

WORDS OF WISDOM

- 90% of responsibility is taken not given. Peter Uebernoth
- A bend in the road, is not the end of the road, unless you fail to make the turn.
- A Billion people in China could care less about what you do.
- A Champion is first a Champion in attitude.
- A champion is someone who gets up even when they can't.
- A closed mouth gathers no foot.
- A doer dwells neither on victory nor defeat a doer does.
- A dream is a wish your heart makes. Walt Disney
- A goal without a plan is a dream.
- A hot pan looks just like a cold pan.
- A life spent in making mistakes is not only more honorable but more useful than a life spent in doing nothing. George Bernard Shaw
- A man is what he thinks about all day long. Ralph Waldo Emerson
- A man may make mistakes, but he isn't a failure until he starts blaming someone else John Wooden
- A negative thought is a down payment on an obligation to fail.
- A winner is someone who gives a little extra.
- A wise man will make more opportunities than he finds. Francis Bacon
- Actions speak louder than words.
- Adversity causes some men to break; others to break records. William A. Ward
- Agree with me now; it will save so much time.
- Ain't no chance if you don't take it. Guy Clark
- All I know is to run hard, to run as fast as I can, and then some. If you can do it that day, you win. Marc Davis
- All of us get knocked down. But it's the resiliency that really matters. All of us do well when things are going well, but the thing that distinguishes athletes, is the ability to do well in times of great stress, urgency and pressure. Roger Staubach
- Always remember the distinction between contribution and commitment. Take the matter of bacon and eggs. The chicken makes a contribution. The pig makes a commitment. John Mack Carter
- Anger is a sign of weakness.
- Attitude is the little thing that makes a big difference.
- Be more concerned with your character than with your reputation, because your character is what you really are; while your reputation is merely what other think you are. John Wooden
- Be not simply good, be good for something. Thoreau
- Be realistic, demand the impossible.
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- Be sure the brain is in gear before putting mouth in motion.
- Be willing to give your best before expecting it of others.
- Becoming a star may not be your destiny, but being the best that you can be is a goal that you can set for yourself. Bryan Lindsay
- Believe that life is worth living and your belief will help create that fact. William James
- Believe that you possess significant reserves of health, energy, and endurance, and your belief will create the fact. William James
- By union the smallest states thrive. By discord the greatest are destroyed. Sallust
- Champions rise to the occasion.
- Character is that which reveals moral Purpose, exposing the class of things a man chooses or avoids. Aristotle
- Competition; preparation, anticipation, concentration, execution.
- Create an environment where champions are inevitable.
- Desire and determination must overcome disappointment. Walter Alston
- Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.

	William Jennings Bryant
Do not let what you cannot do interfere with what you can do	John Wooden
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Do not look where you fell, but where you slipped.	African Proverb
Do not what you want to do, but what you think is right.	
Do what's right when no one is looking.	
Do you want to be successful? Here's How: Be courageous, Be capable, work hard, Be Honest, Be imaginative, Be broad-minded, work smart, build teams, give respect, Be of service, Be positive, think and learn	
Don't treat employees the way you want to be treated; treat them the way they want to be treated.	
Don't wait for your ship to come in, swim out to it.	
Don't bother about genius. Don't worry about being clever. Place your trust in hard work, perseverance and determination.	Sir Frederick Treves
Don't give me excuses, give me results.	
Don't look back unless you plan to go that way.	
Don't tell them how good you are; let them find out for themselves.	
Don't worry when you stumble. Remember, a worm is about the only thing that can't fall down.	Henry David Thoreau
Each success only buys an admission ticket to a more difficult problem.	Henry Kissinger
Energy and persistence will conquer all things.	
Even if you're on the right track, you'll get run over if you just sit there.	Will Rogers
Every great and commanding movement in the annals of the world is the triumph of enthusiasm. Nothing great was ever achieved without it.	Ralph Waldo Emerson
Every great improvement has come after repeated failures. Virtually nothing comes out right the first time. Failures, repeated failures, are signposts of the road to achievement.	Charles F. Kettering
Every Human being is intended to have a character of his own; to be what no other is, and to do what no other can.	William Channing
Every individual has a place to fill in the world, and it is important in some respect whether he chooses to be so or not.	Nathaniel Hawthorne
Everybody wants to go to heaven, but nobody wants to die.	Joe Louis
Everything is easier said than done.	
Example is not the main thing in influencing others. It is the only thing.	Albert Schweitzer
Expand your comfort zone.	
Expressing confidence in a person's ability to accomplish something actually strengthens that ability.	Arthur Gordon
Facts do not cease to be because they are ignored.	Aldous Huxley
Failures are expected by losers, ignored by winners.	Joe Gibbs
Fame is a vapor, popularity an accident, riches take wings. Only one thing endures Character.	Horace Greeley
Fate leads him who follows it, and drags him who resists.	Plutarch
Fight of every second of every minute of every contest.	
First do it, then say it.	Sergei Bubka
Fly and you will catch the wind; Dream and you will reach your goal.	
For all the sad words of tongue and pen, the saddest are these "it might have been".	Greenleaf Whittier
For as a man thinketh in his heart, so is he.	Proverbs 23:7
Fortunate, indeed, is the man who takes exactly the right measure of himself.	Peter Mere Latham
Friendships born on the field of athletic strife are the real gold of competition. Awards become corroded, friends gather no dust.	Jesse Owens
Genius begins great works; labor alone finishes them.	
Give me seven runners who hate to lose and I'll give you a winner.	

Give what you have. To someone, it may be better than you dare think.	Longfellow
God is no dictator. He leaves us the freedom to master ourselves.	Gandhi
Great works are performed not by strength but by perseverance.	Samuel Johnson
Happiness lies in the joy of achievement and the thrill of creative effort.	Franklin D. Roosevelt
Have patience. All things are difficult before they become easy.	Saadi
He that walketh with wise men shall be wise.	Proverbs 13:20
He who asks a question is a fool for a few minutes. He who does not is a fool forever.	
He who stops being better stops being good.	Oliver Cromwell
Honesty and frankness will make you vulnerable; be honest and frank anyway.	
I am limited only by the thoughts I choose to encourage.	Maxwell Maltz
I am not what I ought to be, not what I want to be, not what I am going to be, but thankful that I am not what I used to be.	John Wood
I am the master of my destiny.	Maxwell Maltz
I am the master of my fate, I am the captain of my soul.	William E. Henley
I have the power to select and control my thoughts.	Maxwell Maltz
I would sooner fail than not be among the greatest.	John Keats
I'm a great believer in luck, and I find the harder I work, the more I have of it.	Thomas Jefferson
If at first you don't succeed, your running about average.	M.H. Alderson
If it is to be, it is up to me.	
If one advances in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours.	Henry David Thoreau
If what you did yesterday still looks big to you today, then you haven't done much today.	
If you are going to soar with the eagles in the morning, you can't hoot with the owls all night.	
If you are successful in life, you win a lot of false friends, and a heck of a lot of real enemies; be successful anyway.	
If you can dream it you can do it. Always remember that this whole thing was started by a mouse.	Walt Disney
If you did your best, you won.	
If you do not raise your eyes, you will think you are at the highest point.	
If you don't do it excellently, don't do it at all. Because if it's not excellent, it won't be profitable or fun, and if you're not in business for fun or profit, What the hell are you doing there?	Robert Townsend
If you don't like yourself, you can't like other people.	Robert Heinlein
If you make every game a life and death proposition, you're going to have problems. For one thing, you'll be dead a lot.	
I'm modest. I just want to be a champion.	Ernest Hemingway
Impossible is a word to be found only in the dictionary of fools.	Napoleon Bonaparte
In a fight between a bear and an alligator, what determines the winner is the terrain.	
In the long run men only hit what they aim at. Therefore, though they should fail immediately, they had better aim at something high.	Henry David Thoreau
Instead of loving your enemies, treat your friends a little better.	Ed Howe
Integrity is one of several paths, it distinguishes itself from the others because it is the right path, and the only one upon which you will never get lost.	
It is by acts and not ideas that people live.	Anatole France
It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.	R. W. Emerson
It is what you learn after you know it all that counts.	John Wooden
It isn't making mistakes that's critical; it's correcting them and getting on with the principal task.	Donald Rumsfeld
It isn't hard to be good from time to time in sports. What's tough is being good every day.	Willie Mays
It takes courage to push yourself to places that you have never been before. To test your limits, to break through barriers.	
It's a little like wrestling a gorilla. You don't quit when you're tired, you quit when the gorilla is tired.	

It's a rough road that leads to the heights of greatness. Seneca

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

It's nice to be important but its more important to be nice.

Keep your fears to yourself, but share your courage with others. Robert Louis Stevenson

Laziness grows on people; it begins in cobwebs and ends in iron chains. The more one has to do the more he is able to accomplish.. Sir Thomas Buxton

Life is not what life does to you but what you do with life.

Life's battles don't always go to the strongest and fastest man. Sooner or later the one who wins is the one who thinks he can.

Long after the pain is gone the pride remains.

Make the most of yourself, for that is all that there is to you. Ralph Waldo Emerson

Man's mind stretched to a new idea, never goes back to its original dimensions. Oliver Wendell Holmes

Mans flight through life is sustained by the power of knowledge. U.S. Air Force Academy

Many men owe the grandeur of their lives to their tremendous difficulties. Spurgeon

Many of life's failures are people who did not realize how close they were to success when they gave up. Thomas Edison

Mediocrity is excellence to the mediocre.

Men can alter their lives by altering their attitudes. Wiiliam James

Men die of fright and live of confidence. Thoreau

Men do not fail because they lack strength, but more often because they lack will. Victor Hugo

Men of accomplishment seldom reach their goals; their goals keep moving ahead of them. Maxwell Maltz

Minds are like parachutes, they only function when open.

Most people are about as happy as they make up their mind to be. Abraham Lincoln

Mutual aid is as much a law of animal life as mutual struggle. Prince Kropotkin

My concentration level blocks out everything. Concentration is why some athletes are better than others. You develop that concentration in training. You can't be lackadaisical in training and concentrate in a meet.

My greatest inspiration is a challenge to attempt the impossible. Albert A. Michelson

My interest is in the future because I am going to spend the rest of my life there. That is my reason for planning.

My prayer is that each man will be allowed to play to the best of his ability. George Allen

Never argue with a fool; people might not know the difference.

Never look at the future with eyes of fear. Anonymous

Never look back; someone might be gaining on you. Satchel Page

Never look down on anybody unless you're helping him up. Jesse Jackson

Never stand begging for that which you have the power to earn. Miquel de Cervantes

No goals, No glory

No man who is occupied in doing a very difficult thing and doing it very well ever losses his self-respect. George Bernard Shaw

No one ever accomplishes anything of consequence without a goal. Pacific Institute of America

No one ever drowned in sweat.

No one is any better than you; You are no better than anyone.

Nobody likes to lose. Just stay away from those who don't mind losing. Joe Garagiola

None of the secrets of success will work unless you do.

Obstacles are those frightful things you see when you fail to focus on your goals.

One is defeated only when he accepts defeat, said Marshall Foch. The essence of life: fight as if there were no death. Guy De Roths

One man with courage makes a majority. Andrew Jackson

Opportunity abounds for those who have courage, confidence, and determination.

Peace comes from within. Do not seek it without. Buddha

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for circumstances they want, and if they can't find them, make them. George Bernard Shaw

People forget how fast you did a job but remember how well you did it. Howard Newton

People of mediocre ability often achieve success because they don't know when to quit. Bernard Baruch

People who fight fire with fire usually end up with ashes. Dear Abby

Persistent people begin and succeed where others fail.

Practice without improvement is meaningless. Chuck Knox

Promote yourself but do not demote another. Isreal Salanter

Relaxation is the key to running. Steve Prefontaine

Remember, "Rome was not built in a day." Instant success is never possible. Competence results only from sustained, consistent, self-disciplined effort over an extended period of time. Bud Wilkinson

Self esteem is the most valuable of the emotions. Frank Colby

Set your goals high! If you aim for the gutter, that's where you'll end up.

Sharpness in fundamentals is the winning edge in sports.

Some people dream of success, while others wake up and work hard at it.

Some people dream of worthy accomplishments, while others stay awake and do them.

Some succeed because they are destined to, most succeed because they are determined to.

Sow early and reap early.

Sports do not build character. They reveal it. Heywood Hale Brown

Strong athletes criticize themselves.

Strong convictions precede great actions. J.F. Clarke

Success comes from hanging on after all others have let go. Ray Nitschke

Success comes in cans, not in cannots. John Ralston

Success generally depends on knowing how long it takes to succeed. Montesquieu

Success in life comes not from holding a good hand, but playing a poor hand well. Denis Waitley

Success is a journey not a destination. Anonymous

Success is never final, and failure is never fatal; it's determination that counts.

Superior attitude, superior state of mind.

Talent is common. Disciplined talent is rare. William D. Montapert

Talent is God-given; be humble. Fame is man-given; be thankful. Conceit is self-given; be careful. John Wooden

Talk is cheap.

The answers to three questions will determine your success or failure. 1. Can people trust me to do my best? 2. Am I committed to the task at hand? 3. Do I care about other people and show it? If the answers to these questions are yes, there is no way you can fail. Lou Holtz

The best lightning rod for your protection is your own spine. Ralph Waldo Emerson

The best way to cheer yourself up is to cheer everybody else up. Mark Twain

The cheers of athletic contests soon pass away, but sincere friendships live forever.

The dictionary is the only place where success comes before work.

The difference between champ and chump is U.

The difference between ordinary and extraordinary is the little extra.

The difference is almost all mental. The top players just hate to lose. I think that is the difference. A champion hates to lose even more than she loves to win. Chris Evert

The glorious places in the world have not been found. The greatest book has never been written. The greatest song has never been composed. The greatest success has not yet been accomplished. The fastest race has not been run. The greatest game has not been played. The greatest athlete has not yet run.

The great athletes that I have known do not dwell upon their losses but concentrate upon that part of their performance that limited their excellence. Bruce Ogilvie

The greater the adversity, the greater mental toughness.

The greatest discovery of my generation is that a human being can alter his life by altering the attitudes of his mind. William James

The greatest feeling in life is to take an ordinary job and accomplish something with it George Allen

The greatest pleasure in life is doing what other people say you cannot do.

The greatest thing in the world is not so much where we stand as in what direction we are moving. Oliver Wendell Holmes

The heart's memory eliminates the bad and magnifies the good; and thanks to this artifice we manage to endure the burden of the past. Gabriel Garcia Marquez

The higher the stimulus the greater the adaptation.

The important thing is to pursue great things and find the scope to do them. Even if you fail, it's still better than just sitting there. Bill Joy

The inner reality creates the outer form.

The last quarter mile is complete unconsciousness. Mind a blank but for the seashell at your ear roar. Painful, oblivious madness. Marc Davis

The length and breadth of our influence upon others depends upon the depth of our concern for others.

The man who drives himself further, once the effort gets painful, is the man who will win. Roger Bannister

The man who quarrels with the facts is a fool.

The measure of a man's real character is what he would do if he knew he would never be found out.

The mind is the limit. We know now that it is not the body. As long as the mind can envision the fact that you can do something, you can do it as long as you have that belief one hundred percent. It is all mind over matter. Arnold Schwarzenegger

The minute you start talking about what you're going to do if you lose, you have lost. George Shulz

The moment we break faith with one another, the sea engulfs us and the lights go out. James Baldwin

The most loveable quality any one can possess is tolerance. It is the vision that enables one to see things from another's viewpoint. It is the generosity that concedes to others the right to their own opinion and their own peculiarities. It is the bigness that enables us to let people be happy in their own way instead of our way.

The only place in life that you can start from the top is digging a hole.

The pleasure you put into life is equal to the attitude you put into it.

The positive thinker sees the invisible, feels the intangible and achieves the impossible.

The power of personal motivation comes from a definite, personalized plan of action, and the application of that plan to every day of our lives. Pacific Institute of America

The purpose of life is not to be happy but to matter; to be productive, to be useful, to have it make a difference that you lived at all. Leo Rosten

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

The right angle to approach any problem is the try angle.

The spirit, the will to win, and the will to excel are the things that endure. These qualities are so much more important than the events that occur.

The team that won't be beaten can't be beaten.

The things which hurt, instruct. Benjamin Franklin

The thrill is not in winning, but in the courage to join the race.

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

The will to win is worthless if you do not have the will to prepare. Thane Yost

The world is divided into two classes; Those who believe the incredible, and those who do the improbable. Oscar Wilde

The world is full of unsuccessful people with potential.

The world is full of willing people, some willing to work, the others willing to let them. Robert Frost

There are many things in life that catch your eye, but only a few will catch your heart, pursue those.

There are no short cuts to "being the best" it always involves big dreams and the unwavering commitment to pay the price through discipline and hard work.

There is a certain blend of courage, integrity, character, and principle which has no satisfactory dictionary name but has been called different things, at different times in many different countries. Our American name for it is GUTS. Bob Considine

There is no heavier burden than great potential. Peanuts

There is no right way to do a wrong thing.

There is no shortcut to success: if you want to reach the promised land, you must go through the wilderness.

There is no substitute for hard work. There will be disappointments, but "the harder you work, the luckier you will get." Never be satisfied with less than your best effort. If you strive for the top and miss, you'll still "beat the pack." Gerald R. Ford

There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will. Epictetus

Think about appearance, associations, actions, ambition, accomplishment. Thomas J. Watson

Those men who try to do something and fail are infinitely better off than those who try to do nothing and beautifully succeed. Jenkin Lloyd Jones

Those who find they have nothing to go out of their way for soon find they have nothing at all. David Lawrence

To accomplish great things, we must dream big dreams, then plan carefully and choose the proper method. We must not only act but expect. The power of expectancy is tremendous. Alfred A. Montapert

To appreciate heaven well, its good for a man to have some fifteen minutes of hell. Will Carleton

To be a winner, all you need to do is give all you have.

To be prepared is half the victory. Miguel Cervantes

To be trusted is a greater compliment than to be loved. George MacDonald

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

To dream anything that you want to dream. That is the beauty of the human mind. To do anything that you want to do. That is the strength of the human will. To trust yourself to test your limits. That is the courage to succeed.

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

Training is a process.

Try? Try not! Do or do not. Yoda

Twelve things to remember: 1. The value of time. 2. The successes of perseverance. 3. The pleasure of working. 4. The dignity of simplicity. 5. The worth of character. 6. The power of kindness. 7. The influence of example. 8. The obligation of duty. 9. The wisdom of economy. 10. The virtue of patience. 11. The improvement of talent. 12. The joy of origination.

Marshall Field

We are the masters of our own destiny.

We can do anything we want to in life if we stick to it long enough. Helen Keller

We cannot control the tragic things that happen to us, but we can control the way we face up to them.

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

We can't all be shining examples, but we can at least twinkle a little.

We must all hang together, else we shall hang separately. Benjamin Franklin

We must have courage to bet on our ideas, to take the calculated risk, and to act. Everyday living requires courage if life is to be effective and bring happiness. Maxwell Maltz

We relish news of our heroes, forgetting that we are extraordinary to somebody, too. Helen Hayes

We will either find a way or make one. Hannibal

We win and lose as a team. George Allen

We, whoever we are, must have a daily goal in front of us in our lives, no matter how small or great, to make that day have meaning for us. Maxwell Maltz

What on earth would a man do with himself if something did not stand in his way? H.G. Wells

What we really are matters more than what other people think of us. Nehru

What you are doing now is not nearly as important as how you feel about what you are doing. Clifton Burke

What you don't see with your eyes, don't witness with your mouth. Jewish Proverb

When life gives you lemons, make lemonade.

When strict with oneself, one rarely fails. Confucius

When you cannot make up your mind which of two evenly balanced courses of action you should take choose the bolder. General V

When you have confidence, you can have a lot of fun and when you have fun, you can do amazing things

When you have exhausted all possibilities remember this, you haven't

When you start coasting, the only way to coast is downhill. Dr. Randy Kerry

Where the mind goes, the body follows. Chinese Proverb

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

Winners see what they can become rather than what they are.

Winning can be defined as the science of being totally prepared. I define preparation in three words: leave nothing undone. George Allen

Winning is like drinking salt water; it will never quench your thirst. It is an insatiable greed. Dr. Thomas Tutko

Winning isn't everything, but wanting to win is. Arnold Palmer

Wise men talk because they have something to say: Fools, because they have to say something. Felix Frankfurter

Without a doubt the most common weakness of all human beings is the habit of leaving their minds open to the negative influence of other people. Napoleon Hill

You and I possess within ourselves, at every moment of our lives, under all circumstances, the power to transform the quality of our lives. Werner Erhard

You can always be better than yourself. Rod Flagler

You can discover more about a person in an hour of play than in a year of conversation. Plato

You can judge the character of a person by how well he treats those people who can do nothing for him.

You cannot build a reputation on what you are going to do. Henry Ford

You cannot manage men into battle. You manage things; you lead people. Grace Murray Hopper

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

You do not merely want to be considered just the best of the best. You want to be considered the only ones who do what you do. Jerry Garcia of The Grateful Dead

You don't always have to have the lead if you have the heart to come from behind.

You get out what you put in.

You have to perform at a consistently higher level than others. That's the mark of a true professional.

You must believe to achieve.

You never fail until you stop trying. Florence Griffith Joyner

You never get a second chance to make a first impression.

You never know what you can do until you try.

You only live once, but if you work it right, once is enough. Joe E. Lewis

You will always miss 100% of the shots you don't take.

Is anybody happier because you passed his way?
Does anyone remember that you spoke to him today?
The day is almost over, and its toiling time is through:
Is there anyone to utter now a kindly word of you?
Can you say tonight, in parting with the day that's slipping fast,
That you helped a single brother of the many that you passed?
Is a single heart rejoicing over what you did or said?
Does the man whose hopes were fading, now with courage look ahead?
Did you waste the day, or lose it? Was it ell or sorely spent?
Did you leave a trail of kindness, or a scar of discontent?
As you close your eyes in slumber, do you think that god will say,
"You have earned one more tomorrow by the work you did today?"
John Hall

Whether you think you
Can or you can't
You're probably right
If you think you are beaten, you are;
If you think that you dare not, you don't;
If you'd like to win, but think you can't;
It's almost certain you wont.
If you think you'll lose, you've lost;
For out in the world you'll find
Success begins with a fellow's will.
It's all in the state of mind.
If you think you are outclassed, you are;
You've got to think high to rise;
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man;
But sooner or later the man who wins
Is the man who thinks he can.