benjamin Franklin
- Remember when life’s path is steep to keep your mind even. Quintus Horatius Flaccus
- Challenge yourself when life is easy, so you can handle it when life gets hard. James Clear
- Successful leaders grow slowly and steadily over time. Keep your focus on doing the right thing each and every day. That simple act will compound over time. John C. Maxwell
- You can learn a good deal about yourself when you examine how you react to difficult situations. Tony Robbins (See also: self-esteem quotes)
- Use whatever challenge comes into your life as a kind of fuel for the flame of consciousness. Eckhart Tolle
- Every failure is preparing you. Don’t be so afraid of failure that you don’t get out of your comfort zone. You will learn more through failure than you will through success. You’ll learn more in the difficult times than you will in the good times. Joel Osteen
- Every difficulty you go through, every bad break, every person that leaves, isn’t meant to stop you. It’s meant to push you, to stretch you, to mature you, to make you stronger. Joel Osteen
- Intrepidity is an extraordinary strength of soul which raises it above the troubles, disorders, and emotions which the sight of great perils can arouse in it: by this strength heroes maintain a calm aspect and preserve their reason and liberty in the most surprising and terrible accidents. François de La Rochefoucauld
- Everybody ought to do at least two things each day that he hates to do, just for practice. William James
- Some days, doing the best we can may still fall short of what we would like to be able to do, but life isn’t perfect on any front – and doing what we can with what we have is the most we should expect of ourselves or anyone else. Fred Rogers
- You cannot control situations that arise or what other people will do. But you can choose how you will meet each experience. Christine Day
- Real growth comes through intense, difficult, and challenging situations. Kamal Ravikant
- Most hardships, in the long term, are blessings. Maxime Lagacé
See also: life changing quotes

Hard Times Quotes About Adversity, Difficulties, Challenges

Go to table of contents

- Being challenged is a good thing. Eckhart Tolle
- This adversity is the springboard you needed. Maxime Lagacé
- The bravest sight in the world is to see a great man struggling against adversity. Seneca
- Every adversity, every failure, and every heartache, carries with it the seed of an equivalent or greater benefit. Napoleon Hill
- The times that challenge you the most are when you discover who you are and grow into the person you want to become. Shane Parrish
- If you want to look good in front of thousands, you have to outwork thousands in front of nobody. Damian Lillard
- Little minds are too much wounded by little things; great minds see all and are not even hurt. François de La Rochefoucauld
- Worthwhile things are hard to do. You feel foolish and out of your depth when you start. Many find that intolerable and retreat to their comfort zone. Each master was able to endure being a beginner. Some learn to love it. They live on the bleeding edge of their capacities. @TheStoicEmperor
- Keep the right perspective: the suffering is not permanent. That suffering is not going to last. It didn’t come to stay; it came to pass. Joel Osteen
- Stay flexible! The moment we overcome one challenge, I can promise you’ll soon be facing a new one; that’s what growth is all about. Tony Robbins
- When great men permit themselves to be cast down by the continuance of misfortune, they show us that they were only sustained by ambition, and not by their mind. François de La Rochefoucauld
- It takes time to create excellence. If it could be done quickly, more people would do it. John Wooden

See also: hard work quotes

See also: 4 Proven Ways to Overcome Adversity (psychcentral.com)
A deep-rooted strength is the result of a difficult journey. Karen Gibbs

Money, influence and position are as nothing compared with brains, principle, energy and perseverance. Orison Swett Marden

The most useful form of patience is persistence. Patience implies waiting for things to improve on their own. Persistence implies keeping your head down and continuing to work when things take longer than you expect. James Clear

It’s unfortunate that this has happened. No. It’s fortunate that this has happened and I’ve remained unharmed. Marcus Aurelius

The true man is revealed in difficult times. So when trouble comes, think of yourself as a wrestler whom God, like a trainer, has paired with a tough young buck. For what purpose? To turn you into Olympic-class material. Epictetus

You must persevere, must develop new strength by continuous study, until that which is only a good inclination become a good settled purpose. Seneca

Everything that goes wrong is just an opportunity to practice a virtue. One obstacle gives you a chance to practice controlling your temper. Another perseverance. Another a chance to take a long walk through the park. There is always something you can — and need to — practice on. Ryan Holiday

Passion’s breathlessness and impetuousness and franticness are poor substitutes for discipline, mastery, strength, purpose and perseverance. Ryan Holiday

Whatever you are going through, you must endure it until the end, in order for it to bless you. Every storm runs out of rain. Kimberly Jones

Just as one must suffer physical pain to build stronger bone and muscle, one must suffer emotional pain to develop greater emotional resilience, a stronger sense of self, increased compassion and a generally happier life. Mark Manson

Piece of advice I heard in high school I’ve never forgotten: “Successful people aren’t smarter than you, they’re just way more persistent.” Sam Altman

Persistence overshadows even talent as the most valuable resource shaping the quality of life. Tony Robbins

The only thing that overcomes hard luck is hard work. Harry Golden
Starting is easy. Finishing is hard. That’s why few succeed. Maxime Lagacé

More quotes about strength

Hard Times Quotes About Suffering, Giving Up, Sadness

Go to table of contents

- Linger not in your sorrows. You do not belong there. Dodinsky
- Your deepest pain is your greatest gift if you learn how to use it. Tony Robbins
- Suffering is the necessary condition for spiritual and physical growth. Leo Tolstoy
- Just because you got thrown off the path doesn’t mean that it’s not part of the path. @trey_wing6
- The wiser you get, the more adaptable you become, the less suffering affects you. Maxime Lagacé
- Anger is briefly energizing, but ultimately exhausting. Anger clouds our judgement, leading us into one disaster after another. Anger allows anyone capable of provoking us to manipulate our behavior. Find a fuel that burns cleaner. @TheStoicEmperor
- Stop a minute, right where you are. Relax your shoulders, shake your head and spine like a dog shaking off cold water. Tell that imperious voice in your head to be still. Barbara Kingsolver
- You don’t have to fix everything at once. We rarely can. Release the urge to think you must. Just take a step. One step. Whatever you’re capable of today. And tomorrow you can step again. Breathe. You’re not alone. Jason Garner (See also: encouraging quotes)
- If uncertainty is unacceptable to you, it turns into fear. If it is perfectly acceptable, it turns into increased aliveness, alertness, and creativity. Eckhart Tolle (A New Earth)
- The primary cause of unhappiness is never the situation but your thoughts about it. Eckhart Tolle
- Success requires hard work. But it also requires smart work. You have to take a break sometimes. You will burn yourself out if you don’t. Mel Robbins
- When your mind is telling you to quit and give up, remember all the repetition and sacrifice made along the way. David Goggins
When you suffer, think not on how you can escape suffering, but concentrate your efforts on what kind of inner moral and spiritual perfection this suffering requires. Leo Tolstoy

Don’t be afraid. You’re going to make it, but it’s always going to feel as if you’re not. Alan Watts

Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge. Eckhart Tolle

There’s a way to do anything. Don’t let anyone put doubts in your head. Focus on solutions. Gal Shapira

Once a problem stops being a problem, that’s when it becomes a funny story. Alain de Botton

See also: pain quotes, never give up quotes

See also: Read This If You’re Going Through Adversity (dariusforoux.com)

**Hard Times Quotes About Hope, Belief, Faith**

Go to table of contents

You can’t have something without believing you can have it, first. Gal Shapira

Hope is the child of perseverance and progress. Maxime Lagacé

The coolest thing about starting is that once you get something in motion, things tend to stay in motion. The hardest part is starting. But once you begin, you’ll figure it out. Mel Robbins

It’s okay to feel anxious and overwhelmed but this time in your life is going to require you to develop the resilience to feel those feelings and learn how to stay grounded and hopeful about the future that’s coming. Mel Robbins

Freedom awaits the one who is willing to pay the price for it: Remaining aware and open in the face of pain. @zen_fi

In times of uncertainty, we need to think critically for ourselves. Otherwise, we let someone else dictate our focus. Stand guard at the door of your mind. Tony Robbins

The more rejection you get, the better you are, the more you’ve learned, the closer you are to your outcome. Tony Robbins
When you become comfortable with uncertainty, infinite possibilities open up in your life. It means fear is no longer a dominant factor in what you do and no longer prevents you from taking action to initiate change. Eckhart Tolle

We can believe in a thing, we can know that it exists, even if we cannot understand it with our intellect, or explain it with words. Leo Tolstoy

Restoration is coming, new beginnings are coming, breakthroughs, abundance, victory is coming. The pain is only temporary, but the joy will go on forever. Joel Osteen

Often when you think you’re at the end of something, you’re at the beginning of something else. Fred Rogers

What the future holds for you depends on your state of consciousness now. Eckhart Tolle (A New Earth)

Reality can be changed by imagination, creativity and, above all, perseverance. Paulo Coelho

Open your eyes, look up to the skies. Elon Musk

More hope quotes, calm quotes

Part 4. Conclusion

Go to table of contents

There are new levels, new giants to conquer, new mountains to climb, new skills to learn. Don’t let it overwhelm you; let it inspire you. Joel Osteen

It takes time for a fruit to mature and acquire sweetness and become eatable; time is a prime factor for most good fortunes. The Vedas

However mean your life is, meet it and live it; do not shun it and call it hard names. It is not so bad as you are. It looks poorest when you are richest. The faultfinder will find faults even in paradise. Love your life, poor as it is. You may perhaps have some pleasant, thrilling, glorious hours, even in a poorhouse. The setting sun is reflected from the windows of the almshouse as brightly as from the rich man’s abode; the snow melts before its door as early in the spring. I do not see but a quiet mind may live as contentedly there, and have as cheering thoughts, as in a palace. Henry David Thoreau

Call to action: Watch The Best Way to Face Difficult Times (7 minutes YouTube video by The School of Life)

Table Of Contents
Part 1
Top 15 Images
Best Hard Times Quotes

Part 2
Hard Times Quotes That ARE
Famous
Short
Inspirational
Funny
Deep
Wise

Part 3
Hard Times Quotes ABOUT
Life
Adversity
Strength
Suffering
Hope

Part 4
Conclusion