

# 107 Motivational Quotes for Kicking Ass in Life and The Gym

"Your vision will become clear only when you can look into your own heart.... Who looks outside, dreams; who looks inside, awakes."

-Carl Jung

"What may be done at any time will be done at no time."

-Scottish Proverb

"You can be certain that when you feel you are being most unfairly tested, you are being prepared for great achievement."

-Napoleon Hill

"The only people with whom you should try to get even are those who have helped you."

-John E. Southard

"All growth is a leap in the dark, a spontaneous unpremeditated act without benefit of experience."

-Henry Miller

"How does one become a butterfly? You must want to fly so much that you are willing to give up being a caterpillar."

- Trina Paulus

"Nothing can stop the man with the right mental attitude; nothing on earth can help the man with the wrong mental attitude."

-Thomas Jefferson

"In times like these it helps to recall there have always been times like these."

-Paul Harvey

"Keep steadily before you the fact that all true success depends at last upon yourself."

-Theodore Hunger

"Say what you want to say when you have the feeling and the chance. My greatest regrets are the things I did not do, the opportunities missed and the things unsaid."

-Jim Keller

"Arriving at one goal is the starting point to another."

-John Dewey

"We read the world wrong and say that it deceives us."

-Rabindranth Tagore

"I cannot give you the formula for success, but I can give you the formula for failure: Try to please everybody."

-Herbert Bayard Swope

"You can have anything you want if you are willing to give up the belief that you can't have it."

-Robert Anthony

"It's not what happens to you, but how you react to it that matters."

-Epictetus

"The true measure of an individual is how he treats a person who can do him absolutely no good."

-Ann Landers

"As you think, so shall you become."

-Bruce Lee

"Pain is inevitable, but misery is optional. We cannot avoid pain, but we can avoid joy."

-Tim Hansel

"A man who finds no satisfaction in himself will seek for it in vain elsewhere."

-La Rochefoucauld

"The creation of a thousand forests is in one acorn."

-Ralph Waldo Emerson

"The price of anything is the amount of life you exchange for it."

-Thoreau

"A man is but the product of his thoughts what he thinks, he becomes."

-Mahatma Gandhi

"Here is the test to find whether your mission on Earth is finished: if you're alive, it isn't."

-Richard Bach

"CrossFit is like fine art - critiqued by many but understood by few"

-Unknown

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

-Mahatma Gandhi

"Motivation will almost always beat mere talent."

-Norman R. Augustine

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

-Lou Holtz

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

-Jim Ryan

"The secret of getting ahead is getting started."

-Mark Twain

"One of the greatest moments in life is realizing that two weeks ago your body couldn't do what it just did."

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

-George Elliot

"If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits."

-Bruce Lee

"Strong people are harder to kill, and more useful in general"

-Mark Rippetoe

"Pain is temporary. Quitting lasts forever."

-Lance Armstrong

"No matter who you are, no matter what you do, you absolutely, positively do have the power to change."

-Bill Phillips

"Be fit for more than the thing you are now doing. Let everyone know that you have a reserve in yourself; that you have more power than you are now using. If you are not too large for the place you occupy, you are too small for it."

—James A. Garfield

"The first wealth is health"

-Emerson

"The man who can drive himself further once the effort gets painful is the man who will win."

-Roger Bannister

"A creative man is motivated by the desire to achieve, not by the desire to beat others."

-Ayn Rand

"It is amazing what you can accomplish if you do not care who gets the credit."

-Harry Truman

"Get comfortable with being uncomfortable!"

- Crystal Nelson

"Either you run the day or the day runs you."

-Jim Rohn

"Eat protein, veggies, and some fat with every meal. Exercise smart. Sleep at least 8 hours a night in a darkened room. The only thing I would add to this prescription would be to: Stop taking yourself so seriously, laugh a lot, cry when you need to, hug more, make love more, and play until you are fall-down-tired."

- Robb Wolf

"Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly"

-Stephen R. Covey

"Show me a person who doesn't make mistakes and I'll show you a person who doesn't do anything."

-Leonard Rubino

"Today I will do what others won't, so tomorrow I can accomplish what others can't."

-Jerry Rice

"In the end, it's not about the guys on the podium, but the ones who give it their all. That is what inspires people. Not a place, but watching someone just pour their heart and soul out into something."

— Chris Spealler

"Falling down is how we grow. Staying down is how we die."

-Brian Vaszily

"Many of the things you can count, don't count. Many of the things you can't count, really count."

-Albert Einstein

"It is not what we take up, but what we give up, that makes us rich."

-Henry Ward Beecher

"He who cannot forgive others destroys a bridge over which he himself must pass."

-George Herbert

"Suffer the pain of discipline or suffer the pain of regret!"

- Unknown

"It takes courage to grow up and turn out to be who you really are."

-E.E. Cummings

"In order to be effective truth must penetrate like an arrow -- and that is likely to hurt."

-Wei Wu Wei

"Act as if what you do makes a difference. It does."

- William James

"It's not what happens to you, but how you react to it that matters."

- Epictetus

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

- Colin Powell, U.S. Secretary of State

"Strength does not come from winning. Your struggles develop your strength. When you overcome hardships, that is strength."

-Arnold Schwarzenegger

"The wish for healing has always been half of health."

-Lucius Annaeus Seneca

"Do the right thing. It will gratify some people and astonish the rest."

- Mark Twain

"Laws control the lesser man... Right conduct controls the greater one."

-Mark Twain

"Adversity causes some men to break, and others to break records."

- Source Unknown

"Nowhere can man find a quieter or more untroubled retreat than in his own soul."

- Marcus Aurelius

"The key to immortality is first living a life worth remembering."

-Bruce Lee

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

-Ralph Waldo Emerson

"The sooner you accept pain as part of life, you truly become alive."

-Anonymous

"If one does not know to which port one is sailing, no wind is favorable."

-Lucius Annaeus Seneca

"Many men go fishing all of their lives without knowing that it is not fish they are after."

-Henry David Thoreau

"Go confidently in the direction of your dreams. Live the life you have imagined."

-Henry David Thoreau

"What lies behind us and what lies ahead of us are tiny matters compared to what lives within us."

-Henry David Thoreau

"No man was ever wise by chance."

-Lucius Annaeus Seneca

"Getting comfortable with being uncomfortable!"

- Crystal Nelson

"A man cannot be comfortable without his own approval."

-Mark Twain

"If thy brother wrongs thee, remember not so much his wrong-doing, but more than ever that he is thy brother."

-Epictetus

"There is no value in life except what you choose to place upon it and no happiness in any place except what you bring to it yourself."

-Henry David Thoreau

"If one oversteps the bounds of moderation, the greatest pleasures cease to please."

-Epictetus

"The pressure of adversity does not affect the mind of the brave man. It is more powerful than external circumstances."

-Lucius Annaeus Seneca

"Nothing goes by luck in composition. It allows of no tricks. The best you can write will be the best you are."

-Henry David Thoreau

"There are only two options regarding commitment, You're either in or your out. There's no such thing as life in between."

-Anonymous

"To give any less than your best is to sacrifice a gift"

-Steve Prefontaine

"A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive

benefit from his illnesses."

-Hippocrates

"Suffer the pain of discipline or suffer the pain of regret!"

- Unknown

"Unless you try to do something beyond what you have already mastered, you will never grow."

-Ralph Waldo Emerson

"As is a tale, so is life: not how long it is, but how good it is, is what matters."

-Lucius Annaeus Seneca

"Be patient and tough; some day this pain will be useful to you"

- Ovid

"Very little is needed to make a happy life; it is all within yourself, in your way of thinking."

-Marcus Aurelius

"It's not the load that breaks you down, it's the way you carry it."

-Lena Horne, Singer

"To know oneself is to study oneself in action with another person."

-Bruce Lee

"Most powerful is he who has himself in his own power."

-Lucius Annaeus Seneca

"Just remember this: No one ever won the olive wreath with an impressive training diary."

- Marty Liquori

"Apparently there is nothing that cannot happen today."

-Mark Twain

"The difference between the impossible and the possible lies in a person's determination."

- Tommy Lasorda

"To know even one life has breathed easier because you have lived. This is to have succeeded."

-Ralph Waldo Emerson

"We are more often frightened than hurt; and we suffer more from imagination than from reality."

-Lucius Annaeus Seneca

"Obsessed is just a word the lazy use to describe the dedicated."

-Russel Warren

"You have power over your mind - not outside events. Realize this, and you will find strength."

-Marcus Aurelius

"The surest way to fail is not to determine to succeed"

-Richard Sheridan

"It takes more than just a good looking body. You've got to have the heart and soul to go with it."

-Epictetus

"We must use time wisely and forever realize that the time is always ripe to do right."

- Nelson Mandela

"To be angry is to revenge the faults of others on ourselves."

-Alexander Pope

"I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor."

-Henry David Thoreau

"The two powers which in my opinion constitute a wise man are those of bearing and forbearing."

-Epictetus

"The time is always right to do what is right."

- Martin Luther King, Jr.

"To hell with circumstances; I create opportunities."

-Bruce Lee

"Wealth is the ability to fully experience life."

-Henry David Thoreau

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

-Thomas A. Edison

"Let us train our minds to desire what the situation demands."

-Lucius Annaeus Seneca

"You have to learn the rules of the game. And then you have to play better than anyone else."

-Albert Einstein



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