

QUOTATIONS:

**Well done is better than well said.....Ben Franklin**

**"Failure is the opportunity to begin again more intelligently"...Henry Ford**

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

**Everything comes to him who waits, if he WORKS while he waits.**

**When you're through improving, you're through.**

**Failing to prepare is preparing to fail.**

**You are not learning anything when you're talking, since you are merely repeating what you already know - you learn only by listening.**

**Your success can and will be just as tremendous as you THINK it can and should be.**

**"It's not whether you get knocked down. It's whether you get up again"...Vince Lombardi**

**"If you have tried to do something but couldn't, you are far better off than if you had tried to do nothing and succeeded"...John Ragland, Jr.**

**The race is not always won by the fastest runner but sometimes by those who just keep on running.**

**"You miss 100% of the shots you never take"...Wayne Gretzky**

## Inspirational Quotes

*Natures way is simple and easy, but men prefer what is intricate and artificial.*

Lau Tzu

*What a caterpillar calls the end of the world, the master calls a butterfly.*

Richard Bach

*In judo, he who thinks is immediately thrown. Victory is assured to those who are physically and mentally nonresistant.*

Robert Linssen

*When archers shoot for enjoyment, they have all their skill; when they shoot for a brass buckle, they get nervous; when they shoot for a prize of gold, they begin to see two targets.*

Chuang Tzu

*In all activities of life, the secret of efficiency lies in an ability to combine two seemingly incompatible states: a state of maximum activity and a state of maximum relaxation.*

Aldous Huxley

*Life was never meant to be a struggle, just a gentile progression from one point to another, much like walking through a valley on a sunny day.*

Stuart Wilde

*Most problems precisely defined are already partially solved.*

Harry Lorayne

*Learn to think with the whole body.*

Taisen Deshimaru, Swordmaster

*Then the time came when the risk it took to remain tight in a bud was more painful than the risk it took to blossom.*

Anaïs Nin

*I learned to speak as I learned to skate or cycle: by doggedly making a fool of myself until I got used to it.*

George Bernard Shaw

*If I had six hours to chop down a tree, I'd spend the first four hours sharpening the axe.*

Abraham Lincoln

*Children are likely to live up to what you believe of them.*

Lady Bird Johnson

*Treat children as though they are already the people they are capable of becoming.*

Haim Ginott

*Everyone has a talent; but rare is the courage to follow the talent to the places it leads.*

Erica Jong

*An overnight success usually takes about ten years.*

Anonymous

*The mind leads the body.*

Koichi Tohei

*Golf is twenty percent technique and eighty percent mental.*

Ben Hogan

*How can you think and hit at the same time?*

Yogi Berra

*I've had many troubles in my life, most of which never happened.*

Mark Twain

*Those who believe they can and those who believe they can't are both right.*

Henry Ford

*In order to achieve all that is demanded of us we must regard ourselves as greater than we are.*

Johann Wolfgang von Goethe

*Sometimes... you feel like you can do anything. At times like this I can run up to the front of the board, stand on the nose pushing out through a broken wave; I can put myself in an impossible position and then pull out of it.*

Midget Farrelly, champion surfer

*Others will underestimate us, for although we judge ourselves by what we feel capable of doing, others judge us only by what we have already done.*

Henry Wadsworth Longfellow

*When I'm playing golf, I feel as if I'm... standing back watching the earth in orbit with a golf club in my hands.*

Mickey Wright

*You ignore everything and just concentrate. You forget about the rest of the world and become part of the car and the track. It's a very special feeling. You're completely out of this world and completely into it. There's nothing like it.*

Jochen Rindt

*Obstacles are those frightful things you see when you take your eyes off the goal.*  
Hanah Moore

*I wasn't worried about a perfect game going into the ninth. It was like a dream. I never thought about it the whole time. If I'd thought about it I wouldn't have thrown a perfect game.*

Catfish Hunter

*You're involved in the action and vaguely aware of it – your focus is not on the commotion but on the opportunity ahead. I'd liken it to a sense of reverie... the insulated state a musician achieves in a great performance... not just mechanical, not only spiritual; something of both, on a different plane and a more remote one.*

Arnold Palmer

*Nothing great was ever achieved without enthusiasm.*

Ralph Waldo Emerson

*Ambition by itself never gets anywhere until it forms a partnership with hard work.*

James Garfield

*Success is sweet, but it usually has the scent of sweat about it.*

Anonymous

*Exercise is only as beneficial as the posture in which you perform it.*

Matthias Alexander

*The less effort, the faster and more powerful you will be.*

Bruce Lee

*Your ability to relax reflects your willingness to trust.*

Anonymous

*When you cannot see what is happening, do not stare harder. Relax and look gently with your inner eye.*

Lao Tzu

*Nothing is so strong as real gentleness; nothing is so gentle as real strength.*

Anonymous

*Greatness lies not in being strong, but in the right use of strength.*

Anonymous

*Great works are performed not by speed or strength but perseverance.*

Samuel Johnson

*What counts is not the hours you put in, but how much you put into those hours.*

Anonymous

*When you're wrong, what's right feels wrong.*

Matthias Alexander

*Children have never been very good at listening to what their parents tell them, but they never fail to imitate them.*

James Baldwin

*It may be that the race is not always to the swift, nor the battle to the strong, but that's the way to bet.*

Damon Runyan

*When I played pro football, I never set out to hurt someone deliberately unless it was, you know, important, like a league game or something.*

Dick Butkus

*The way of the sage is to act but not to compete.*

Lao Tzu

*It is not true that nice guys finish last; nice guys are winners before the game even starts.*

Addison Walker

*The only safe and sure way to destroy your enemies is to make them your friends.*

Anonymous

*Unless you try to do something beyond what you have already mastered, you cannot grow.*

Ronald Osborn

*You know you're getting old when you stoop down to tie your shoes and wonder what else you can do while you're down there.*

George Burns

*If one advances confidently in the directions of his dreams, and endeavors to live the life which he has imagined, he will meet a success unexpected in common hours.*

Henry David Thoreau

*It is moving within a multitude of forces effortlessly, fluidly, without a trace of inappropriate exertion or tension. It is being danced by God at each moment, pirouetting, leaping, eluding all forces that work to trip up and snare the dancer.*

Robin Carlsen

*The body moves naturally, automatically, without any personal intervention. If you think too much, your actions become slow and hesitant. When questions arise, the mind tires; consciousness flickers and waivers like a candle flame in a breeze.*

Taisen Deshimaru, swordmaster

**I had rather do and not promise, than promise and not do.**

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**No mud can soil us but the mud we throw.**

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**Men who will do things without being told draw the most wages.**

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**You can't build a reputation on what you are going to do.**

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**Strange how much you've got to know before you know how little you know.**

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**Who passed the ball when you scored?**

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**The best players help others to be best players.**

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**A winner makes commitments; a loser makes promises.**

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**Profanity is a crutch for conversational cripples.**

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

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**A second rate man can never make a first-rate player.**

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**Doing a thing nearly right and doing it exactly right is usually the difference between success and failure.**

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**Don't tell me how good you are, let me find it out.**

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**An admission of error is a sign of strength rather than a confession of weakness.**

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**Ideas are funny little things. They won't work unless you do.**

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**The best way to succeed in life is to act on the  
advice you give to others.**

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**Desire is the ingredient that changes the hot water  
of mediocrity to the steam of outstanding success.**

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**You will make a lousy anybody else, but you are the best "you" in existence.**

**"Luck is what happens when preparation meets opportunity"**

.....Elmer Letterman

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

.....General George Patton

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

.....Somerset Maugham

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**"WINNING is not a sometime thing; it's an all time thing.**

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**You don't win once in a while, you don't do things right once in a  
While, you do them right all the time!**

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**WINNING is a habit.**

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**Unfortunately, so is losing."**

....Vince Lombardi

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**Motivation**

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

....Kay Lyons

"I believe that there are four kinds of distance runners:

1. Those who have the inherent ability and the motivation to use that ability.
  2. Those who have the ability to do well, but are not motivated to use their ability.
  3. Those who are lacking in ability, but have great motivation to achieve success.
  4. Those who lack ability and are not motivated."
- Jack Daniels

## Quarterly Quotes and Quips

Have the courage to act instead of react.  
-Eariene L. Jenks

Our real values are expressed in our actions,  
in what we do and how we do it.  
-Robert Rabbin

One day in, retrospect, the years of struggle  
will strike you as the most beautiful.  
-Sigmund Freud

It's the things in common that make relationships enjoyable,  
but it's the little differences that make them interesting.  
-Todd Ruthman

LUCK IS WHAT HAPPENS WHEN PREPARATION MEETS OPPORTUNITY

THE WILL TO WIN IS IMPORTANT, BUT MORE IMPORTANT IS THE  
WILL TO "PREPARE" TO WIN.

IT IS EASIER TO KEEP UP THAN TO CATCH UP.

LEARN FROM THE MISTAKES OF OTHERS-YOU CAN'T LIVE LONG  
ENOUGH TO MAKE THEM ALL YOURSELF.

WHAT YOU DO TODAY DETERMINES WHAT YOU WILL BE TOMORROW.

NO ATHLETE HAS EVER DROWNED IN SWEAT.

BE HUMBLE WINNERS AND GRACIOUS BUT HARD LOSERS.  
HATE TO LOSE.

THERE IS NO FAILURE EXCEPT IN GIVING UP.

HAVING FUN IS DOING HARD THINGS WELL.

DEFENDING A MISTAKE IS LIKE FIGHTING QUICKSAND.