



Affirmative Therapy & Coaching Service

USEFUL QUOTATIONS

Action: "Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed...every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you're a lion or a gazelle...when the sun comes up, you'd better be running."
--Anonymous

Attitude: "It's our attitude in life that determines life's attitude toward us."
--Earl Nightingale

Balance: "Things that matter most must never be at the mercy of things that matter least."
--Van Goethe

Belief: "The only thing that stands between a person and what they want from life is often the will to try it and the faith to believe it's possible."
--Rich Devos

Challenges: "Kites rise highest against the wind...not with it."
--Winston Churchill

Commitment: "The man on top of the mountain didn't fall there."
--Anonymous

Courage: "Courage is the door that can only be opened from the inside."
--Terry Neil

Discipline: "To get what we've never had, we must do what we've never done."
--Anonymous

Excellence: "It is a funny thing about life: if you refuse to accept anything but the best, you very often get it."
--Somerset Maugham

Failure: "Failures are divided into two classes-those who thought and never did and those who did and never thought."
--John Charles Sak

Habits: "We are what we repeatedly do. Excellence then is not an act, but a habit."
--Aristotle

Integrity: "Wisdom is knowing the right path to take...integrity is taking it."
--M.H. McKee

Knowledge: "Knowledge is like climbing a mountain; the higher you reach, the more you can see and appreciate."
--Anonymous

Passion: "Many things will catch your eye, but only a few will catch your heart... PURSUE THOSE."
--Anonymous

Perseverance: "In the confrontation between the stream and the rock, the stream always wins...not through strength but by perseverance."
--H. Jackson Brown

Responsibility: "EXCUSES are the nails used to build a house of failure." --Don Wilder

Risk: "You will always miss 100% of the shots you don't take."
--Wayne Gretzky

Service: "It is one of the greatest compensations in life that no one can help another without helping themselves."
--Ralph Waldo Emerson