

Five actions in striving to excel:  
Dream or visualize;  
Convert the dream into goals;  
Convert your goals into tasks;  
Convert your tasks into steps.  
Take your first step, then the next.  
- Steven K. Scott

Act happy, feel happy, be happy, without a reason in the world. Then you can love, and do what you will.  
Dan Millman

Everything you'll ever need to know is within you; the secrets of the universe are imprinted on the cells of your body.  
Dan Millman

Faith means living with uncertainty - feeling your way through life, letting your heart guide you like a lantern in the dark.  
Dan Millman

I have an almost religious zeal... not for technology per se, but for the Internet which is for me, the nervous system of mother Earth, which I see as a living creature, linking up.  
Dan Millman

I learned that we can do anything, but we can't do everything... at least not at the same time. So think of your priorities not in terms of what activities you do, but when you do them. Timing is everything.  
Dan Millman

Money is neither my god nor my devil. It is a form of energy that tends to make us more of who we already are, whether it's greedy or loving.  
Dan Millman

There are no ordinary moments.  
Dan Millman

Unless someone truly has the power to say no, they never truly have the power to say yes.  
Dan Millman

Willpower is the key to success. Successful people strive no matter what they feel by applying their will to overcome apathy, doubt or fear.  
Dan Millman

It isn't hard to be good from time to time insports. What is tough, is being good every day.  
-- Willie Mays

You can't make a great play unless you do it first in practice.  
-- Chuck Noll

Never let your head hang down. Never give up and sit down and grieve. Find another way.  
-- Satchel Paige

The difference between failure and success is doing a thing nearly right and doing it exactly right.  
-- Edward C. Simmons

The strength of the group is the strength of the leaders.  
-- Vince Lombardi

Make the present good, and the past will take care of itself.  
-- Knute Rockne

If you are going to be a champion, you must be willing to pay a greater price.  
-- Bud Wilkinson

Fault finding is like window washing. All the dirt seems to be on the other side.  
-- Source Unknown

Sometimes it is more important to discover what one cannot do than what one can do.  
-- Lin Yutang

Face your deficiencies and acknowledge them. But do not let them master you.  
-- Hellen Keller

Courage is resistance to fear, mastery of fear - not absence of fear.  
-- Source Unknown

Ingenuity plus courage plus work equals miracles.  
-- Bob Richards

The only way to maximize potential for performance is to be calm in the mind.  
-- Brian Sipe

Every game is an opportunity to measure yourself against your own potential.  
-- Bud Wilkinson

It is how you show up at the showdown that counts.  
-- Homer Norton

Without self-discipline, success is impossible, period.  
-- Lou Holtz

Commitment to the team - there is no such thing as in-between, you are either in or out.  
-- Pat Riley

I have seen that in any great undertaking, it is not enough for a man to depend simply upon himself.  
-- Lone Man

The main ingredient in stardom is the rest of the team.

-- Source Unknown

No person was ever honored for what he received. Honor has been the reward for what he gave.

-- Calvin Coolidge

The one man team is a complete and total myth.

-- Don Shula

One finger cannot lift a pebble.

-- Hopi Saying

Team guts always beat individual greatness.

-- Bob Zuppke

Anyone can support a team that is winning - it takes no courage. But to stand behind a team to defend a team when it is down and really needs you, that takes a lot of courage.

-- Bart Starr

What I spent, I had; What I kept, I lost; What I gave, I have.

-- Henry Ward Beecher

I've never known anyone so loyal. If you are Larry Bird's teammate, you are one of the most important people in the world to him.

-- Kevin McHale

You win some, you lose some, and some get rained out, but you gotta suit up for them all.

- J. Askenberg

You've got to take the initiative and play your game. In a decisive set, confidence is the difference.

- Chris Evert

"There are no shortcuts to any place worth going."

- Beverly Sills

"If you don't have confidence, you'll always find a way not to win."

- Carl Lewis

"You only ever grow as a human being if you're outside your comfort zone."

- Percy Cerutti

"Spirit ... has fifty times the strength and staying power of brawn and muscle."

- Unknown

"Continuous effort -- not strength or intelligence -- is the key to unlocking our potential."

- Liane Cardes

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

- T.S. Eliot

Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it.

- Jack Canfield

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

- Tommy Lasorda

"The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move." - John Wooden

"You can't get much done in life if you only work on the days when you feel good." - Jerry West

"Don't let what you cannot do interfere with what you can do." - John Wooden

"The principle is competing against yourself. It's about self improvement, about being better than you were the day before." - Steve Young

The best and fastest way to learn a sport is to watch and imitate a champion.

Jean Claude Killy

1943-, French Alpine Skier

Sports do not build character. They reveal it.

John Wooden

1910-, American Basketball Coach

The greatest efforts in sports came when the mind is as still as a glass lake.

Timothy Gallwey

American Tennis Player, Author

Competing in sports has taught me that if I'm not willing to give 120 percent, somebody else will.

Ron Blomberg

American Baseball Player