

Quotes About Slowing Down in Life

Quotes about rest, simplicity, and living more intentionally

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Slow-down quotes curated into themes like presence, rest, priorities, and protecting your time. Designed for people who want a calmer pace without guilt.



Slow Down and Notice the Present

Use these quotes when you want to gently reset your pace, especially after a stressful week, a busy season, or a day that felt like it disappeared. The tone here is grounding and observational, focused on presence rather than productivity. They work well for journal prompts, mindfulness captions, or a short line you read before starting your morning routine. Practical tip: pick one quote and pair it with a tiny "present-tense" action (three slow breaths, a short walk, or putting your phone away for ten minutes).

▣▣ *"Slow down and enjoy life. It's not only the scenery you miss by going too fast - you also miss the sense of where you are going and why"*
— Eddie Cantor

▣▣ *"There exists only the present instant... a Now which always and without end is itself new. There is no yesterday nor any tomorrow, but only Now, as it was a thousand years ago and as it will be a thousand years hence"*
— Meister Eckhart

▣▣ *"Each moment is a place you've never been"*
— Mark Strand

▣▣ *"You can become blind by seeing each day as a similar one. Each day is a different one, each day brings a miracle of its own. It's just a matter of paying attention to this miracle"*
— Paulo Coelho

▣▣ *"I do not want to foresee the future. I am concerned with taking care of the present. God has given me no control over the moment following"*
— Mahatma Gandhi

▣▣ *"Yesterday is history. Tomorrow is a mystery. And today? Today is a gift. That's why we call it the present"*
— Babatunde Olatunji

▣▣ *"What is this life if, full of care, we have no time to stand and stare?"*
— W. H. Davies

▣▣ *"Write it on your heart that every day is the best day in the year"*
— Ralph Waldo Emerson

▣▣ *"There are moments when everything goes well, but don't be frightened"*
— Jules Renard

▣▣ *"It is often said that before you die your life passes before your eyes. It is in fact true. It's called living"*
— Terry Pratchett

Rest Without Guilt

These quotes are for the moments when you need permission to pause, without turning rest into something you must "earn". The tone is compassionate and restorative, ideal for burnout recovery, sick days, or simply reclaiming your evenings. They fit beautifully in self-care reminders, therapy notes, or a message to a friend who's been pushing too hard. Practical tip: when you share one, add one sentence of reassurance (e.g., "You're allowed to slow down today".) so the quote feels supportive, not preachy.

▣▣ *"Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work"*
— Ralph Marston

▣▣ *"Yet it is in our idleness, in our dreams, that the submerged truth sometimes comes to the top"*
— Virginia Woolf

▣▣ *"Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well"*
— James Freeman Clarke

▣▣ *"True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment"*
— William Penn

▣▣ *"Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset"*
— Saint Francis de Sales

▣▣ *"The life of inner peace, being harmonious and without stress, is the easiest type of existence"*
— Norman Vincent Peale

▣▣ *"A ruffled mind makes a restless pillow"*
— Charlotte Bronte

▣▣ *"I've never been to the websites. It's a lot healthier for me to keep out of the conversations about me"*
— Fiona Apple

Choose Simplicity Over Speed

Use these quotes when you're decluttering your calendar, simplifying your routines, or trying to stop competing with everyone else's pace. The tone is clean, intentional, and quietly confident, perfect for minimalism, "less but better" seasons, and resetting priorities. They're especially effective for captions that pair with calm visuals (coffee, a tidy desk, a slow morning) or for a personal mission statement. Practical tip: pick one quote and define what "simple" means for you this week (fewer commitments, fewer purchases, fewer tabs open).

▮▮ *"Simplicity and repose are the qualities that measure the true value of any work of art"*
— Frank Lloyd Wright

▮▮ *"Manifest plainness, embrace simplicity, reduce selfishness, have few desires"*
— Lao Tzu

▮▮ *"When you are content to be simply yourself and don't compare or compete, everybody will respect you"*
— Lao Tzu

▮▮ *"I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures"*
— Lao Tzu

▮▮ *"I believe that a simple and unassuming manner of life is best for everyone, best both for the body and the mind"*
— Albert Einstein

▮▮ *"Simplicity makes me happy"*
— Alicia Keys

▮▮ *"Simplicity in character, in manners, in style; in all things the supreme excellence is simplicity"*
— Henry Wadsworth Longfellow

▮▮ *"The ability to simplify means to eliminate the unnecessary so that the necessary may speak"*
— Hans Hofmann

▮▮ *"The best artists know what to leave out"*
— Charles de Lint

▮▮ *"If thou wilt make a man happy, add not unto his riches but take away from his desires"*
— Epicurus

Patience— Not Hustle

These quotes are for anyone trying to build a slower, steadier life, one that values process, patience, and long-term growth. The tone ranges from wise to gently challenging, which makes them great for reframing impatience or pressure to "keep up". Use them in work notes, study routines, fitness journeys, or anywhere you're tempted to rush the results. Practical tip: pair a patience quote with a realistic time frame ("I'll give this two weeks") so your slower pace becomes a plan, not a vague hope.

▮▮ *"Perfection is attained by slow degrees; it requires the hand of time"*
— Voltaire

▮▮ *"Wisely, and slow. They stumble that run fast"*
— William Shakespeare

▮▮ *"All things will be clear and distinct to the man who does not hurry; haste is blind and improvident"*
— Titus Livius

▮▮ *"Most men pursue pleasure with such breathless haste that they hurry past it"*
— Søren Kierkegaard

▮▮ *"The key to everything is patience. You get the chicken by hatching the egg, not by smashing it"*
— Arnold H. Glasow

▮▮ *"Have patience with all things— But, first of all with yourself"*
— Saint Francis de Sales

▮▮ *"One thing at a time, all things in succession. That which grows fast withers as rapidly; and that which grows slow endures"*
— J. G. Holland

▮▮ *"When someone screams at me to hurry up— I slow down"*
— Mario Lemieux

▣▣ *"Remain calm, serene, always in command of yourself. You will then find out how easy it is to get along"*
— Paramahansa Yogananda

▣▣ *"Things slow down, the ball seems a lot bigger and you feel like you have more time. Everything computes - you have options, but you always take the right one"*
— John McEnroe

Protect Your Time and Priorities

Use these quotes when you're setting boundaries, trimming commitments, or reminding yourself that "busy" isn't the same as "meaningful". The tone is practical and empowering, ideal for people who want a calmer pace without guilt or apology. They work well in planners, work Slack statuses, or a personal "rules of life" note you keep on your phone. Practical tip: choose one quote as your filter question for the week (e.g., "Is this my priority, or just urgent?").

▣▣ *"The key is not to prioritize what's on your schedule, but to schedule your priorities"*
— Stephen Covey

▣▣ *"We cannot do everything at once, but we can do something at once"*
— Calvin Coolidge

▣▣ *"It is those who concentrates on but one thing at a time who advance in this world. The great man or woman is the one who never steps outside his or her specialty or foolishly dissipates his or her individuality"*
— Og Mandino

▣▣ *"The goal isn't to be busy. The goal is to be free"*
— Codie Sanchez

▣▣ *"Everything matters. Time is precious"*
— Jessica Hagedorn

▣▣ *"As you get older, all those dumb clichés, they're all true. You only have a certain amount of time left, and you should only spend it doing the things that you want to do. It's all true"*
— Rob Reiner

▣▣ *"It is not what we take up, but what we give up, that makes us rich"*
— Henry Ward Beecher

▣▣ *"Don't wait. The time will never be just right"*
— Napoleon Hill

▣▣ *"When a thing is not worth overdoing, leave it alone!"*
— Henry S. Haskins

▣▣ *"Drop the idea that you are Atlas carrying the world on your shoulders. The world would go on even without you. Don't take yourself so seriously"*
— Norman Vincent Peale

▣▣ *"The older I get the more wisdom I find in the ancient rule of taking first things first. A process which often reduces the most complex human problem to a manageable proportion"*
— Dwight D. Eisenhower

▣▣ *"This is the key to time management - to see the value of every moment"*
— Menachem Mendel Schneerson

Quiet— Solitude, and Stillness

These quotes fit when you're craving a quieter mind, less noise, less urgency, and fewer inputs competing for your attention. The tone is reflective and calming, and it's especially helpful for evenings, mornings, and "reset" days when you want to feel like yourself again. Use them for meditation notes, calming social posts, or as a reminder that stepping back is a strength, not a failure. Practical tip: read one quote before you start a no-audio walk (no music, no podcasts) and see what your mind settles into.

▣▣ *"In solitude, where we are least alone"*
— Lord Byron

▣▣ *"There's a difference between solitude and loneliness"*
— Maggie Smith

▣▣ *"What a lovely surprise to finally discover how unlonely being alone can be"*
— Ellen Burstyn

▣▣ *"All men's miseries derive from not being able to sit in a quiet room alone"*
— Blaise Pascal

▮▮ *"The sound of 'gentle stillness' after all the thunder and wind have passed will be the ultimate Word from God"*
— Jim Elliot

▮▮ *"Well-timed silence hath more eloquence than speech"*
— Martin Farquhar Tupper

▮▮ *"The world is never quiet, even its silence eternally resounds with the same notes, in vibrations which escape our ears"*
— Xavier Herbert

▮▮ *"Talk low, talk slow and don't say too much"*
— John Wayne

▮▮ *"The ego is nothing other than the focus of conscious attention"*
— Alan Watts

▮▮ *"The monotony and solitude of a quiet life stimulates the creative mind"*
— Albert Einstein

▮▮ *"Each day, and the living of it, has to be a conscious creation in which discipline and order are relieved with some play and pure foolishness"*
— May Sarton

Let Nature Set the Pace

Use these quotes when you want to reconnect with a slower rhythm, one you can feel in seasons, weather, light, and quiet observation. The tone is spacious and reverent, perfect for walks, weekend resets, travel days, or any moment you want to "come back" to your senses. They make excellent photo captions for nature shots, hiking journals, or a calming sign-off at the end of a newsletter. Practical tip: pair one quote with a specific detail you noticed (clouds, birds, wind, the color of the sky) so your words feel lived-in, not abstract.

▮▮ *"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time"*
— John Lubbock

▣▣ *"The moment one gives close attention to any thing, even a blade of grass it becomes a mysterious, awesome, indescribably magnificent world in itself"*

— Henry Miller

▣▣ *"He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed"*

— Albert Einstein

▣▣ *"A hundredth of a second here, a hundredth of a second there - even if you put them end to end, they still only add up to one, two, perhaps three seconds, snatched from eternity"*

— Robert Doisneau

▣▣ *"If we are always arriving and departing, it is also true that we are eternally anchored. One's destination is never a place but rather a new way of looking at things"*

— Henry Miller

▣▣ *"At the close of the day when the hamlet is still, and mortals the sweets of forgetfulness prove, when naught but the torrent is heard on the hill, and naught but the nightingale's song in the grove"*

— James Beattie

▣▣ *"Everything is beautiful, all that matters is to be able to interpret"*

— Camille Pissarro

▣▣ *"There is more to life than increasing its speed"*

— Mahatma Gandhi

How to Use These Quotes

These quotes work best when you use them as small "pace cues", not just pretty words. Choose a line that matches your real life right now, overwhelm, transition, burnout, or simply a desire to live more intentionally. If you share them publicly, a sentence of personal context makes the message land (what you're slowing down from, and what you're slowing down for). Practical tip: rotate one quote per week and make it your default reminder on the places you look most (lock screen, planner header, or a sticky note by your laptop).

- Text a quote to someone with a specific invitation: "Want to take a slow walk this weekend?"
- Use a quote as a boundary script: put it at the top of your calendar before you say yes to new plans.
- Journal with one follow-up question: "What am I rushing that doesn't need to be rushed?"
- Pair a quote with a tiny habit: one cup of tea without screens, one page of reading, one quiet room.