The Little Book Of LIVE LEAN SUCCESS QUOTES

By: Brad Gouthro

"Success is something is you attract by the person you become."

- Jím Rohn Busíness Phílosopher

"You can be anything you want to be, if only you believe with sufficient conviction and act in accordance with your faith; for whatever the mind can conceive and believe, the mind can achieve."

> - Napoleon Hill Best selling author

"Abs are made in the kitchen."

- Original Unknown (but I say it all the time ;)

"Nothing changes until you do."

- Unknown

"I destroy my enemies when I make them my friends."

- Abraham Lincoln

"There is only one person responsible for the quality of the life you live. That person is you."

- Jack Canfield Best selling author

"If you are bored with life, if you don't get up every morning with a burning desire to do things — you don't have enough goals."

- Lou Holtz NCAA Coach

"It's always too soon to quit!"

- Norman Vincent Peale Author

"The doctor of the future will give no medicine, but instead will interest his patients in the care of human frame, in diet, and in the cause and prevention of disease."

- Thomas Edison

"I fear not the man who has practiced 10000 kicks once, but I fear the man who has practices one kick 10000 times."

- Bruce Lee

"When you know clearly what you want, you'll wake up every morning excited about life."

Mark Víctor Hansen
 Best selling author

"Your Body." Your Temple."

- Brad Gouthro

"You don't get in life what you want. You get what you are."

Les Brown
 Best selling author

"The world doesn't owe you anything. You have to create it."

- Jack Canfield Best selling author

"The real measure of your wealth is how much you'd be worth if you lost all your money."

- Bernard Meltzer

-Níke

"In seeking happiness for others, you find it for yourself."

- Unknown

"If having others believing in you and your dream was a requirement for success, most of us would never accomplish anything."

> - Jack Canfield Best selling author

"Sweat once a day to regenerate your skin."

- Lululemon Clothing Store

"Wherever you see a successful business, someone once made a courageous decision."

- Peter F. Drucker

"What ever it takes."

- Peter F. Drucker

"It will hurt. It will take time. It will require dedication. It will require willpower. You will need to make healthy decisions. It requires sacrifice. You will need to push your body to its max. There will be temptation. But, I promise you, when you reach your goal, it's worth it."

- Unknown

"There is no telling how many miles you will have to run while chasing a dream."

- Unknown

"You cannot brighten another's path without lighting your own."

> - Frank McKinney Author

"Success trains. Failure complains."

- Unknown

"Strong is the new skinny."

- Unknown

"Don't quit. Suffer now and live the rest of your life as a champion."

- Muhammed Alí

"A successful person realizes his personal responsibility for self-motivation. He starts with himself because he possesses the key to his own ignition switch."

- Kemmons Wilson Founder, Holiday Inn

"Everything you think, say, and do needs to be intentional and aligned with your purpose, your values, and your goals."

- Jack Canfield Best selling author

"The voice in your head that says that you can't do this is a liar."

- Unknown

"Vague goals produce vague results."

- Jack Canfield Best selling author

"If it were not possible to fail. It would be impossible to succeed."

- Todd Duncan Best selling author

"It's no longer about skinny. It's about healthy."

- Unknown

"If it doesn't challenge you. It doesn't change 40U."

- Unknown

"Ninety-nine percent of all failures come from people who have a habit of making excuses."

> - George Washington Carver Chemist

You earn your body."

- Unknown

"No matter how slow you go, you are still lapping everybody on the couch."

- Unknown

"If a man writes a book, let him set down only what he knows. I have guesses enough on my own."

> - Johann Wolfgang Von Goethe German Writer & Philosopher

"Sweat is fat crying."

- Unknown

"To get the results very few people have, be strong enough to do what very few people are willing to do."

- Robín Sharma Author

"Our attitude toward life determines life's attitude towards us."

> - Earl Níghtíngale Author

"Never give up, for that is just the place and time that the tide will turn."

- Harriet Beecher Stowe
Author

"Success is simple, once you accept how hard it is."

- Craig Ballantyne

"Personal relationships are the fertile soil from which all advancement, all success, all achievement in real life grows."

Ben Stein
 Actor & Author

"There are two types of people – anchors and motors. You want to lose the anchors and get with the motors because the motors are going somewhere and they're having more fun. The anchors will just drag you down."

Wyland
 Artíst

"Fact: the less you eat sweets, the less you crave them."

- Unknown

"There is no such thing as SOMETHING FOR NOTHING."

- Napoleon Hill Best selling author

"To have the results only 5% get, do what only 5% have the guts to do."

> - Robín Sharma Author

"Let food be thy medicine and let thy medicine be food."

- Hippocrates Ancient Greek Physician

"Day by day, in every way, I am getting better and better."

- Emíl Coue French Psychologist

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."

> - Lou Holtz NCAA Coach

"When you want something you've never had you have to do something you've never done."

- Jeffrey Dahmer

"Miracles don't happen. Sweat happens. Effort happens. Thought happens."

- Unknown

"Be better than you were yesterday."

- Unknown

"No time for fitness? Make time for illness."

- Unknown

"The conscious brain can only hold one thought at a time.

CHOOSE a positive thought."

- Lululemon Clothing Store

"Everything you want is just outside your comfort zone."

Robert Allen
 Author

"What doesn't kill us makes us stronger."

- Friedrich Nietzche Philosopher

"We all die. The goal isn't to live forever, the goal is to create something that will."

> - Chuck Palahníuk Wríter

"Successful people replace the words 'wish', 'should', and 'try' with 'I WILL'."

> - Lululemon Clothing Store

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

> - Maya Angelou Author/Poet

"Losers discuss why they can't."

- Unknown

"You become your influences (your peers & your conversations)."

- Robín Sharma Author

"Leaders, whether in family, in business, in government or education, must not allow themselves to mistake intentions for accomplishments."

- Jím Rohn Busíness Phílosopher

"I want to get healthy. I want to look better. I will eat right. I will exercise. I will earn my body."

- Unknown

"You have to believe in yourself when no one else does. That's what makes you a winner."

> - Venus Williams Pro Tennis Player

"Run towards your fears and do the difficult things."

- Robín Sharma Author

"Be the change you want to see in the world."

Mahatma Ghandí
 Leader of Indían
 Natíonalísm

"There is no such possibility as something for nothing."

> - Mahatma Ghandí Leader of Indían Natíonalísm

"What are you waiting for?"

- Unknown

"One of the main reasons why most people don't get what they want is they haven't decided what they want."

> - Jack Canfield Best selling author

"You gotta believe."

- Tug McGraw

"Our limitations are those that we set up in our own minds."

Napoleon Hill
 Best selling author

"Motivation is what gets you started. Habit is what keeps you going."

- Jím Ryan

"Be proud, but never satisfied."

- Unknown

"Follow your dreams or spend the rest of your life working for someone who did."

- Unknown

"Success is the best form of revenge."

- Unknown

"Train mean. Get lean."

- Brad Gouthro

"For every failure, there's an alternative course of action. You just have to find it. When you come to a roadblock, take a detour."

> - Mary Kay Ash Founder Mary Kay Cosmetics

"Nothing great was ever achieved without enthusiasm."

Ralph Waldo Emerson
 American Poet

"I just do not hang around anybody that I don't want to be with. Period. For me, that's been a blessing, and I can stay positive. I hang around people who are happy, who are growing, who want to learn, who don't mind saying sorry or thank you... and (are) having a fun time."

> - John Assaraf Author

"GUILTY. I admit it... I just KILLED my Workout!"

- Unknown

"If you can't, you must, and if you must, you can."

- Anthony Robbins Author

"Being negative, angry, and unforgiving about a past hurt only ensures that you'll attract more of the same into your life."

> - Jack Canfield Best selling author

"Profits are better than wages. Wages will make you a living, profits can make you a fortune."

- Jím Rohn Busíness Phílosopher

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

> - Míchael Jordan Hall Of Fame NBA Player

"The significant problems we face cannot be solved by the same level of thinking that created them."

- Albert Einstein Nobel Prize Winner

"I'd rather be a failure at something I enjoy than a success at something I hate."

- George Burns

"Let thy food be thy medicine and thy medicine be thy food."

- Híppocrates Greek Physician

"You're BRAVER than you believe, and STONGER than you seem, and SMARTER than you think."

- Christopher Robinto Winnie-The-Pooh

"Motivation will almost always beat mere talent."

-Norman R. Augustine

"You can have everything in life you want if you will just help enough other people get what they want."

Zíg Zíglar
 Author

"Strive for progress, not perfection."

- Unknown

"Learn the fundamentals of the game and stick to them. Band-Aid remedies never last."

- Jack Nícklaus Þro Golfer

"Study anyone who's great, and you'll find that they apprenticed to a master, or several masters. Therefore, if you want to achieve greatness, renown, and superlative success, you must apprentice to a master."

> - Robert Allen Author

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex, overwhelming tasks into small manageable tasks, and the starting on the first one."

> - Mark Twain Author

"The mind is everything; what you think you become."

- Buddha Sage

"It's not who you are that holds you back, it's who you think you're not."

- Unknown

"No act of kindness, however small, is ever wasted."

- Aesop

"If you're tired of starting over, stop giving up."

- Unknown

"The man who complains about the way the ball bounces is likely the one who dropped it."

> - Lou Holtz NCAA Coach

"You can't hire someone else to do your push-ups for you."

- Jím Rohn Busíness Phílosopher

"If we did all the things we are capable of doing, we would literally astound ourselves."

- Thomas Edíson

"Weakness is staying inside your comfort zone."

- Brad Gouthro

"Fear is what stops you... courage is what keeps you going."

- Unknown

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

- Híppocrates Greek Physician

"You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself."

> - Jím Rohn Busíness Phílosopher

"You must choose to to believe that you can do anything you set your mind to – anything at all - because, in fact, you can."

> - Jack Canfield Best selling author

"Most people OVERestimate the obstacles in front of them & UNDER-estimate what they can accomplish."

- Unknown

3 Simple Rules:

- 1. If you do not go after what you want, you'll never have it.
 - 2. If you do not ask, the answer will always be no.
 - 3. If you do not step forward, you'll always be in the same place.

- Unknown

"You want to set a goal that is big enough that in the process of achieving it you become someone worth becoming."

> - Jím Rohn Busíness Phílosopher

"To lengthen thy Life, lessen thy meals."

- Benjamín Franklín

"None of us can change our yesterdays, but all of us can change our tomorrow."

> - Colin Powell US, Secretary of State

"Exercise creates your body's demand to build muscle and torch fat. Nutrition and supplements supply the fuel.

> - Greg Plítt Fítness Personalíty

"There are no limitations to the mind except those we acknowledge."

- Napoleon Hill Best selling author

"Lets get sweaty."

- Brad Gouthro

"Whatever goal you give to your subconscious mind, it will work night and day to achieve."

> - Jack Canfield Best selling author

"Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work."

- Stephen King Best selling author

"For every reason why it's not possible, there are hundreds of people who have faced the same circumstances and succeeded."

> - Jack Canfield Best selling author

"He who cures a disease may be the skillfullest, but he that prevents it is the safest physician."

- Thomas Fuller

"The difference between a goal and a dream is a deadline."

- Steve Smith

"I think you're awesome."

- Brad Gouthro

"Friends are those wonderful people who know all about you and still like you."

- Jím Rohn Busíness Phílosopher

"Energy and persistence conquer all things."

- Benjamin Franklin

"AMBITION is the path to success, PERSISTANCE is the vehicle you arrive 111.

Wíllíam Eardley
 Englísh Soccer Player

"It doesn't take anymore energy to create a big dream than it does to create a little one."

- General Wesley Clark

"Exercise in the morning before your brain figures out what you're doing."

- Unknown

"You are a living magnet. What you attract into your life is in harmony with your dominant thoughts."

- Brian Tracy Best selling author

"If you want to get from where you are to where you want to be, of course you're going to have to take that risk."

> - Jack Canfield Best selling author

"Create your future from your future, not your past."

- Werner Erhard Founder, EST Training

"Resentment is like drinking poison and then hoping it will kill your enemies."

> - Nelson Mandela Nobel Peace Winner

"Luck is a matter of preparation meeting opportunity."

- Oprah Winfrey TV Icon

"Your attitude, not aptitude, will determine your altitude."

Zíg Zíglar
 Author

"Every adversity brings with it the seed of an equivalent advantage."

Napoleon Hill
 Best selling author

"The thing you are most resisting is the thing you should be doing."

- Robín Sharma Author

"It's perfectly ok to want to quit— as long as you don't."

- Frank Tarkenton

"The number one problem that keeps people from winning in the United States today is lack of belief in themselves."

> - Arthur L. Williams Founder of A.L. Williams Insurance Company

"It's never too late to become what you might have been."

- George Ellíot

"Success leaves clues."

- Anthony Robbins Author

"Breathe deeply and appreciate the moment."

- Lululemon Clothing Store

"Create a life that you will be proud of when you get to the last hour of your last day."

- Robín Sharma Author

"Do more of what is working, do less of what isn't, and try on new behaviors to see if they produce better results."

> - Jack Canfield Best selling author

"I'm awesome. What's your excuse?"

- Unknown

"Leaders without titles grow other leaders without titles."

- Robín Sharma Author

"We come this way but once. We can either tiptoe through life and hope that we get to death without being too badly bruised or we can live a full, complete life achieving our goals and realizing out wildest dreams."

Bob Proctor
 Radio/TV Personality

"Health is the greatest of all possessions; a pale cobbler is better than a sick king."

- Isaac Bíckerstaff

"Do not procrastinate. Take action. Iust do it!"

- Unknown

"Train like a sexy freak."

- Unknown

"Be the most inspirational person in every room."

- Robín Sharma Author

"Shoot for the moon because even if you miss, you'll land among the stars."

Les BrownAuthor

"Progress always involves risk; you can't steal second base and keep your foot on first."

- Frederick Wilcox

"There is no such thing as SOMETHING FOR NOTHING!"

Napoleon Hill
 Best selling author

"Think you have it tough? Over 1 billion people live on \$2 a day & would be grateful to trade spots with you."

- Unknown

"What others think about you is none of your business."

- Jack Canfield Best selling author

"The greatest sadness, is a life left unlived."

- Robín Sharma Author

"A man's health can be judged by which he takes two at a time – pills or stairs."

- Joan Welsh

"Stay strong. Stay positive. Stay grateful."

- Unknown

"Clear your mind of can't."

- Samuel Johnson

"Optimum nutrition is the medicine of tomorrow."

- Dr. Linus Pauling Nobel Prize Winner

"Optimum nutrition is the medicine of tomorrow."

- Dr. Linus Pauling Nobel Prize Winner

"Your mistakes of the past are not who you are today."

- Unknown

"All achievement, all earned riches, have their beginning in an idea!"

> - Andrew Carnegie Richest man in US in 1900s

"Those who think they have not time for bodily exercise will sooner or later have to find time for illness."

- Edward Stanley

"The greatest wealth is health."

- Virgil

"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes."

> - Andrew Carnegie Richest man in US in 1900s

"People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily."

Zig Ziglar
 Author

"I have lived a long life and had many troubles, most of which never happened."

- Mark Twain Author

"Feel the fear and do it anyway."

- Susan Jeffers Author

"Our lives improve only when we take chances — and the first and most difficult risk we can take is to be honest with ourselves."

> - Walter Anderson Editor, Parade Magazine

"The biggest regret you'll have when you're on your death bed is you will have wished you had dreamed 50 times bigger than you had dreamt."

- Unknown

"To keep the body in good health is a duty ... otherwise we shall not be able to keep our mind strong and clear."

- Buddha Sage

"Learn to be comfortable in your own skin. Be proud of what makes you unique. Don't be embarrassed. Be true to you. Believe in your message.

Be proud of it.

People respect this."

- Unknown

"Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object."

- Ralph Waldo Emerson American Poet "If you are depressed, you are living in the past.

If you are anxious, you are living in the future.

If you are at peace, you are living in the present."

- Lao Tzu

"Exercise to be fit, not skinny. Eat to nourish your body, And always... Ignore the haters, doubters and unhealthy examples that were once feeding you. You are worth more than you realize."

- Unknown

"You're caught by what you're running from."

- Sam Keen

"If you don't make mistakes, you aren't really trying."

- Unknown

"Figure out what you love to do as young as you can, and then organize your life around figuring out how to make a living at it."

> - Pat Williams VP, Orlando Magic

"Most diseases are the result of medication which has been prescribed to relieve and take away a beneficiant and warning symptom on the part of Nature."

- Elbert Hubbard

"Hatred can consume you, and it's wasted emotion."

- Símon Weston Wounded British Soldier

"Limitations only exist if you let them."

- Unknown

"Just remember that no matter how yesterday went, today you get a fresh start."

- Craig Ballantyne

"The secret to my success is that I bit off more than I could chew and chewed as fast as I could."

- Paul Hogan Actor

"Creativity is maximized when you're living in the moment."

- Lululemon Clothing Store

"ALL THOUGHTS WHICH HAVE BEEN EMOTIONALIZED (given feeling) AND MIXED WITH FAITH begin immediately to translate themselves into their physical equivalent or counterpart."

> - Napoleon Hill Best selling author

"If people knew how hard I had to worked to gain my mastery, it wouldn't seem wonderful at all."

- Míchelangelo Paínter

"An hour of basketball feels like 15 minutes.
An hour on a treadmill feels like a weekend in traffic school."

- David Walters

"I've always been the opposite of a paranoid. I operate as if everyone is part of a plot to enhance my well-being."

- Stan Dale Founder, Human Awareness Institute

"If a man for whatever reason has the opportunities to lead an extraordinary life, he has no reason to keep it to himself."

Jacques-Yves Cousteau
 Underwater explorer

"Rise up and be the best you can be because your world is waiting for you."

- Unknown

"Good is the enemy of great."

- Jim Collins Author

"Never Quit. If you fall, get right back up. It doesn't matter what happened yesterday. Today's a new day. It's up to you to get back on track. It's up to you to move closer to your goals & dreams. You can do it."

- Unknown

"Many so-called spiritual people, they overeat, drink too much, they smoke and don't exercise. But they do go to church every week and pray 'Please help my arthritis.

Please help me bring up my strength, make me young again'."

- Jack LaLanne

"I'm just a happier person when I workout."

- Unknown

"Every genius was once an irrational optimist."

- Robín Sharma Author

"Do one thing a day that scares you."

- Lululemon Clothing Store

"I had learned, from years of experience with men, that when a man really desires a thing so deeply that he is willing to stake his entire future on a single turn of the wheel in order to get it, he is sure to win."

- Thomas Edison

"It's not food if it arrived through the window of your car."

-Michael Pollan

"In a humble state, you learn better. I can't find anything else very exciting about humility, but at least there's that."

> - John Dooner CEO of Interpublic

"You want me to do something... tell me I can't do it."

- Maya Angelou Author/Poet

"If your ship doesn't come in, swim out to meet it."

- Johnathan Winters Comedian, & Actor

"The word aerobics comes from two Greek words: aero, meaning 'ability to,' and bics, meaning 'withstand tremendous horedom'."

- Dave Barry

"Difficulties are opportunities to better things; they are stepping-stones to greater experience... When one door closes, another always opens; as a natural law it has to, to halance."

- Brían Adams

"Courage is when you look fear right in the eye and say, "Get the hell out of my way, I have things to do."

- Unknown

"I honestly believe that people, unless coached, never reach their maximum capabilities."

Bob Nardellí
 CEO, Home Depot

"Be yourself since everyone else is taken."

- Oscar Wilde

"All blame is a waste of time. No matter how much fault you find with another, and regardless of how much you blame him, it will not change you."

Wayne Dyer
 Best selling author

"I am looking for a lot of men who have an infinite capacity to not know what can't be done."

- Henry Ford American Industrialist

"Persistence and determination alone are omnipotent. The slogan "press on" has solved and always will solve the problems of the human race."

Calvin Coolidge
 Former US President

"Always dream big dreams. Big dreams attract big people."

- Dave Liniger CEO RE/MAX

"We cannot do everything at once, but we can do something at once."

- Calvín Coolidge

"Laugh some, live a lot, dream some, love a lot."

- Unknown

"Only those who will risk going to far can possibly find out how far one can go."

- T.S. Elíot Poet

"You weren't an accident. You weren't mass produced. You aren't an assembly-line product. You were deliberately planned, specifically gifted, and lovingly positioned on the Earth by the Master Craftsmen."

> - Max Lucado Best selling author

"It is the soul's duty to be loyal to its own desires. It must abandon itself to its master passion."

> Dame Rebecca West Best selling author

"There will never be a better you than you."

- Warren Buffet

"You are the average of the five people you spend the most time with."

> - Jím Rohn Busíness Phílosopher

"When one is truly ready for a thing, it puts in its appearance."

- Unknown

"Living at risk is jumping off the cliff and building your wings on the way down."

> - Ray Bradbury Author

"If I am through learning. I am through."

- John Wooden UCLA Basketball Coach

"The junk food you've wanted for an hour vs. the body you've wanted your entire life."

- Unknown

"It's never crowded along the extra mile."

Wayne Dyer
 Author

"Encourage rather than discourage."

- Robín Sharma Author

"Authority is 20% given and 80% taken...so take it!"

- Peter Ueberroth Former MLB Commissioner

"Each of us is what we are because of the dominating thoughts we permit to occupy our minds."

> - Napoleon Hill Best selling author

"Stop settling for less than you want."

- Jack Canfield Best selling author

"You only have control over three things in life the thoughts you think, the images you visualize, and the actions you take (your behavior)."

> - Jack Canfield Best selling author

"Insanity: doing the same thing over and over again and expecting different results."

> - Albert Einstein Nobel Prize Winner

"All achievement, all earned riches, have their beginning in an idea!"

Napoleon Hill
 Best selling author

"Don't wish it was easier, wish you were better. Don't wish for less problems, wish for more skills. Don't wish for less challenges, wish for more wisdom."

- Jím Rohn Busíness Phílosopher

"Success follows doing what you want to do. There is no other way to be successful."

Malcolm Forbes
 Forbes Magazine

"Fit is not a destination. It is a way of life."

- Unknown

"All the resources we need are in the mind."

- Theodore Roosevelt US President

"Alone we can do so little; together we can do so much."

- Helen Keller

"On the other side of your fears resides your power."

- Robín Sharma Author

"Winners never quit and quitters never win."

Vínce Lombardí
 Former NFL Coach

"Life is full of setbacks. Success is determined by how you handle setbacks."

Lululemon
 Clothing Store

"If motivation weren't such a big part of fitness, then surely there wouldn't exist so many inspirational posters telling us to get our butts in gear."

- Unknown

"If I miss a day of practice, I know it. If I miss two days, my manager knows it. If I miss three days, my audience knows it."

> - Andre Pevín Píaníst

"With a long term vision so much can be accomplished. You become more resilient to short term setbacks, every problem doesn't need to be solved overnight, and most importantly, if you're determined & never give up...you will find success!"

- Unknown

"You don't have to let yourself be terrorized by other people's expectations of you."

- Sue Patton Thoele Author

"Both poverty and riches are the offspring of thought."

- Napoleon Hill Best selling author

"You don't get it by staring, you don't get it by wishing, you don't get it by drooling, you don't get it by hoping, you don't get it easy, you get it by getting off your ass, working for it every second, of every day, for the rest of your life."

- Unknown

"I've always believed in magic. When I wasn't doing anything in this town, I'd go up every night, sit on Mulholland Drive, look out at the city, stretch out my arms, and say, "Everybody wants to work with me, I'm a really good actor. I have all kinds of great movie offers." I'd just repeat these things over and over, literally convincing myself that I had a couple movies lined up. I'd drive down that hill, ready to take the world on, going, "Movie offers are other there for me, I just don't hear them yet." It was like total affirmations, antidotes to the stuff that stems from my family background."

Jím Carrey
 Actor

"Problems. Solve them faster, easier, and with less stress by asking for help."

- Unknown

"You live longer once you realize that any time spent being unhappy is wasted."

- Ruth E. Renkí

"If you are willing to do more than you are paid to do, eventually you will be paid to do more than you do."

- Unknown

"Fat can't live here."

- Carolyn Hooper

"Stress is related to 99% of all illness."

- Lululemon Clothing Store

"Getting specific with your life's vision plus putting in the work, equals achieving the exact results you want in life...faster."

- Unknown

"Every day is an opportunity to do something great. Be remembered for your actions, not your inaction."

- Jordan Bench

"The biggest mistake people make in life is not trying to make a living doing what they most enjoy."

Malcolm Forbes
 Forbes Magazine

"When you feel like you've hit your MAX & can't go any further. Remember you're a warrior, you can always push through!"

- Zuzka Light

"Every negative event contains within it the seed of an equal or greater benefit."

Napoleon Hill
 Best selling author

"If you want to achieve a high goal, you're going to have to take some chances."

> - Alberto Salazar NYC Marathon Winner

"The phrase I can't is the most powerful force of negation in the human psyche."

- Paul R. Scheele Chairman, Learning Strategies Corporation

"Only those who dare to fail greatly can ever achieve greatly."

Robert F. Kennedy
 US Senator

"All meaning is self-created."

Vírgínía Satír
 Physhotherapíst

"If at first you don't succeed, try, try, try again."

- W.E. Hickson Writer

"To appreciate the beauty of a snow flake, it is necessary to stand out in the cold."

> - Arístotle Greek Phílosopher

"Facts do not cease to exist because they are ignored."

- Aldous Huxley Author

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

- Wayne Gretzky Hall of Fame NHL Player

"If you limit your choices to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is compromise."

- Robert Fritz Best selling author

"Perfection does NOT exist. So just do your best, and forget the rest!"

- Brenda Leigh Turner

"I do not regret the things I've done, but those I did not do."

- Unknown

"Pay any price to stay in the presence of extraordinary people."

- Míke Murdoch Author

"Feedback is the breakfast of champions."

- Ken Blanchard Author

"Have the guts to fight for your dreams. If people mock them. Great. That means they're great dreams."

> - Robín Sharma Author

"Your subconscious mind does not argue with you. It accepts what your conscious mind decrees. If you say, "I can't afford it," your subconscious mind works to make it true. Select a better thought. Decree, "I'll buy it, I accept it in my mind."

> - Dr. Joseph Murray Author

"Each morning we are born again. What we do today is what matters most."

> - Buddha Sage

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."

- Dr. Seuss

"True healthcare reform starts in your kitchen, not in Washington."

- Unknown

"Always believe something wonderful is going to happen!"

- Unknown

"Fall down seven times, get up eight times."

- Japanese Proverb

"It is not what life hands you but how you respond to it, mentally and physically, that matters most."

- Jack Canfield Best selling author

""No" is a word on your path to "Yes." Don't give up too soon. Not even if wellmeaning parents, relatives, friends, and colleagues tell you to get "a real job." Your dreams are your real job."

Joyce Spízer
 Author

"Do you want to be safe and good, or you want to take a chance and be great?"

- Jímmy Johnson Former Coach, Dallas Cowboys

"The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

William James
 Psychologist

"It's not the will to win that matters—everyone has that. It's the will to prepare to win that matters."

> - Paul "Bear" Bryant College Football Coach

"Take time today to plan for your future while enjoying where you are in the present."

- Craig Ballantyne

"Take time today to plan for your future while enjoying where you are in the present."

- Craig Ballantyne

"Conduct yourself just as you would if you were ALREADY IN POSSESSION OF THE MATERIAL THING WHICH YOU ARE DEMANDING."

> - Napoleon Hill Best selling author

"There is a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something, you accept no excuses, only results."

Ken Blanchard
 Author

"It is time for us all to stand and cheer for the doer, the achiever – the one who recognizes the challenges and does something about it."

Vínce Lombardí
 Former NFL Coach

"It's time to start living the life you've imagined."

> - Henry James Author

"There is only one journey: going inside yourself."

- Rainer María Rílke Þoet

"No matter what the conditions of your life, you can build a life of success."

- Jack Canfield Best selling author

"Success is not defined by how you start. It's defined by how you continue."

- Darren Hardy

"Doing more of what doesn't work won't make it work any better."

- Charles J. Gívens Author

"Confidence is contagious. So is lack of confidence."

Vínce Lombardí
 Former NFL Coach

"Believe nothing. No matter where you read it, or who said it, even if I have said it, unless it agrees with your own reason and your own common sense."

- Buddha Sage

"The individual who wants to reach the top in business must appreciate the might and force of habit. He must be quick to break those habits that can break him – and hasten to abopt those practices that will become the habits that help him achieve the success he desire."

> - J. Paul Getty Founder of Getty Oíl Company

"One of the most common causes of failure is the habit of quitting when one is overtaken by temporary defeat."

Napoleon Hill
 Best selling author

"Take the first step in faith. You don't have to see the whole staircase. Just take the first step."

> - Martín Luther Kíng Jr. Cívíl ríghts leader

"So many people spend their health gaining wealth, and then have to spend their wealth to regain their health."

- A.J. Materí

"If you say you can or can't, you're right either way."

> - Henry Ford American Industrialist

"I take rejection as someone blowing a bugle in my ear to wake me up and get going, rather than retreat."

- Sylvester Stallone Actor

"Don't waste your life believing you can't."

- Jack Canfield Best selling author

"You are a workout away from a good mood!"

-Valerie Waters

"The ascent of Everest was not the work of one day, nor even of those few unforgettable weeks in which we climbed...It is, in fact, a tale of sustained and tenacious endeavor by many, over a long period of time."

> - Sír John Hunt Mount Everest Clímber

"Don't believe everything you hear - even in your own mind."

- Daniel C. Amen Physchiatrist

"Thoughts are things."

Napoleon Hill
 Best selling author

"Your outlook on life is a direct reflection of how much you like yourself."

- Lululemon Clothing Store

"You've got to ask. Asking is, in my opinion, the world's most powerful and neglected secret to success and happiness."

Percy Ross
 Self-Made Millionaire

"Jealousy works the opposite way you want it to."

- Lululemon Clothing Store

"We must suffer from the pain of discipline or pain of regret. The difference is discipline weighs ounces while regret weighs tons."

- Jím Rohn Busíness Phílosopher

"What we think or what we know or what we believe is, in the end of little consequence. The only consequence is what we do."

> - John Ruskín Author

"Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work."

- Stephen King Author

"Decide upon your major definite purpose in life and then organize all your activities around it."

- Brían Tracy Best selling author

"The rules to Live Lean always work. YOU just have to put them to work."

- Brad Gouthro

"FAITH is the only known antidote to FAILURE!"

- Napoleon Hill Best selling author

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

- Michelangelo Painter

"Most people give up just when they're about to achieve success. They quit on the one-yard line. They give up at the last minute of the game, one foot from a winning touchdown."

> - H. Ross Perot Bíllíonaíre

"You can never learn less; you can only learn more. The reason I know so much is because I have made so many mistakes."

- Buckminster Fuller Engineer & Philosopher

"The things you resist the most are the ones you need to embrace the most."

- Unknown

"I believe the world is plotting to do me good today. I can't wait to see what it is."

- Jack Canfield Best selling author

"Believe and act as if it were impossible to fail."

- Charles Kettering Inventor

"Before success comes to most people, they are sure to meet with much temporary defeat, and perhaps some failure."

Napoleon Hill
 Best selling author

"Never give up on your dream...Perseverance is all important. If you don't have the desire and the belief in yourself to keep trying after you've been told you should quit, you'll never make it."

> - Tawní O'Dell Author

"Taking one hundred responsibility means you acknowledge that you create everything that happens to you. It means you understand that you are the cause of all of your experience."

> - Jack Canfield Best selling author

"Keep on keeping on, no matter how hard the going may be."

- R. U. Darby

"Friends are more important than money."

- Lululemon Clothing Store

"The way you do one thing is the way you'll do everything."

- Robín Sharma Author

"To get something you've never had, you have to do something you've never done."

- Thomas Jefferson

"Take care of your body. It's the only place you have to live."

- Jím Rohn Busíness Phílosopher

"If you don't design your own life, chances are you'll fall into someone else's plan. Guess what they have planned for you? Not much."

> - Jím Rohn Busíness Phílosopher

"I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete, or a businessman, there is no getting around it. If you do, you'll win – if you don't, you won't."

> - Bruce Jenner Olympic Gold Medalist

"No matter how bad it is, and how bad it gets, I'm going to make it!"

- Unknown

"Learn to get in touch with the silence within yourself and know that everything in life has a purpose."

Elísabeth Kubler-Ross
 Psychiatrist & Author

"To be "on purpose" means you're doing what you love to do, doing what you're good at and accomplishing what's important to you."

- Jack Canfield Best selling author

"Gratitude is the fairest blossom which springs from the soul."

- Henry Ward Beecher

"Change is the law of life. And those who look only to the past or present are certain to miss the future."

- John F. Kennedy Former US President

"Human beings were given a left foot and a right foot to make a mistake first to the left, then to the right, left again and repeat.'

> - Buckminster Fuller Engineer & Philosopher

"Starting out to make money is the greatest mistake in life. Do what you feel you have a flair for doing, and if you are good enough at it, the money will come."

- Greer Garson Academy Award Winner

"The indispensable first step to getting the things you want out of life is this: decide what you want."

Ben Stein
 Actor & Author

"History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats."

> - B.C. Forbes Founder, Forbes Magazíne

"Life is like a combination lock; your job is to find the right numbers, in the right order, so you can have anything you want."

- Brían Tracy Best selling author

"Be so good they can't ignore you."

- Steve Martín

"Success is a matter of understanding and religiously practicing specific, simple habits that always lead to success."

> - Robert J. Rínger Author

"Curiosity is life. Assumptions are death."

-Mark Parker

"Your brain is designed to solve any problem and reach any goal that you give it."

> - Jack Canfield Best selling author

"Do it now, do it now, do it now!"

- Lululemon Clothing Store

"A daily hit of athleticinduced endorphins gives you the power to make better decisions, helps you be at a peace with yourself and offsets stress."

> - Lululemon Clothing Store

"One of the main weaknesses of mankind is the average person's familiarity with the word "impossible". He knows all the rules that will not work. He knows all the things that cannot be done."

- Napoleon Hill Best selling author

"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you."

James AllenBest Selling Author

"Every genius was once a beginner. Every expert was once an amateur."

> - Robín Sharma Author

"One man cannot do right in one department of life whilst he is occupied in doing wrong in any other departments. Life is one indivisible whole."

- Mahatma Gandhí Leader

"Larry Bird practiced the three pointer so many times, he could not miss even if he wanted to."

- Larry Bírd's Coach

"Happiness comes from mastery and meaning. Not money and materials."

- Robín Sharma Author

"You can't cross a sea by merely staring into the water."

- Rabindranath Tagore Nobel laureate for literature

"People say that losing weight is no walk in the park. When I hear that I think, ye, that's the problem."

- Chris Adams

"Be the only one in the world that can do what you can do."

- Ben & Jerry's, Co-Founder

"When I played with Michael Jordan on the Olympic team, there was a huge gap between his ability and the ability of the other great players on that team. But what impressed me was that he was always the first one on the floor and the last one to leave."

> - Steve Alford NBA Player & Coach

"Elevate people in a world that tears people down."

- Robín Sharma Author

"Don't lose yourself on the way to the top."

- Jack Welch

"We can't direct the wind, but we can adjust the sails."

- Unknown

"Success comes to those who are success conscious. Failure comes to those who indifferently allow themselves to become failure conscious."

> - Napoleon Hill Best selling author

"People call me a perfectionist, but I'm not. I'm a "rightist." I do something until it's right, and then I move on to the next thing."

> - James Cameron Dírector

"We can't direct the wind, but we can adjust the sails."

- Unknown

"Sooner or later, those who win are those who think they can."

Ríchard Bach
 Best selling author

"Listen, listen, listen, and then ask strategic questions."

> - Lululemon Clothing Store

"The world is entering a new time zone, and one of the most difficult adjustments people must make is in their fundamental concepts and beliefs about the management of time."

- Dan Sullívan The Strategic Coach

"A man is literally what he thinks."

- James Allen Best selling author

"I was not the most gifted or talented person in my field, but I chose to believe anything was possible. I studied, practiced, and worked harder than the others, and that's how I got to where I am."

- Hundreds of supersuccessful people "The Success Principles" Book

"We keep going back, stronger, not weaker, because we will not allow rejection to beat us down. It will only strengthen our resolve. To be successful there is no other way."

> - Earl G. Graves Founder of Black Enterprise Magazine

"When live hands you a lemon, squeeze it and make lemonade."

- W. Clement Stone Self-made multimillionaire

"To fly as fast as thought, to be anywhere there is, you must first begin by knowing that you have already arrived."

> - Ríchard Bach Best selling author

"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

> - Brían Tracy Best selling author

"Things may come to those who wait, but only the things left by those who hustle."

> - Abraham Lincoln Former US President

"Imagination is everything. It is the preview of life's coming attractions."

- Albert Einstein Nobel Prize Winner

"You have to measure what you want more

- Charles Coonradt Founder, The Game of Work

"No man became great or good except through many and great mistakes."

- William E. Gladstone Former Prime Minister

"We have an innate desire to endlessly learn, grow, and develop. We want to become more than what we already are. Once we yield to this inclination for continuous and never-ending improvement, we lead a life of endless accomplishments and satisfaction."

- Chuck Gallozzí

"He who stops being better stops being good."

- Oliver Cromwell British Politician

"Argue for your limitations, and sure enough, they're yours."

> - Ríchard Bach Best Selling Author

"Listen a hundred times. Ponder a thousand times. Speak once."

- Unknown

"I am the master of my Fate, I am the Captain of my Soul."

- W.C. Henley English Poet

"Strength does not come from physical capacity. It comes from an indomitable will."

> - Mahatma Gandhí Leader

"Have Faith in yourself; Faith in the Infinite. FAITH is the "eternal elixir" which gives live, power and action to the impulse of thought!"

> - Napoleon Hill Best selling author