

THE SECRETS OF MOTIVATION

1. You are what you THINK!
2. You are what you GO FOR!
3. You are what you DO!

1. You are what you THINK

Start doing something about yourself!

“Expect to be the best in the world because you ARE going to be the best!!!”

“We are going to win the State Meet” The difference between winning and losing is how you think!!!

You program yourself for either success or failure.

The mind is its own creator.

You must believe that you deserve to win!!!

Records are set, medals are won before you ever set on the track. Make up your mind as to what you are going to do and then DO IT!!!

2. You are what you GO FOR (In the process of going for something you become the thing you go for.)

The end product will be determined by the size of your goals.

3. You are what you DO!!! (This is the father, action is the mother)

When thought and action merge that's when you become great!!!

Dreams only come true when people act!!!

Action always beats fear

“The will to do it is the way to accomplish things”

DETERMINATION IS MORE IMPORTANT THAN NATURAL ABILITY

A CHAMPION WILL DO WHATEVER MAY BE REQUIRED TO BE A CHAMPION.

PERSISTENT PEOPLE BEGIN AND SUCCEED WHERE OTHERS FAIL

HARD WORK CAN BE FUN

GIVE 100% ALL THE TIME.....