

CART 451

Reading response 1 - Bio

No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable." This quote by Socrates speaks about how humans should work their hardest to reach their potential. In the context of Socrates, it was in a physical activity manner. But the quote for me goes beyond that. The goal in life for me is to reach my full potential and excel at what we do. There is nothing worse than half doing things because the literal goal in life is personal development. As I always have to be increasing my value. Either it is with sports, academia, personal growth etc.