
*For me,
winning isn't something that happens
suddenly on the field when the whistle
blows and the crowd roars.*

*Winning is something that builds
physically and mentally
every day that you train,
and every night that you dream.*

Emmit Smith - Three-time Super Bowl winning
running back for the Dallas Cowboys

*Champions are made from something
they have deep inside them:
A desire, a dream, a vision.*

Muhammed Ali

I have a dream.

Martin Luther King, Jr.

*Set your goals high
and don't stop until you get there.*

Bo Jackson

*I've failed over and over in my life
and that's why I succeed.*

Michael Jordan

*If you don't invest very much,
then defeat doesn't hurt very much
and winning is not very exciting.*

Dick Vermeil

*It's not whether you get knocked down;
It's whether you get back up.*

Vince Lombardi

*My great concern is not
whether you have failed,
but whether
you are content with your failure.*

Abraham Lincoln

*Only a man who knows what it is like
to be defeated
can reach down to the bottom of his soul
and come up with the extra ounce of
power
it takes to win when the match is even.*

Muhammad Ali

*The fight is won or lost far away from
witnesses - behind the lines, in the gym,
and out there on the road, long before I
dance under those lights.*

Muhammad Ali

Winning is a habit, unfortunately so is losing.

Vince Lombardi

Life is a team sport.

Michael E. Goulden

*I'm in charge of the effort,
the Lord is in charge of the results.*

Michael E. Goulden

*The principle is competing against
yourself. It's about self-improvement,
about being better than you were the day
before.*

Steve Young

*Blessed are those that have dreams and
are willing to put forth the effort to
achieve them.*

Coach George Corner

*You can't get much done in life if you only
work on the days when you feel good.*

Jerry West

*Spectacular achievements are always
preceded by unspectacular preparation.*

Roger Staubach

Paralyze resistance with persistence.

Woody Hayes

*I hated every minute of training, but I
said, "Don't quit, Suffer now and live the
rest of your life as a champion."*

Muhammad Ali



I know where I'm going and I know the truth, and I don't have to be what you want me to be, I'm free to be what I want.

Muhammad Ali

Be more concerned with your character than your reputation. Your character is what you really are while your reputation is merely what others think you are.

John Wooden

To know what is right and not do it is the worst cowardice.

Confucius

I am the master of my fate, I am the captain of my soul.

William Earnest Henley

*You don't have to be great to start, but
you have to start to be great.*

Zig Zigler

*A good plan, violently executed now, is
better than a perfect plan next week.*

George S. Patton

*Plans are of little importance, but
planning is essential.*

Winston Churchill

*No battle plan survives contact with the
enemy.*

Helmuth von Moltke

*Do what you can where you are with what
you have.*

Theodore Roosevelt

A man who has no imagination has no wings.

Muhammad Ali

It's kind of fun to do the impossible.

Walt Disney

*Logic will get you from A to B,
imagination will take you everywhere.*

Albert Einstein

*I am the greatest; I said that even before
I knew I was.*

Muhammad Ali

What keeps me going is goals.

Muhammad Ali

*You have to expect things of yourself
before you can achieve them.*

Michael Jordan

*A man without a goal is like a ship
without a rudder.*

Thomas Carlyle

*To be able to give away riches is
mandatory if you wish to possess them.
This is the only way that you will be truly
rich.*

Muhammad Ali

*I can teach anybody how to get what they
want out of life. The problem is that I
can't find anybody who can tell me what
they want.*

Mark Twain

Success isn't something that just happens, success is learned, success is practiced, and then it is shared.

Sparky Anderson

Service to others is the rent you pay for your room here on earth.

Muhammad Ali

What you get by achieving your goals is not as important as what you become by achieving your goals.

Zig Ziglar

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

Aristotle

You're never a loser until you quit trying.

Mike Ditka



*The most courageous act is still to think
for yourself.*

Coco Chanel

*I've failed over and over and over again in
my life. And that is WHY I succeed.*

Michael Jordan

*Never give in, never give in, never, never,
never, never - in nothing, great or small,
large or petty...*

Winston Churchill

*You are never too old to set another goal
or to dream another dream.*

C.S. Lewis

*Opportunity is missed by most people
because it is dressed in overalls and looks
like work.*

Thomas A. Edison

*Try to be like the turtle, at ease in your
own shell.*

Bill Copeland

*If you think you are too small to make a
difference, try sleeping with a mosquito.*

Dalai Lama

*Life is a shipwreck, but we must not
forget to sing in the lifeboats.*

Voltaire

*Never give up, for that is just the place
and time that the tide will turn.*

Harriet Beecher Stowe

*Even if you're on the right track, you'll
get run over if you just sit there.*

Will Rogers

*Never give up on something that you can't
go a day without thinking about.*

Winston Churchill

*My therapist told me the way to achieve
true inner peace is to finish what I start.*

*So far I've finished two bags of M&Ms
and a chocolate cake. I feel better already.*

Dave Barry

*Always be a first-rate version of yourself,
instead of a second-rate version of
somebody else.*

Judy Garland

If you cannot do great things, do small things in a great way.

Napolean Hill

Strive not to be a success, but rather to be of value.

Albert Einstein

If you're feeling low, don't despair. The sun has a sinking spell every night, but it comes back up every morning.

Dolly Parton

You can never cross the ocean until you have the courage to lose sight of the shore.

Christopher Columbus

Big shots are just little shots who kept shooting.

Christopher Marley



*As soon as you trust yourself, you will
know how to live.*

Goethe

*Life's like a movie. Write your own
ending. Keep believing. Keep pretending.*

Jim Henson

*The only person you are destined to
become is the person you decide to be.*

Ralph Waldo Emerson

*We can easily forgive a child who is afraid
of the dark; the real tragedy of life is
when men are afraid of the light.*

Plato

*Build your own dreams, or someone else
will hire you to build theirs.*

Farrah Gray



Only those who will risk going too far can possibly find out how far they can go.

T.S Eliot

Your time is limited so don't waste it living someone else's life.

Seve Jobs

If you want to make your dreams come true, the first thing you have to do is wake up.

J.M. Power

Become so wrapped up in something that you forget to be afraid.

Lady Bird Johnson

You must BE the change you wish to SEE in the world.

Mahatma Gandhi



*Those who dance are considered insane by
those who don't hear the music.*

George Carlin

*Either write something worth reading or
do something worth writing.*

Benjamin Franklin

Whatever you're thinking, think bigger.

Ton Hsich

*You can only live once, but if you do it
right, once is enough.*

Mae West

*Enjoy the little things in life because one
day you'll look back and realize they were
the big things.*

Kurt Vonnegut

*Whether you think you can or you think
you can't, you're right.*

Henry Ford

*Life is deep and simple, and what society
gives us is shallow and complicated.*

Mr. Rogers

If you're going through hell, keep going.

Winston Churchill

*Dream of a better tomorrow, where
chickens can cross the road and not be
questioned about their motives.*

Unkown

*We don't stop playing because we grow
old; we grow old because we stop playing.*

George Bernard Shaw

*You can't be brave if you've only had
wonderful things happen to you.*

Mary Tyler Moore

*Life is like a riding a bicycle. To keep
your balance you must keep moving.*

Albert Einstein

*We are what we pretend to be, so we must
be careful what we pretend to be.*

Kurt Vonnegut

*I have not failed. I've just found 10,000
ways that won't work.*

Thomas A. Edison

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead

Life's hard. It's even harder when you're stupid.

John Wayne

Wanting to be someone else is a waste of who you are.

Kurt Cobain

Strong people don't put others down, they lift them up.

Michael P. Watson

*Don't tell me the sky's the limit when
there are footprints on the moon.*

Paul Brandt

Whatever you are, be a good one.

Abraham Lincoln

*Isn't it nice to think that tomorrow is a
new day with no mistakes in it yet?*

L.M. Montgomery

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

Eleanor Roosevelt

You never fail until you stop trying.

Albert Einstein

The only way to prove that you're a good sport is to lose.

Ernie Banks

When you're riding, only the race in which you're riding is important.

Bill Shoemaker

Age is no barrier. It's a limitation you put on your mind.

Jackie Joyner-Kersey

Only he who can see the invisible can do the impossible.

Frank L. Gaines

I always felt that my greatest asset was not my physical ability, it was my mental ability.

Bruce Jenner



A trophy carries dust. Memories last forever.

Mary Lou Retton

Most people give up just when they're about to achieve success. They quit on the one yard line. They give up at the last minute of the game one foot from a winning touchdown.

Ross Perot

You have to do something in your life that is honorable and not cowardly if you are to live in peace with yourself.

Larry Brown

There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do.

Derek Jeter

*Baseball is the only field of endeavor
where a man can succeed three times out
of ten and be considered a good performer.*

Ted Williams

*One man practicing sportsmanship is far
better than 50 preaching it.*

Knute Rockne

*The five S's of sports training are:
stamina, speed, strength, skill, and spirit;
but the greatest of these is spirit.*

Ken Doherty

*An athlete cannot run with money in his
pockets. He must run with hope in his
heart and dreams in his head.*

Emil Zatopek

Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little girl who fell in love with the game and never looked back... play for her.

Mia Hamm

When you've got something to prove, there's nothing greater than a challenge.

Terry Bradshaw

It's not the will to win that matters—everyone has that. It's the will to prepare to win that matters.

Paul “Bear” Bryant

Persistence can change failure into extraordinary achievement.

Marv Levy

*I've learned that something constructive
comes from every defeat.*

Tom Landry

*Make sure your worst enemy doesn't live
between your own two ears.*

Laird Hamilton

*Set your goals high, and don't stop till you
get there.*

Bo Jackson

*I became a good pitcher when I stopped
trying to make them miss the ball and
started trying to make them hit it.*

Sandy Koufax

If you can't outplay them, outwork them.

Ben Hogan

*People ask me what I do in winter when
there's no baseball. I'll tell you what I do.
I stare out the window and wait for
spring.*

Rogers Hornsby

*Most people never run far enough on their
first wind to find out they've got a second.*

William James

*Do you know what my favorite part of the
game is? The opportunity to play.*

Mike Singletary

*If at first you don't succeed, you are
running about average.*

M.H. Alderson

Continuous effort — not strength or intelligence — is the key to unlocking our potential.

Liane Cardes

Good is not good when better is expected.

Vin Scully

The difference between the impossible and the possible lies in a person's determination.

Tommy Lasorda

Champions keep playing until they get it right.

Billie Jean King

You were born to be a player. You were meant to be here. This moment is yours.

Herb Brooks - 1980 Olympic Hockey Coach



*What you lack in talent can be made up
with desire, hustle, and giving 110
percent all the time.*

Don Zimmer

*If you fail to prepare, you're prepared to
fail.*

Mark Spitz

*Whatever you do, always give 100%.
Unless you're donating blood.*

Bill Murray

*How you respond to the challenge in the
second half will determine what you
become after the game, whether you are a
winner or a loser.*

Lou Holtz

*Persistence can change failure into
extraordinary achievement.*

Matt Biondi

*Sports serve society by providing vivid
examples of excellence.*

George F. Will

*The principle is competing against
yourself. It's about self-improvement,
about being better than you were the day
before.*

Steve Young

*The road to Easy Street goes through the
sewer.*

John Madden

*You are never really playing an opponent.
You are playing yourself, your own
highest standards, and when you reach
your limits, that is real joy.*

Arthur Ashe

*What makes something special is not just
what you have to gain, but what you feel
there is to lose.*

Andre Agassi

*The more difficult the victory, the greater
the happiness in winning.*

Pele

*It ain't about how hard you can hit. It's
about how hard you can get hit, and keep
moving forward.*

Sylvester Stallone, Rocky Balboa

*Most talented players don't always
succeed. Some don't even make the team.
It's more what's inside.*

Brett Favre

*One man can be a crucial ingredient on a
team, but one man cannot make a team.*

Kareem Abdul-Jabbar

*Nobody who ever gave his best regretted
it.*

George Halas

*Stubbornness usually is considered a
negative; but I think that trait has been a
positive for me.*

Cal Ripken Jr.

You've got to take the initiative and play your game. In a decisive set, confidence is the difference.

Chris Evert

When you win, say nothing, when you lose, say less.

Paul Brown

The hardest skill to acquire in this sport is the one where you compete all out, give it all you have, and you are still getting beat no matter what you do. When you have the killer instinct to fight through that, it is very special.

Eddie Reese

*The mind is the limit. As long as the mind
can envision the fact that you can do
something, you can do it, as long as you
really believe 100 percent.*

Arnold Schwarzenegger

*When I go out there, I have no pity on my
brother. I am out there to win.*

Joe Frazier

*During my 18 years I came to bat almost
10,000 times. I struck out about 1,700
times and walked maybe 1,800 times. You
figure a ballplayer will average about 500
at bats a season. That means I played
seven years without ever hitting the ball.*

Mickey Mantle

I never left the field saying I could have done more to get ready and that gives me peace of mind.

Peyton Manning

Leadership, like coaching, is fighting for the hearts and souls of men and getting them to believe in you.

Eddie Robinson

You win some, you lose some, and some get rained out, but you gotta suit up for them all.

J. Askenberg

Always make a total effort, even when the odds are against you.

Arnold Palmer

To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them.

Picabo Street

Show me a guy who's afraid to look bad, and I'll show you a guy you can beat every time.

Lou Brock

You can motivate by fear, and you can motivate by reward. But both those methods are only temporary. The only lasting thing is self motivation.

Homer Rice

*You find that you have peace of mind and
can enjoy yourself, get more sleep, and
rest when you know that it was a one
hundred percent effort that you gave—win
or lose.*

Gordie Howe

*If you train hard, you'll not only be hard,
you'll be hard to beat.*

Herschel Walker

*My motto was always to keep swinging.
Whether I was in a slump or feeling badly
or having trouble off the field, the only
thing to do was keep swinging.*

Hank Aaron

I didn't believe in team motivation. I believe in getting a team prepared so it knows it will have the necessary confidence when it steps on the field and be prepared to play a good game.

Tom Landry

Your biggest opponent isn't the other guy. It's human nature.

Bobby Knight

If you can believe it, the mind can achieve it.

Ronnie Lott

If you don't have confidence, you'll always find a way not to win.

Carl Lewis

Without self-discipline, success is impossible, period.

Lou Holtz

Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.

Michael Jordan

Make each day your masterpiece.

John Wooden

Excellence is the gradual result of always striving to do better.

Pat Riley

*Win If You Can, Lose If You Must, But
NEVER QUIT!*

Cameron Trammell



*If you have everything under control,
you're not moving fast enough.*

Mario Andretti

*Just keep going. Everybody gets better if
they keep at it.*

Ted Williams

*What to do with a mistake: recognize it,
admit it, learn from it, forget it.*

Dean Smith

*Push yourself again and again. Don't give
an inch until the final buzzer sounds.*

Larry Bird

*If you aren't going all the way, why go at
all?*

Joe Namath

You can't put a limit on anything. The more you dream, the farther you get.

Michael Phelps

Do not let what you can not do interfere with what you can do.

John Wooden

Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.

Lance Armstrong

Wisdom is always an overmatch for strength.

Phil Jackson

*The will to win is important, but the will
to prepare is vital.*

Joe Paterno

*Adversity cause some men to break;
others to break records.*

William A. Ward

*Never let your head hang down. Never
give up and sit down and grieve. Find
another way.*

Satchel Paige

*Some people say I have attitude – maybe
I do...but I think you have to. You have to
believe in yourself when no one else does
– that makes you a winner right there.*

Venus Williams

*Never let the fear of striking out get in
your way.*

Babe Ruth

*It is not the size of a man but the size of
his heart that matters.*

Evander Holyfield

*I hated every minute of training, but I
said, 'Don't quit. Suffer now and live the
rest of your life as a champion.'*

Muhammad Ali

*There are only two options regarding
commitment. You're either IN or you're
OUT. There is no such thing in life as in-
between.*

Pat Riley

*A champion is someone who gets up when
he can't.*

Jack Dempsey

It ain't over till it's over.

Yogi Berra

*You're only as strong as your weakest
link.*

Phil Jackson

You're never a loser until you quit trying.

Mike Ditka

*Never give up! Failure and rejection are
only the first step to succeeding.*

Jim Valvano

*You miss 100 percent of the shots you
don't take.*

Wayne Gretzky

*The highest compliment that you can pay
me is to say that I work hard every day,
that I never dog it.*

Wayne Gretzky

*Gold medals aren't really made of gold.
They're made of sweat, determination,
and a hard-to-find alloy called guts.*

Dan Gable

I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

Michael Jordan

It's not whether you get knocked down; it's whether you get up.

Vince Lombardi

Baseball is 90% mental and the other half is physical.

Yogi Berra

Slump? I ain't in no slump... I just ain't hitting.

Yogi Berra

We can't win at home. We can't win on the road. As general manager, I just can't figure out where else to play.

Pat Williams

All great men and women, morph into greatness through the power of π (Persistent Intelligent Effort). It's the only way to achieve greatness. Let's teach the children.

' π ' - Discover it, learn it, and practice it.

Goulden, Michael (2011). "Brain Coaching", Outskirts Press. Available at Amazon Books.

Opportunity does not knock. It presents itself when you beat down the door.

Kyle Chandler

Why are you trying so hard to fit in when you were born to stand out?

Ian Wallace



Some people feel the rain, others just get wet.

Bob Marley

Whatever you want in life, other people are going to want it too. Believe in yourself enough to accept the idea that you have an equal right to it.

Diane Sawyer

Without deviation from the norm, progress is not possible.

Frank Zappa

If you want to live a happy life, tie it to a goal, not to people or things.

Albert Einstein

*When the power of love overcomes the
love of power, the world will know peace.*

Jimi Hendrix

*Be yourself. Everyone else is already
taken.*

Oscar Wilde

*If you love life, don't waste time. For
time is what life is made up of.*

Bruce Lee

*Have the courage to follow your heart and
intuition. They somehow know what you
truly want to become.*

Steve Jobs

To thine own self be true.

William Shakespeare



*You must be prepared to work without
applause.*

Ernest Hemingway

*If you don't like being a doormat then get
off the floor.*

Al Anon

*You are braver than you believe, stronger
than you seem, and smarter than you
think.*

Christopher Robin

*Man can learn nothing unless he proceeds
from the known to the unknown.*

Claude Bernard

Men who try to do something and fail are infinitely better than those who try to do nothing and succeed.

Lloyd Jones

When you come to the end of your rope, tie a knot in it and hang on.

Thomas Jefferson

There are no shortcuts to any place worthy of going.

Beverly Sills

You can't wait for inspiration. You have to go after it with a club.

Jack London

As soon as you trust yourself, you will know how to live.

Johann Wolfgang Von Goethe



*Do something wonderful. People may
imitate it.*

Albert Schweitzer

*Even the greatest was once a beginner.
Don't be afraid to take that first step.*

Unknown

*You'll always pass failure on the way to
success.*

Mickey Rooney

*I honestly think it is better to be a failure
at something you love than to be a success
at something you hate.*

George Burns

*Why not climb out on a limb? That's
where the fruit is.*

Mark Twain



*Perserverance is failing 19 times and
succeeding on the 20th.*

Julie Andrews

*Nobody ever wrote down a plan to be
broke, fat, lazy, or stupid. Those things
are what happen when you don't have a
plan.*

Larry Winget

*Everything you need to be great is
already inside you. Stop waiting for
someone or something to light your fire.
You have the match.*

Darren Hardy

*To succeed in life you need three things: A
Wishbone, A Backbone and a Funny Bone.*

Reba McEntire

To be successful you must accept ALL the challenges that come your way. You can't just accept the ones you like.

Mike Gafka

When you are the best version of yourself, you inspire others to be the best versions of themselves.

Steve Maraboli

I always wanted to "BE Somebody"! Now I realize I should have been more specific.

Lily Tomlin

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chose field of endeavor.

Vince Lombardi

It is a funny thing about life; if you refuse to accept anything but the best, you very often get it.

Somerset Maugham

Small opportunities are often the beginning of great enterprises.

Demosthenes

All things are difficult before they are easy.

John Norley

Our chief want in life is somebody who will make us do what we can.

Ralph Waldo Emerson

The speed of the leader determines the rate of the pack.

Unknown Author

*Adversity reveals genius, prosperity
conceals it.*

Horace

The price of greatness is responsibility.

Winston Churchill

*Man's mind, once stretched by a new idea,
never regains its original dimensions.*

Oliver Wendell Holmes

*Destiny is not a matter of chance, it is a
matter of choice.*

Unknown Author

*People forget how fast you did a job, but
they remember how well you did it.*

Howard W. Newton

The reward of a thing well done is to have done it.

Ralph Waldo Emerson

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

Eleanor Roosevelt

Happiness lies in the joy of achievement and the thrill of creative effort.

Franklin Roosevelt

There is one thing stronger than all the armies in the world, and that is an idea whose time has come.

Victor Hugo

Accept the challenges, so that you may feel the exhilaration of victory.

General George S. Patton



*Do not follow where the path may lead.
Go instead where there is no path and
leave a trail.*

Ralph Waldo Emerson

*Genius is one percent inspiration and
ninety-nine percent perspiration.*

Thomas Edison

*Our brain is the organ that controls us. It
needs a proper diet of thought to produce
the desired outcome.*

Michael E. Goulden - Brain Coaching, 2012

*It is one of the most beautiful
compensations of this life that no man
can sincerely try to help another without
helping himself.*

Ralph Waldo Emerson

The highest reward for a person's toil is not what they get for it, but what they become for it.

John Ruskin

Success is simply a matter of luck. Ask any failure.

Unknown Author

The difference between ordinary and extraordinary is that little extra.

Unknown Author

Luck is what happens when preparation meets opportunity.

Elmer Letterman

No problem can stand the assault of sustained thinking.

Voltaire

*Progress always involves risk; you can't
steal second base and keep your foot on
first.*

Frederick Wilcox

*Do not wish to be anything but what you
are, and try to be that perfectly.*

St. Francis De Sales

*I do the best I know how, the very best I
can; and I mean to keep on doing it to the
end.*

Abraham Lincoln

Doubt whom you will, but never yourself.

Christian Nestell Bovee

I know the only ones who will be really happy are those who have found how to serve.

Dr. Albert Schweitzer

Many receive advice, only the wise profit from it.

Syrus

Chance favors the prepared mind.

Louis Pasteur

When we have done our best, we should wait the result in peace.

John Lubbock

When two men in business always agree, one of them is unnecessary.

William Wrigley, Jr.

*Make no little plans; they have no magic
to stir men's blood and probably will not
be realized.*

Daniel H. Burnham

*A single conversation across the table
with a wise man is worth a month's study
of books.*

Chinese Proverb

*Good luck is being born with the ability
and determination to overcome bad luck.*

Channing Pollock

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

James Allen

*When you hire people who are smarter
than you are, you prove you are smarter
than they are.*

R. H. Grant

*Obstacles are those frightful things you
see when you take your eyes off your
goals.*

Henry Ford

*Genius is the ability to reduce the
complicated to the simple.*

C. W. Ceran

*Things may come to those who wait, but
only the things left by those who hustle.*

Abraham Lincoln

*Winners expect to win in advance. Life is
a self-fulfilling prophecy.*

Unknown Author

*Don't wait for your ship to come in, swim
out to it.*

Unknown Author

*A great pleasure in life is doing what
people say you cannot do.*

Walter Gagehot

*Gettting something done is an
accomplishment; getting something done
right is an achivement.*

Unknown Author

We are continually faced by great opportunities brilliantly disguised as insoluble problems.

Unknown Author

Yesterday is a cancelled check, tomorrow is a promissory note; today is the only cash you have - so spend it wisely.

Kay Lyons

The difference between a successful person and others is not a lack of strength or knowledge, but rather in a lack of will.

Vince Lombardi

In great attempts it is glorious even to fail.

Unknown Author

Vision is the art of seeing the invisible.

Jonathan Swift

As I grow older, I pay less attention to what men say. I just watch what they do.

Andrew Carnegie

Winning is not a sometime thing: it's an all time thing.

Vince Lombardi

Winning is a habit. Unfortunately, so is losing.

Vince Lombardi

The man who wins may have been counted out several times, but he didn't hear the referee.

H.E. Jansen



*The secret of happiness is not in doing
what one likes, but in liking what one
does.*

James M. Barrie

*He who believes is strong; he who doubts
is weak. Strong convictions precede great
actions.*

J.F. Clarke

*You can only make others better by being
good yourself.*

Hugh R. Hanel

Well done is better than well said.

Ben Franklin

Success is a journey, not a destination.

Ben Sweetland



*Every job is a self-portrait of the person
who did it. Autograph your work with
excellence.*

Unknown Author

*The difference between failure and
success is doing a thing nearly right and
doing it exactly right.*

Edward Simmons

If better is possible, good is not enough.

Unknown Author

Stay ready so you don't have to get ready.

Unknown Author

All glory comes from daring to begin.

Eugene F. Ware

*We are what we repeatedly do.
Excellence, then, is not an act but a habit.*

Unknown Author

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

Ralph Waldo Emerson

*All that matters is if you can look in the
mirror and honestly tell the person you
see there, that you've done your best.*

John McKay

*Some men see things as they are and say
"Why?" I dream things that never were
and say "Why not?"*

George Bernard Shaw

*It's what you learn after you know it all
that counts.*

John Wooden

*A winner is someone who sets their goals,
commits to those goals, and pursues them
with the ability given.*

Unknown Author

*A total commitment is paramount to
reaching the ultimate in performance.*

Tom Flores

The price of success is hard work.

Vince Lombardi

*Where we are is not as important as what
direction we are moving.*

Unknown Author

*Only those who dare to fail greatly can
ever achieve greatly.*

Unknown Author

Love is never afraid of giving too much.

Unknown Author

Never, never, never quit.

Winston Churchill

*If you don't invest very much, then defeat
doesn't hurt very much and winning is
not very exciting.*

Dick Vermeil

*I always view problems as opportunities
in work clothes.*

Henry Kaiser

Good is not good where better is expected.

Thomas Fuller

*Plan your work for today, and every day,
then work your plan.*

Norman Vincent Peale

*To succeed, do the best you can, where
you are, with what you have.*

Unknown Author

*Winning isn't everything - it's the only
thing.*

Vince Lombardi

*Ingenuity, plus courage, plus work,
equals miracles.*

Bob Richards

*Do not let what you cannot do interfere
with what you can do.*

John Wooden

*Enthusiasm is the propelling force
necessary for climbing the ladder of
success.*

Unknown Author

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

Unknown Author

*Don't measure yourself by what you have
accomplished, but by what you should
have accomplished with your ability.*

Unknown Author

Failure is not the worst thing in the world. The very worst is not trying.

Unknown Author

The harder you work, the luckier you get.

Gary Player

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

Charles Kettering

Hope sees the invisible, feels the intangible and achieves the impossible.

Unknown Author

Great minds must be ready to not only take opportunities but to make them.

Colton

The spirit, the will to win, and the will to excel are the things that endure.

Vince Lombardi

Act as though it were impossible to fail.

Unknown Author

There is always room at the top.

Daniel Webster

Don't be afraid to take a big step, if one is indicated. You can't cross a chasm in two small steps.

David Lloyd George

People seldom improve when they have no other model but themselves to copy after.

Goldsmith

Paralyze resistance with persistence.

Woody Hayes

*Wisdom is knowing what to do next, skill
is knowing how to do it, and virtue is
doing it.*

David Starr Jordan

A man is literally what he thinks.

James Allen

*The only limit to our realization of
tomorrow will be our doubts of today.*

Franklin D. Roosevelt

One man with courage is a majority.

Andrew Johnson

*The scars you acquire by exercising
courage will never make you feel inferior.*

D. A. Battista

*Courage is doing what you're afraid to
do. There can be no courage unless you're
scared.*

Eddie Rickenbacher

*Success is never final, and failure is never
fatal, it's courage that wins the prize.*

Unknown Author

*What the mind of man can conceive and
believe, it can achieve.*

Napolean Hill

*In order to succeed, we must first believe
that we can.*

Michael Korda



*The surest way to go broke is to sit
around waiting for a break.*

Unknown Author

*Always remember that your own
resolution to succeed is more important
than any thing else.*

Abraham Lincoln

*Ignore what a man desires and you ignore
the very source of his power.*

Walter Lippmann

*If a man has done his best, what else is
there?*

General George S. Patton

*Success is the maximum utilization of the
ability that you have.*

Zig Ziglar

*Courage is resistance to fear, mastery of
fear - not absence of fear.*

Mark Twain

*Obstacles will look large or small to you
according to whether you are large or
small.*

Orison Swett Marden

Nothing is impossible to a willing heart.

John Heywood

*To be what we are, and to become what
we are capable of becoming, is the only
end of life.*

Robert Louis Stevenson

*For the resolute and determined there is
time and opportunity.*

Ralph Waldo Emerson



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

Walt Disney

*The starting point of all achievement is
desire.*

Napolean Hill

*There is no right way to do the wrong
thing.*

Unknown Author

No man fails, who does his best.

Orison Swett Marden

Failure IS success if we learn from it.

Malcolm S. Forbes

*The most important thing about goals is
having one.*

Geoffrey F. Abert

*A man without a purpose is like a ship
without a rudder.*

Thomas Carlyle

*Honesty is the first chapter of the book of
wisdom.*

Thomas Jefferson

*This one step - choosing a goal and
sticking to it - changes everything.*

Scott Reed

*People with goals succeed because they
know where they are going.*

Earl Nightingale

In the middle of difficulty lies opportunity.

Albert Einstein

*A wise man will make more opportunities
than he finds.*

Francis Bacon

*There is no future in any job. The future
lies in the man who holds the job.*

George Crane

*Opportunity, often it comes in the form of
misfortune, or temporary defeat.*

Napolean Hill

*The price of success is persverance.
Failure comes cheaper.*

Unknown Author

If there's a way to do it better, find it.

Thomas Edison

No legacy is so rich as honesty.

William Shakespeare

*The glory that goes with wealth is fleeting
and fragile; virtue is a possession glorious
and eternal.*

Sallust

*Image creates desire. You will what you
imagine.*

J.G. Gallimore

*When you cease to dream you cease to
live.*

Malcolm S. Forbes

Our aspirations are our possibilities.

Robert Browning

*Cherish your visions and your dreams as
they are the children of your soul; the
blueprints of your ultimate achievements.*

Napoleon Hill

*Rather fail with honor than succeed by
fraud.*

Sophocles

To measure a man measure his heart.

Malcolm S. Forbes

*All men who have achieved great things
have been dreamers.*

Orison Swett Marden

Life is like a riding a bicycle. You don't fall off unless you stop peddling.

Unknown Author

The empires of the future are empires of the mind.

Winston Churchill

Failure is only the opportunity to more intelligently begin again.

Henry Ford

The man who pays an ounce of principle for a pound of popularity gets badly cheated.

Unknown Author

He has achieved success who has lived well, laughed often and loved much.

Unknown Author



*Waste of time is the most extravagant
and costly of all expenses.*

Unknown Author

Let each day be your masterpiece.

Unknown Author

*The rewards for those who persevere far
exceed the pain that must precede the
victory.*

Ted Engstrom

*Great works are performed not by
strength, but by perseverance.*

Samuel Johnson

*Make your mistakes of yesterday, your
lessons for today.*

Unknown Author

He conquers who endures.

Persius

Your future lies entirely in your hands.

Unknown Author

Hold yourself responsible for a higher standard than anybody else expects of you.

Henry Ward Beecher

*Our greatest glory is not in never failing,
but in rising every time we fail.*

Confucius

The most notable winners won because they refused to become discouraged by their defeats.

B.C. Forbes

Successful men keep moving. They make mistakes, but they don't quit.

Conrad Hilton

Success seems to be largely a matter of hanging on after others have let go.

William Feather

Effort only fully releases its reward after a person refuses to quit.

Napoleon Hill

All great achievements require time.

David Joseph Schwartz

Remember, no one can make you feel inferior without your consent.

Eleanor Roosevelt

It isn't the common man at all who is important; it's the uncommon man.

Lady Nancy Astor

Don't compromise yourself. You are all you got.

Betty Ford

Courage is the price that life exacts for granting peace.

Amelia Earhart

The smallest good deed is greater than the grandest intention.

Unknown Author

Patience is bitter but its fruit is sweet.

Unknown Author

*It is not fair to ask of others what you are
not will to do yourself.*

Eleanor Roosevelt

*Most people are about as happy as they
make up their minds to be.*

Abraham Lincoln

*We are not interested in the possibilities
of defeat.*

Queen Victoria

*Happiness is not the absence of conflict
but the ability to cope with it.*

Unknown Author

*Nothing in life is to be feared. It is only
to be understood.*

Madam Curie

*I never notice what has been done. I only
see what remains to be done.*

Madam Curie

*Of all our human resources, the most
precious is the desire to improve.*

Unknown Author

*About the only thing that comes without
effort is old age.*

Unknown Author

*People rarely succeed at anything unless
they have fun doing it.*

Unknown Author

*We make a living by what we get, but we
make a life by what we give.*

Unknown Author

*A ship in a harbor is safe, but that's not
what ships are built for.*

Unknown Author

*The mind, like a parachute, functions
only when open.*

Unknown Author

*Failure usually follows the path of least
persistence.*

Unknown Author

*The journey of a thousand miles starts
with a single step.*

Chinese Proverb

*Of all the things you wear, your
expression is the most important.*

Unknown Author

*People can alter their lives by altering
their attitudes.*

William James

*I don't think much of a man who is not
wiser today than he was yesterday.*

Abraham Lincoln

Whoever fails fastest, succeeds soonest.

Michael E. Goulden

*If you hate the process, but love the
results, you've found something you
should do everyday.*

Coach G.
