

# Winning Thoughts For St. Patrick Track & Field

Everywhere in life the question is, not what we have gained, but what we do.

...Carlyle

Don't worry when you stumble. Remember, a worm is about the only thing that can't fall down.

...Thoreau

What is a competitor? He must have the will to win. He competes with determination. Remember there are no limits to what can be accomplished by a tenacious individual with an all out effort. Go to it!!

Our team goal it to run our very best on May 26<sup>th</sup> - - this is an individual matter. Individuals without goals usually fail.. *You become what you think.*

Ralph Waldo Emmerson said,"A man is what he thinks about all day long." Be a positive thinker – never think in negative terms during your endeavors in life or on the track.

## Believe and Succeed

Remember- How you use today may determine how tomorrow uses you.

Winning may not be everything, but losing isn't anything.

...Charlie Brown

Success = Piece of mind. Piece of mind = the self satisfaction of knowing you did your best.

ALWAYS REMEMBER anything is yours if you are willing to pay the effort.

The difference between MEDIOCRITY and GREATNESS is EXTRA EFFORT.

100% is NOT.....enough

And there was Gerry Lindgren. As a skinny little high school runner he had been a wonder, but he developed a bad case of pessimism and a bad case of ulcers, and he fell out of sight.

"It's all in having a positive mental attitude," said Lindgren, still little, still skinny, but now 25 and a distributor for a cosmetic firm owned by Glenn W. Turner, the Orlando, Fla. Millionaire with a DARE TO BE GREAT motto. "In high school I had a coach with a great positive attitude," Lindgren said. "It rubbed off on me. But in college I began to associate with people with negative attitudes. Within a year and a half, I developed an ulcer. A doozie. I almost died from it. You know, you are who you are associated with. My past trouble in track was because I associated with people who had bad attitudes. But now I only associate with people with positive outlooks. I see no end to where this can take me. Take this three mile race – a great cardiovascular and a great oxygen intaker – why, you could pick out anyone and tell him for some strange, esoteric reason he had been chosen to run a fast three mile, and even if he had trouble walking, he could go out and do it. If he believed it. The mind is strong. Take me. All I am is a little runt who can run."