



Coaching Inspiration & Motivation

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

~ John Wooden

"And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye."

~ Antoine de Saint-Exupéry, The Little Prince

"By changing nothing, nothing changes."

~ Tony Robbins

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

~ Maya Angelou

"Don't be pushed around by the fears in your mind. Be led by the dreams in your heart."

~ Roy T. Bennett, The Light in the Heart

"Instead of worrying about what you cannot control, shift your energy to what you can create."

~ Roy T. Bennett, The Light in the Heart

"The unexamined life is not worth living."

~ Socrates

"All great changes are preceded by chaos."

~ Deepak Chopra

"Change is inevitable. Growth is optional."

~ John C. Maxwell

"When patterns are broken, new worlds emerge."

~ Tuli Kupferberg

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

~ Lou Holtz

"The Best Way To Get Started Is To Quit Talking And Begin Doing."

~ Walt Disney

"The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees Opportunity In Every Difficulty."

~ Winston Churchill

"If You Are Working On Something That You Really Care About, You Don't Have To Be Pushed. The Vision Pulls You."

~ Steve Jobs