

A few quotes .. there are an almost unlimited number of quotes and adaptations

Only the pain of a hard workout, can save the agony of defeat.
By failing to prepare, you are preparing to fail.

Quotations help us remember the simple yet profound truths that give life perspective and meaning.

Tough Times Don't Last .. Tough People Do.

Good is not enough, where better is possible.

Courage + Hard Work + Imagination = Miracles

Today's preparation determines tomorrow's achievements.

Hear something, and you'll forget it;
See something, and you'll remember it;
DO something and you'll understand it !!

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Well done, is better than well said.

The harder you work, the harder it is to surrender.

All glory comes from daring.

Steep Roads lead to High Mountains.

Be the best YOU can be: No More! No Less! No Excuses!!

The power of flight lies in the mind that has wings.

Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your destiny.

*Flatter me, and I may not believe you.
Criticize me, and I may not like you.
Ignore me, and I may not forgive you.
Encourage me, and I will not forget you.*
William Arthur Ward

Alone we can do so little; together we can do so much.
Helen Keller

Call a plant beautiful, and it becomes a flower.
Call it ugly, and it becomes a weed.

Yesterday is today's memory; tomorrow is today's dream.

Winners win .. Champions always do their best.

We can't all be winners, but we can all be champions.

The only time you can't afford to fail, is the last time you try.

A **genius** is **admired**.
The **wealthy** are **envied**.
The **powerful** are **feared**, but
A **person of character**
is
trusted

You can never be better than your best.

It's not about winning .. it's about having the courage to join the race.

Pain is temporary .. pride is forever.

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.
- Mark Twain

You will become as small as your controlling desire, as great as your dominant aspiration.

You can be an outstanding sportsperson for a few exciting years, but you can be an outstanding person all your life.

The only performance you have control over, is your performance.

Thinking will not overcome fear, but **action will**

The Mirror Test: All that matters is that you can look in your mirror, and honestly tell the person you see there, you have done your best.

Champions are distinguished by differences: the different things they do, and the things they do differently.

The Quitter never wins, the Winner never quits.

You can't cross the sea merely by standing and staring at the water.

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great. (Mark Twain)

Potential is what you may be capable of doing; Motivation directs what you do; Attitude determines how well you do.

Win with a grin, lose with a smile.

Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love. - [Lao Tzu](#)

Team mates are always there for each other.

**What is right is not always popular,
What is popular is not always right.**

Courage is resistance to fear, mastery of fear, not absence of fear. (Mark Twain)

A mind stretched by a new idea never returns to its old dimensions.

**Don't Limit Your Challenges ...
Challenge Your Limits**

No one can make you feel inferior without your consent.

The Loser says: "It may be possible, but it's too difficult". The Winner says: "It may be difficult, but it's possible."

A dream is just a dream. A goal is a dream with a plan and a deadline.

**Achievement seems to be connected with action.
Successful men and women keep moving. They
make mistakes, but they don't quit.**

A hero is an ordinary individual who finds the strength
to persevere and endure in spite of overwhelming obstacles.

A mind that has been stretched will never return to its original dimension. Albert Einstein

A person is only as big as the dream they dare to live.

**We don't see things as they are,
we see things as we are.**

A professional is someone who can do his best work when he doesn't feel like it.

Achievement seems to be connected with action. Successful men and women keep moving. They make mistakes, but they don't quit.

Act like you're number 1 train like you're number 2.

**Never allow a person to tell you "No" who
doesn't have the power to say "Yes".**

All our dreams can come true, if we have the courage to pursue them.

**The future belongs to those who believe in the
beauty of their dreams.**

We are capable of greater things than we realize.

**Great minds discuss ideas; average minds discuss
events; small minds discuss people.
Eleanor Roosevelt**

Even if you are a minority of one, the truth is the truth.

Challenges come so we can grow.

**Those who look only to the past or
present are certain to miss the future.
J. F. Kennedy**

Change takes but an instant. It's the resistance to change that can take a lifetime.

Those who look only to the past or the present - are certain to miss the future.
John F. Kennedy

**Prepare for the unknown by
studying how others in the past
have coped with the
unforeseeable and the
unpredictable.**

Whatever anyone ever says about you, you have only yourself to answer to. Trust yourself.

Confidence comes not from always being right but from not fearing to be wrong.

Sometimes success requires persistence and hard work. Sometimes an ingenious new approach is needed. Or it may be time for a whole new beginning. Think, and choose wisely.

To reject change, is to architect decay

It is true that you may fool all of the people some of the time; you can even fool some of the people all of the time; but you can't fool all of the people all of the time. Abraham Lincoln

Letting go doesn't mean giving up ... it means moving on

We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths. - Walt Disney

You cannot escape the responsibility of tomorrow by evading it today. Abraham Lincoln

I like the dreams of the future better than the history of the past. - Thomas Jefferson

**Be thankful for what you have; you'll end up having more. If you concentrate on
what you don't have, you will never, ever have enough. Oprah Winfrey**

Future generations are not going to ask us what political party were you in. They are going to ask what did you do about it, when you knew the glaciers were melting.

Dance like nobody is watching.

We cannot direct the wind, but we can adjust the sails.

Choose - act - no regrets

Practice does not make perfect .. practice makes permanent.

It is easier to prevent bad habits than to break them - Benjamin Franklin

50 repeats forms a habit .. thousands of repeats to change the habit

I don't know the key to success, but the key to failure is to try to please everyone - Bill Cosby

Be careful the friends you choose for you will become like them - W. Clement Stone

This above all, to thine own self be true - William Shakespeare

We must become the change we wish to see in the world - Mahatma Gandhi

Our lives begin to end the day we become silent about things that matter - Martin Luther King, Jr.

To avoid criticism, do nothing, say nothing, and be nothing - Elbert Hubbard

Success is getting what you want; happiness is wanting what you get - Dale Carnegie

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. - Mark Twain

Always be a first-rate version of yourself instead of a second-rate version of someone else - Judy Garland

Conformity is the jailer of freedom and the enemy of growth - John F. Kennedy

There are two kinds of failures: those who thought and never did, and those who did and never thought - Laurence J. Peter

Alas for those that never sing, but die with all their music in them! - Oliver Wendell Holmes

Those who believe they can do something and those who believe they can't are both right - Henry Ford

Confidence is contagious ... so is lack of confidence - Vince Lombardi

Be resolute in your goals, but flexible in your tactics.

If it's difficult, I'll do it now; If it's impossible - I'll do it presently!
Don Bradman 10/12/1928

Go confidently in the direction of your dreams.
Live the life you have imagined. - Henry David Thoreau

The jump is so frightening between where I am and where I want to be.
Because of all I may become, I will close my eyes and leap. - Mary Anne Radmacher
You can't cross a chasm in two small jumps.
- often attributed to David Lloyd George

I do not need anyone's permission to be my true self.

Excellence is the result of caring more than others think is wise,
Risking more than others think is safe,
Dreaming more than others think is practical,
Expecting more than others think is possible.

Laugh when you can,
Apologize when you should,
and **let go** of what you can't change.
Life's too short to be anything... but **happy**

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