

## **Favorite Quotations for Sports**

A smoothly functioning mind is necessary to a smoothly functioning body.

One of the major causes of personal failure is the lack of persistence in carrying through that which one begins.

If you want to achieve success, make today the day you stop drifting. Decide on a goal. Write it down. Memorize it. Determine exactly how you plan to achieve it. Then begin by putting your plan into action... now!

Ask yourself if what you're doing today is getting you closer to where you want to be tomorrow.

Think good thoughts. Positive and cheerful thoughts will improve the way you feel. What affects your mind also affects your body.

A moment of choice is a moment of truth. It's the testing point of our character and competence.

The chains of habit are too weak to be felt until they are too strong to be broken.

Others can stop you temporarily. You are the only one who can do it permanently.

People often complain about lack of time when the lack of direction is the real problem.

Failure cannot cope with persistence. If you want to achieve success, follow through by being a good finisher of everything you begin. Don't give up at the first sign of defeat.

Remember that true happiness comes from virtuous living.

While the circumstances of life are such that everyone must undergo a certain amount of temporary defeat, you can find hope in the knowledge that every such defeat carries with it the seed of an equivalent benefit.

Remember that a gesture of friendship, no matter how small, is always appreciated.

There are two circumstances of major importance through which people are tested for sound character. One comes during the hour of great adversity; the other comes during the hour of victory.

In the game of life, before you can get anything out, you must put something in.

Everything looks better in the morning after a good night's sleep.

Each of us must be willing to accept criticism. We must learn to listen to the advice of experts. No matter how competent we think we are, we can always find room for improvement.

Top performers know themselves and know how to deal effectively with different personality types.

One thing that gets the goat of an angry person is a smile when he expects a frown.

Five great rules of success: Keep your mind positive, know what you want, plan your work and work your plan, go the second mile in all human relationships, move on your personal initiative.

Everyone needs recognition.

If you learn from a defeat, you haven't really lost.

I have yet to find the man who did not do better work put forth greater effort under a spirit of approval than under a spirit of criticism. (Charles Schwab)

There is always an opportunity to make a new start!

Since your day has the same 24 hours in it as everyone else's in the world, you have the same opportunity as everyone else for the skillful use of this time.

If you don't discipline yourself, you are sure to be disciplined by others.

Before opportunity crowns a man with great success, it usually tests him out through adversity to see what sort of mettle he is made of.

Take time to grow.

Success occurs when opportunity meets preparation.

Taking a break in the middle of the job is not half as relaxing as taking a break after the job is finished.

A burning desire has devious ways of transmuting itself into its physical equivalent.

Orville Moody said the four-foot putt almost ran him off the Tour. "I just can't get over the fact that I can hit two great shots covering maybe 440 yards, and be four feet from the cup, and if I miss that little-bitty putt it counts as much as the two great shots," he said.

Once you address the golf ball, hitting it has got to be the most important thing in your life at that moment. Shut out all thoughts other than picking out a target and taking dead aim at it.

Clearly define to yourself what you want to attain in life. Say to yourself: I can do it. I can do it now. Make a plan and chart the steps you must take to reach your goal. Take them one at a time, and you will find that with each success the next step comes easier as more and more people are attracted to help you achieve your ultimate purpose.

Enthusiasm is more powerful than logic, reason or rhetoric in getting your ideas across and in winning others over to your viewpoint.

Whatever you possess, material, mental or spiritual, you must use it or lose it.

In golf there is nobody to block for you or catch a pass. Like the free-throw shooter, you are alone with you mind, your heart, and your muscles.

It's not what the teacher says, but what the student hears, that matters.

If you are without enthusiasm, you are without a definite major purpose.

On every kind of golf shot , you must make up your mind exactly what it is you want to do. Do not have the slightest doubt. As a friend of mine says of the way he lives his life, "I may be wrong, but I am never in doubt."

All enduring success begins with a success consciousness backed by a definite plan.

If you have no major purpose, you are drifting toward certain failure.

A wise man controls his temper. He knows that anger causes mistakes.  
(Proverbs 14:29)

You can change what you are and where you are by changing what goes into your mind.

Start the day by looking yourself in the eye and making the commitment to do and be your best that day.

Today is the first day of the rest of your life. Are you satisfied with where you are and the direction you are going? If not, take control of your life and change whatever needs to be changed. You and only you have the power to do this.

To laugh at yourself is the surest sign of maturity.

-----Goals-----

The secret to achieving your goals is mental conditioning. Review them at least twice daily. Post your goals where you're sure to see them every day in your journal, on your desk, in your wallet, or over your bathroom mirror so you can look at them while you're shaving or putting on makeup. Remember, whatever you consistently think about and focus upon, you move toward. This is a simple yet important way to program yourself for success.

Keep your conscious mind focused on what you want, and your subconscious mind will unerringly guide you to it.

The person who, like the rich landowner in the Gospel parable, thinks that he can make his life secure by the possession of material goods alone is deluding himself. Life is slipping away from him, and very soon he will find himself bereft of it without ever having appreciated its real meaning: "Fool! This night your soul is required of you; and the things you have prepared, whose will they be?" (Lk. 12:20)

The only thing harder than being a Christian is being a Chicago Cubs fan. (Age 19)

This is a wonderful thought to keep in mind all the way around the course, not just on the first tee. Take dead aim at a spot on the fairway or the green, refuse to allow any negative thought to enter your head and swing away.

Remember to express gratitude every day by prayer and affirmation for the blessings you have.

If you learn to develop a success-consciousness, your subconscious will work positively for you 24 hours a day—even when you're asleep!

Golf tells you much about character. Play a round of golf with someone, and you know them more intimately than you might from years of dinner parties.

Prayer is your greatest power!

Be sure to give daily thanks for your blessings and avoid asking only for what you think you don't have.

Unless you start working on your mistakes, weaknesses, and faults, mediocrity is your ambition.

Knowing how to benefit from failure is the key to success.

A fool thinks he needs no advice, but a wise man listens to others. (Proverbs 12:15)

“Do not wish to be anything but what you are, and try to be that perfectly.” (St. Francis de Sales 1567-1622)

“Pray and work.” (St. Benedict of Nursia -c.480-c.547)

Born in Bohemia, ST. John Neumann was ordained priest in New York, where he ministered to German-speaking immigrants. He confessed in his diary, “only a poor priest, one who can endure hardship, can labor here ... he leads a wandering life. There is no pleasure, except for the care of souls.” After his death, the Sacred Congregation declared that his life seemed “a series of ordinary everyday actions performed fearlessly, but not exceptionally.” To which Pope Benedict XV replied: “Work, even the most simple, performed with constant perfection in the midst of inevitable difficulties, spells heroism.” (St. John Nepomucene Neumann (1811-1860))

“Consider every day that you are then for the first time beginning; and always act with the same fervor as on the first day you began.” (St. Anthony of Padua - 1195-1231)

The surest way to knock the chip off a fellow’s shoulder is by patting him on the back.

Make it a habit to compliment coworkers, friends, and family members for well-done jobs.

Angry words often bounce back at the most inconvenient time.

Hindsight is worth a lot if you learn from it, and it’s worth even more if it’s another’s hindsight you are learning from.

To master yourself, you must first master your habits; otherwise they will quickly master you.

No one on the face of this earth can make you feel inferior without your permission.

You cannot consistently perform in a manner that is inconsistent with the way you see yourself.

If we don't start, it's certain we can't arrive.

You must be consistent in all areas of life if you are going to achieve maximum results.

A wise teacher makes learning a joy; a rebellious teacher spouts foolishness.  
(Proverbs 15:2)

Don't do anything you wouldn't teach your children to do.

We grow only when we push ourselves beyond what we already know.

Nothing that causes you to worry is worth what your worry costs you in peace of mind and physical health.

You acquire much of the thinking, mannerisms, and characteristics of the people you are around.

One of the most important lessons that experience teaches is that on the whole success depends more upon character than either intellect or fortune. (William Lake)

Effectiveness in human endeavor calls for the organized budgeting of time. For the average man the 24 hours of each day should be divided as follow:

- 8 hours for sleep
- 8 hours for work
- 8 hours for recreation  
and spare time

Use your time as if each passing moment were a precious nugget of golden opportunity.

Most small problems, when nourished with procrastination, will grow bigger and bigger.

Regrets over yesterday and the fear of tomorrow are twin thieves that rob us of the moment.

When things get easy, it's easy to stop growing.

The difference between success and failure is often the difference between a half-hearted effort and total commitment.

Since fear is merely a state of mind, you can control it by taking action.

The most destitute person in the world is the one without a smile.

Nothing is really work unless you would rather be doing something else.

No one can succeed and remain successful without the friendly cooperation of others.

What you are thinking about, you are becoming.

The important and decisive factor in life is not what happens to us, but the attitude we take toward what happens.

You are “number one” when you do the best you can with what you have every day.

Preparing For A Big Match

Try and play each shot to the best of your ability, one shot at a time – and take dead aim!

Positive Thinking

I want you to believe with all your heart that the shot you are about to hit will be a good one. I want you to have total confidence.

Game of Honor

Golf is a game of honor. If you are playing any other way, you are not getting the fullest satisfaction from it.

All you are or ever shall become is the result of the use to which you put your mind.

Keep Up That Persistent Action.

All the advice and wisdom in the world cannot help you unless you apply it daily in your life.

Encouragement is stronger than criticism.

The only way to coast is downhill.