

MY MODEL BODY®

FAMOUS QUOTES

FIND IT. KEEP IT. LOVE IT.

“People don’t care how much you know, until they know how much you care.” U.

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“Whether you think you can or think you can’t, you’re right.” Henry Ford

“The ancestor of every action is a thought.” Ralph Waldo Emerson

“Success always brings growth, and growth means change.”
Benjamin Franklin

“If a life is worth living, it’s worth recording.” Anthony Robbins

“Whatever the mind of man can conceive and believe, it can achieve.”
Napoleon Hill

“Consider every mistake you do, make as an asset.” Paul J. Meyer

“Spiritual Laws put a person in touch with the mechanics of nature.”
Deepak Chopra

“Honesty is the first chapter of the book of wisdom.” Thomas Jefferson

“Nothing happens unless first a dream.” Carl Sandburg

“There is nothing to fear, but fear itself.” Franklin D. Roosevelt

“A real decision is measured by the fact that you’ve taken a new action. If there’s no action, you haven’t truly decided.” Anthony Robbins

“Man’s mind, once stretched by a new idea, never regains its original dimensions.” Oliver Wendell Holmes

“Genius is the ability to reduce the complicated to the simple.” C.W. Ceran

“If you do what you’ve always done, you’ll get what you’ve always gotten.”
Anthony Robbins

“Keep your face to the sunshine and you cannot see the shadow.”
Helen Keller

“Most folks are about as happy as they make up their minds to be.”
Abraham Lincoln

“You cannot teach a man anything. You can only help him to discover it within himself.” Galileo Galilei

“If you want to be successful, find someone who has achieved the results you want and copy what they do and you’ll achieve the same results.”
Anthony Robbins

“You might well remember that nothing can bring you success but yourself.”
Napoleon Hill

“Successful people make progress while failures make excuses.”
Brian Tracey

“The only way to have a friend is to be one.” Ralph Waldo Emerson

“The great end of life is not knowledge but action.” Thomas Henry Huxley

“In life you need either inspiration or desperation.” Anthony Robbins

“Nothing limits us except ourselves, for the truest aspect of each person is unbounded potential.” Deepak Chopra

“Everyone has a fair turn in to be as great as he pleases.” Jeremy Collier

“We cannot rise higher than our thoughts of ourselves.” Orison Marden

“The greatest power that a person possesses is the power to choose.”

J. Martin Kotte

“It is in your moments of decision that your destiny is shaped.”

Anthony Robbins

“Good humor makes all things tolerable.” Henry Ward Beecher

“Only those who will risk going too far can possibly find out how far one can go.” T.S. Eliot

“Dream deep, for every dream precedes the goal.” Pamela Vaull Starr

“All great achievements require time.” David Joseph Schwartz

“It’s not knowing what to do, it’s doing what you know.” Anthony Robbins

“The time to act is when the idea is hot and the emotion is strong.”

Jim Rohn

“There is no passion to be found in playing small, in settling for a life that is less than what you are capable of living.” Nelson Mandela

“Everything is possible for him who believes.” The Bible, Mark 9:23

“A dream is always a bargain, no matter what you pay for it.”

Harvey Mackay

“You see, in life, lots of people know what to do, but few people actually do what they know. Knowing is not enough! You must take action.”

Anthony Robbins

“What lies behind you, and what lies ahead of you is of very little importance when it is compared to what lies within you.”

Oliver Wendell Holmes

“Once you’re moving you can keep moving.” Ronald Alan Weiss

“Faith is to believe what we do not see; and the reward of this faith is to see what we believe.” Saint Augustine

“Well begun is half done.” Aristotle

“The best way out is through.” Robert Frost

“Setting goals is the first step in turning the invisible into the visible.”
Anthony Robbins

“To solve a problem or to reach a goal, you don’t need to know all the answers in advance. But you must have a clear idea of the problem or the goal you want to reach.” W. Clement Stone

“It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome.” William James

“Let our advance worrying become advance thinking and planning.”
Winston Churchill

“The noblest of all studies is the study of what man is, and of what life he should live.” Plato

“You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.” James Allen

“Work is not man’s punishment. It is his reward and his strength and his pleasure.” George Sand

“There is nothing either good or bad, but thinking makes it so.”
William Shakespeare

“Successful people ask better questions, and as a result, they get better answers.” Anthony Robbins

“Experience plus reflection equals wisdom.” Aristotle

“Learn to gather up the past and invest it in the future.” Jim Rohn

“Quite simply, successful people are those who have asked better questions and as a result, gotten better answers. All human progress is preceded by new questions.” Anthony Robbins

“Life is simple, but men insist on making it complicated.” Confucius

“Happiness lies in the joy of achievement and the thrill of creative efforts.”
Franklin D. Roosevelt

“The mind is its own place, and in itself can make a heaven of hell, or a hell of heaven.” John Milton

“If we can see it, we can have it.” Mark Victor Hansen

“You always succeed in producing a result.” Anthony Robbins

“Things that matter most must never be at the mercy of things that matter least.” Vongerta

“Nothing in the world can take the place of perseverance. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Persistence and determination alone are omnipotent.” Calvin Coolidge

“A grateful heart is the main spring of happiness.” Ossian Land

“Do not look back in anger, or forward in fear, but around in awareness.”
James Thurber

“Win hearts and you have hands and purses.” Lord Burleigh

“The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible.”
Richard Devos

“Success... it is focusing the full power of all you are on what you have a burning desire to achieve.” Wilfred A. Peterson

“A man without a purpose is like a ship without a rudder.” Thomas Carlyle

“The only limit to your impact is your imagination and commitment.”
Anthony Robbins

“Good timber does not grow with ease; the stronger the wind, the stronger the trees.” J. Willard Marriot

“Even a mistake may turn out to be the one thing necessary to a worthwhile achievement.” Henry Ford

“The soul cannot think without pictures.” Aristotle

“Make your mental blue print, and begin to build.” Robert Collier

“Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as soon as you can change your beliefs.” Maxwell Maltz

“Things do not change; we change.” Henry David Thoreau

“The meeting of preparation with opportunity generates the offspring we call luck.” Anthony Robbins

“The ultimate measure of a man is not where he stands in moments of comfort but where he stands at times of challenge and controversy.”
Martin Luther King Jr.

“You gain strength, experience and confidence by every experience where you really stop to look fear in the face...you must do the things you cannot do.” Eleanor Roosevelt

“It is better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared.” Whitney Young, Jr.

“What I am is good enough if I would only be it openly.” Carl Rogers

“Life is a succession of lessons which must be lived to be understood.”
Helen Keller

“When people are like each other they tend to like each other.”
Anthony Robbins

“The big question is whether you are going to be able to say a hearty yes to your adventure.” Joseph Campbell

“Who you are speaks so loudly I can’t hear what you’re saying.”
Ralph Waldo Emerson

“Obstacles are those frightful things you see when you take your eyes off your goals.” Henry Ford

“The sense of obligation to continue is present in all of us. A duty to strive is the duty of us all.” Abraham Lincoln

“To see things in the seed, that is genius.” Lao-Tzu

“Love cures people - both the ones who give it and the ones who receive it.”
Dr. Karl Menninger

“The path to success is to take massive, determined action.”
Anthony Robbins

“The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge, while an ordinary man takes everything either as a blessing or a curse.” Don Juan

“Experience is not what happens to a man. It is what a man does with what happens to him.” Aldous Huxley

“The heart of a fool is in his mouth, but the mouth of a wise man is in his heart.” Benjamin Franklin

“Whatever happens, take responsibility.” Anthony Robbins

“The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.” William James

“An integral being knows without going, sees without looking, and accomplishes without doing.” Lao Tzu

“A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.” Hugh Downs

“If you treat an individual... as if he were what he ought to be and could be, he will become what he ought to be and could be.” Goethe

“Every child is an artist. The problem is how to remain an artist once he grows up.” Pablo Picasso

“There is no such thing as failure. There are only results.”
Anthony Robbins

“There comes that mysterious meeting in life when someone acknowledges who we are and what we can be, igniting the circuits of our highest potential.” Rusty Berkus

“That best portion of a good man’s life is his little, nameless, unremembered acts of kindness and of love.” William Wordsworth

“It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.”
Ralph Waldo Emerson

“History has demonstrated that the most notable winners usually encounter heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.” B.C. Forbes

“The man who has no problems is out of the game.” Elbert Hubbard

“We are all pencils in the hand of God.” Mother Theresa

“There’s always a way, if you’re committed.” Anthony Robbins

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved.” Helen Keller

“The past does not equal the future.” Anthony Robbins

“Destiny is not a matter of chance, it is a matter of choice, it is not a thing to be waited for, it is a thing to be achieved.” William Jennings Bryan

“Man is what he believes.” Anton Chekhov

“They can because they think they can.” Virgil

“Life is like riding a bicycle. You don’t fall off unless you stop pedaling.”
Claude Pepper

“Failure? I never encountered it. All I ever met were temporary setbacks.”
Dottie Walters

“The future belongs to those who believe in the beauty of their dreams.”
Eleanor Roosevelt

“Effort only fully releases its reward after a person refuses to quit.”
Napoleon Hill

“And life is what we make it, always has been, always will be.”
Grandma Moses

“We can change our lives. We can do, have and be exactly what we wish.”
Anthony Robbins

**May the wisdom held within these famous quotes
inspire and motivate you to pursue all your fitness goals.**

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“People who say it cannot be done should not interrupt those who are doing it.” U.

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