

## Peak Performance

Performance The greatest athletes throughout time have testified to one thing: most of their preparation took place in their mind. You train physically, but if most of what it takes to excel is mental, how do you train mentally?

Peak performance quotes help direct goals and shift thinking patterns to become the foundations of success.

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PEAK PERFORMANCE QUOTES Make no small plans for they have no power to stir the soul.  
Niccolo Machiavelli

Live as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now!  
Vince Lombardi

To think is easy. To act is hard. But the hardest thing in the world is to act in accordance with your thinking.  
Goethe

The greatest source of success is the belief that it can happen and your will to do the work.  
More Peak Performance

You will change your life by changing your attitude. Peak Performance

When a great team loses through complacency, it will constantly search for new and more intricate explanations to explain away defeat.  
Pat Riley

Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand-and melting like a snowflake..."  
Marie Beyon Ray

Don't participate in conduct today that will weigh heavy on the conscience tomorrow.  
Some more Peak Performance

Be determined to persist until you succeed. It's the small extra things, the little repeated attempts, that soon add up to accomplishment.  
Peak Performance

A creative intelligence resides within you. With will power behind it, this intelligence can overcome any problems you may face.  
Peak Performance

Adversity is the state in which man mostly easily becomes acquainted with himself.  
John Wooden

Prepare for every game like you just lost your last game.  
Lon Kruger

Most things of value are the by-product of an effective process. Build enjoyment into that process and make the journey itself a success.  
More Peak Performance

The superior man is modest in his speech, but exceeds in his actions.  
Confucius

Some people want it to happen, some wish it would happen, others make it happen.  
Michael Jordan

Don't become distracted by things that are not on the path to your goals.

## Peak Performance

A bad habit is the result of repetition. Awareness is the key to breaking the cycle. First become acutely aware of your unwanted tendencies, then you can work to replace the bad habits with a good ones.

Peak Performance

Begin now that which you wish to become. Now is all there is.

Peak Performance

I'll do whatever it takes to win games, whether it's sitting on a bench waving a towel, handing a cup of water to a teammate, or hitting the game-winning shot.

Kobe Bryant

If you find yourself depressed, fight back. You will not stay down if you continue to remember what you have to be grateful for.

Peak Performance

Once you agree upon the price you and your family must pay for success, it enables you to ignore the minor hurts, the opponent's pressure, and the temporary failures.

Vince Lombardi

Look for your choices, pick the best one, then go with it.

Pat Riley

When you focus on becoming your best, and making the hours during the day count, the hours during the night will pass in peaceful slumber.

Peak Performance

Don't be like a leaf distracted by every gust of wind; anchor and focus and you'll achieve what you set out to do.

Peak Performance

I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle - victorious.

Vince Lombardi

A coach is someone who can give correction without causing resentment.

John Wooden

Apply all your will to completing one thing at a time. Do not fragment your focus by leaving many things undone.

Peak Performance

Action is eloquence.

William Shakespeare

I've always believed that if you put in the work, the results will come. I don't do things half-heartedly. Because I know if I do, then I can expect half-hearted results.

Michael Jordan

If you are not fired with enthusiasm, you will be fired with enthusiasm.

Vince Lombardi

You can motivate by fear, and you can motivate by reward. But both those methods are only temporary. The only lasting thing is self motivation.

Homer Rice

A good story can move someone into action. Great coaches, great leaders, and great sales people have an intimate knowledge of what makes a great story. Practice and become a good story teller.

Peak Performance

Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible.

Francis of Assisi

You will never plough a field if you only turn it over in your mind.

Irish Proverb

People who create 20% of the results will begin believing they deserve 80% of the rewards.

Pat Riley

Satisfaction lies in the effort not the attainment. Full effort is full victory.

Mahatma Gandhi

At least with me, the match starts much, much earlier than the actual match.

Sachin Tendulkar

A guy who gives you less than what he has to give is, one, telling you what he thinks of you, and two, telling you what he thinks of himself.

Pete Carill

Pleasure in the job puts perfection in the work

Aristotle

Never mistake activity for achievement.

John Wooden

Refuse to quit. This is the only way your efforts can become fully realized.

You have to expect things of yourself before you can do them.

Michael Jordan

If we did the things we are capable of, we would astound ourselves.

Thomas Edison

Leaders are made, they are not born. They are made by hard effort, which is the price which all of us must pay to achieve any goal that is worthwhile.

Vince Lombardi

A particular shot or way of moving the ball can be a player's personal signature, but efficiency of performance is what wins the game for the team.

Pat Riley

I have never believed in comparisons, whether they are about different eras, players or coaches.

Sachin Tendulkar

Inspiration sparks action. Understand what inspires you.

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.

John Quincy Adams

My attitude is that if you push me towards something that you think is a weakness, then I will turn that perceived weakness into a strength.

Michael Jordan

You always have to give 100%, because if you don't someone, somewhere will give 100% and they will beat you when you meet.

Ed Macauley

Never mistake activity for achievement.

John Wooden

Our greatest glory is not in never falling, but in getting up every time we do.

Confucius

Push aside laziness. Become fully engaged and after careful contemplation act swiftly.

Do not allow that which tests your willpower to overcome you. The strength of your will is what ultimately brings achievement.

Giving yourself permission to lose guarantees a loss.

Pat Riley

Everything negative - pressure, challenges - are all an opportunity for me to rise.  
Kobe Bryant

A positive attitude churns the ether, directs energy, and sets up a self fulfilling prophecy.

Always take the high road; the benefits may not be immediate, but they are inevitable.

Be as great in act as you have been in thought.  
William Shakespeare

Morale and attitude are the fundamentals to success.  
Bud Wilkinson

Just play. Have fun. Enjoy the game.  
Michael Jordan

No matter what stage in life, don't be afraid to start at the bottom. This is where you build a foundation to do great things.

It's what you get from games you lose that is extremely important.  
Pat Riley

Once you learn to quit, it becomes a habit.  
Vince Lombardi

Perfection is not attainable, but if we chase perfection we can catch excellence.  
Vince Lombardi

The secret to achievement is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then waste no time starting on the first one.  
Mark Twain

Talent wins games, but teamwork and intelligence wins championships.  
Michael Jordan

The greatest force in our lives is our attitude. It's a power that is yours to define. If you decide it will be positive, you increase your personal power exponentially.

There is no substitute for exercise as part of your plan to stay healthy. Accept it, work it into your routine, and enjoy it.

You have to defeat a great players aura more than his game.  
Pat Riley

A total commitment is paramount to reaching the ultimate in performance  
Tim Flores

Ability is a poor man's wealth.  
John Wooden

You'll never be capable of doing more than you believe you're capable of. Expect more from yourself.

When you have developed motivation, discipline, and emotional control, becoming successful is a simple byproduct of this combination.

The ability to lead yourself is the best insight as to how well you will lead others.

Shuffling the order of your daily routine can give you a fresh perspective and energize your creativity. The result can make you more productive.

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.  
Vince Lombardi

It's not the size of the dog in the fight, it's the size of the fight in the dog.  
Mark Twain

Do not let what you cannot do interfere with what you can do.  
John Wooden

Destiny is a choice. It is something one works toward and achieves.

Patience is essential for peak performance. Practice monitoring you're patience, and reward yourself when staying on track.