**Why do we fall - mateusz m**

[Let me tell you something you already know the world ain't all sunshine and rainbows](about:blank). [It's a very mean and nasty place,](about:blank) [and I don't care how tough you are, it will beat you to your knees and keep you there if you let it.](about:blank) [You, me or nobody is going to hit as hard as life.](about:blank) [But it ain't about how hard you hit.](about:blank) [**It's about how hard you can get hit and keep moving forward.**](about:blank) [How much you can take and keep moving forward.](about:blank) [**That's how winning is done!**](about:blank) 

[**Pain is temporary**.](about:blank) [It may last a minute, or an hour, or a day, or even a year,](about:blank) [but eventually it will subside](about:blank) [and something else will take its place.](about:blank) [If I quit, however, it lasts forever.](about:blank)

[**You got a dream, you got to protect it.**](about:blank)[People can't do something themselves they want to tell you, you can't do it.](about:blank) [If you want something, go get it. Period.](about:blank) 

[Don't be afraid to fail.](about:blank) [You can’t always win, but don’t afraid of making decisions.](about:blank) [You have to believe that something different can happen.](about:blank) [**He who says he can**](about:blank)[**And he who says he can’t are both usually right**](about:blank)**.**

[Most of you said that you want to be successful, but you don’t want it bad.](about:blank) [You just kind of want it.](about:blank) [You don’t want it bad than you want to party.](about:blank) [You don’t want it as much as you want to be cool.](about:blank) [Most of you don’t want success as much as you want to sleep!](about:blank)

[You have to dig deep down, dig deep down and ask yourselves,](about:blank) [who do you want to be?](about:blank) Happy, no. [Make a choice.](about:blank) [Just decide,](about:blank) [what it’s going to be, who you’re going to be, how you are going to do it.](about:blank) [Just decide.](about:blank) 

[Get up.](about:blank) [Get up.](about:blank) [Get up and don't ever give up.](about:blank) 

[And we can stay here, get the shit kicked out of us...](about:blank) [or](about:blank) [we can fight our way back into the light.](about:blank) [We can climb out of hell...](about:blank) [...one inch at a time.](about:blank) 

[Most of you won't be successful because when you're studying, and **you get tired, you quit.**](about:blank) [‘I’m not good in math.’ That’s right, because you never study!](about:blank) [‘I’m no good in writing.’ Because you never write before!](about:blank) 

[Talent you have naturally.](about:blank) [**Skill is only developed by hours and hours and hours of beating on your craft.**](about:blank)  

[Don't cry to quit, cry to keep going.](about:blank) [You are already in pain, you are already hurt. Get a reward from it.](about:blank) 

[If you know what you're worth, go and get what you're worth!](about:blank) [But you got to be willing to take the hits,](about:blank) [and I’m not pointing fingers saying you ain't where you want to be because of him or her or anybody!](about:blank) [Cowards do that, and that ain't you!](about:blank) [You're better than that!](about:blank) 

[Every day is a new day.](about:blank) [Every moment is a new moment.](about:blank) [Now you've got to go out and show them that you're a new creature.](about:blank) 

[Limits](about:blank) [like fears](about:blank) [are often](about:blank) [just an illusio](about:blank)n.