365 Motivational Quotes

WEIGHT ROOM WISDOM

www.RonMcKeefery.com
I have been on a quest for knowledge from the moment I became a coach. I love being a coach. I get the opportunity to work with athletes physically, mentally, and spiritually.

In that same moment that I became a coach, I figured out that I did not have all the answers to life’s ups and downs. It seems every time I think I have seen or heard it all, another curveball comes my way.

My mother would always tell me “Don’t make the mistakes others have made if I can avoid them”. For this reason I have leaned on the words of wise men and women to counsel me so that I may be a resource for my athletes.

This eBook is a collection of quotes I have used with my athletes over the years. The words are not my own, but I have used them with various degrees of success to counsel the athletes I have worked with in the ways of the world. Hopefully they can provide a resource to you as well. Please share any that you have used by emailing me at rm@ronmckeefery.com.

“By associating with wise people you will become wise yourself.” ~Menander
1. “Attitude is a little thing that makes a big difference.” ~Winston Churchill

2. “Every day may not be good, but there’s something good in every day.” ~ Rishika Jain

3. “You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.” ~Brian Tracy

4. “Weakness of attitude becomes weakness of character.” ~Albert Einstein

5. “Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.” ~Thomas Jefferson

6. “For success, attitude is equally as important as ability.”
   ~Harry F. Banks

7. “The ideal attitude is to be physically loose and mentally tight.” ~Arthur Ashe

8. “The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.” ~William James

9. “Positive attitudes create a chain reaction of positive thoughts.” ~Unknown


11. “Nothing great was ever achieved without enthusiasm.” ~Ralph Waldo Emerson

12. “A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.” ~Harry Truman

13. “Having a positive mental attitude is asking how something can be done rather than saying it can’t be done.” ~Bo Bennett

15. “The problem is not the problem; the problem is your attitude about the problem.” ~Unknown

16. “Your attitude, not your aptitude, will determine your altitude.” ~Zig Ziglar

17. “A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.” ~Herm Albright

18. “Any fact facing us is not as important as our attitude toward it, for that determines our success or failure.” ~Norman Vincent Peale

19. “The greatest discovery of all time is that a person can change his future by merely changing his attitude.” ~Oprah Winfrey

20. “Happiness doesn’t depend on any external conditions, it is governed by our mental attitude.” ~Dale Carnegie

21. “Whenever you’re in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude.” ~William James

22. “Take charge of your attitude. Don’t let someone else choose it for you.” ~Unknown

23. “Attitudes are nothing more than habits of thoughts, and habits can be acquired. An action repeated becomes an attitude realized.” ~Paul Myer

24. “The only disability in life is a bad attitude.” ~Scott Hamilton

25. “Anyone can be an ACE: Attitude + Commitment = Excellence.” ~Robert Inman
26. “Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself.” ~Abraham J. Heschel

27. “The first and best victory is to conquer self.” ~Plato

28. “The only discipline that lasts is self-discipline.” ~Bum Philips

29. “You can never conquer the mountain. You can only conquer yourself.” ~Jim Whittaker

30. “The individual who wants to reach the top in business must appreciate the might and force of habit. He must be quick to break those habits that can break him—and hasten to adopt those practices that will become the habits that help him achieve the success he desires.” ~J. Paul Getty

31. “A man without decision of character can never be said to belong to himself... He belongs to whatever can make captive of him.” ~John Foster

32. “Everybody starts at the top, and then has the problem of staying there. Lasting accomplishment, however, is still achieved through a long, slow climb and self-discipline.” ~Helen Hayes

33. “We are what we repeatedly do, excellence then is not an act, but a habit.” ~Aristotle

34. “Mental toughness is many things and rather difficult to explain. Its qualities are sacrifice and self-denial. Also, most importantly, it is combined with a perfectly disciplined will that refuses to give in. It’s a state of mind—you could call it character in action.” ~Vince Lombardi

35. “It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.” ~Buddha
36. “What it lies in our power to do, it lies in our power not do.” ~Aristotle

37. “Respect is a two way street, if you want to get it, you’ve got to give it.” ~R.G Risch

38. “Unless you change how you are, you will always have what you’ve got.” ~Jim Rohn

39. “First we form habits, then they form us. Conquer your bad habits or they will conquer you.” ~Rob Gilbert

40. “The great end of education is to discipline rather than to furnish the mind; to train it to the use of its own powers, rather than fill it with the accumulation of others.” ~Tyron Edwards

41. “When you get to the end of your rope tie a knot and hang on.” ~Winston Churchill

42. “Confidence is contagious. So is lack of confidence.” ~Vince Lombardi

43. “No man or woman has achieved an effective personality who is not self-disciplined. Such discipline must not be an end in itself, but must be directed to the development of resolute Christian character.” ~John S. Bonnell

44. “If you do not conquer self, you will be conquered by self.” ~Napoleon Hill

45. “People create their own success by learning what they need to learn and then by practicing it until they become proficient at it.” ~Brian Tracy

46. “No horse gets anywhere until he is harnessed. No stream or gas drives anything until it is confined. No Niagara is ever turned into light and power until it is tunneled. No life ever grows great until it is focused, dedicated, disciplined.” ~Harry Emerson Fosdick

47. “A colt is worth little if it does not break its halter.” ~Proverb
48. “He who lives without discipline dies without honor.” ~Icelandic Proverb
49. “Pain and Anguish is an amazing glue that bond people together.” ~Unknown
50. “No personal confrontation = No toughening” ~James Loehr
51. “The will to win is nothing without the will to prepare.” ~Juma Ikangaa
52. “Go hard or go home.” ~Jesse McCartney
53. “It’s not where you start, It’s where you finish.” ~Nike
54. “Today + Today + Today = Your Career” ~Barry Cain
55. “To whoever much is given, much shall be required.”
   ~Luke 12:48
56. “Leadership is much less about what you do, and much more about who you are.” ~Frances Hesselbein
57. “You can’t live a perfect day without doing one thing for someone else.” ~John Wooden
58. “Mental toughness is essential to success.” ~Vince Lombardi
59. “Concentration and mental toughness are the margins of victory.” ~Bill Russell
60. “Mental toughness is to physical as four is to one.” ~Bobby Knight
61. “Champions aren’t made in gyms. Champions are made from something they have deep inside them…a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, and they have to have the skill and the will. But the will must be stronger than the skill.” ~Muhammad Ali
62. “Being strong means having the capability and fortitude to stand steadfastly despite the blows of change.” ~Unknown
63. “Patience and fortitude conquer all things.” ~Ralph Waldo Emerson
64. “Fortitude is the guard and support of the other virtues.” ~John Locke

65. “Attitude is the little thing that makes a big difference.” ~Winston Churchill

66. “Accept the challenges so that you may feel the exhilarations of victory.” ~General George S. Patton

67. “To conquer frustration, one must remain intensely focused on the outcome, not the obstacles.” ~T.F. Hodge

68. “Courage isn’t having the strength to go on; it is going on when you don’t have strength.” ~Napoleon Bonaparte

69. “He who stands for nothing will fall for anything.” ~Alexander Hamilton

70. “At least one time in your life, train with the will to die.” ~Enson Inoue

71. “Tough times never last, but tough people do.” ~Dr. Robert Schuller

72. “To win without risk is to triumph without glory.” ~Pierre Corneille

73. “Competitive toughness is an acquired skill and not an inherited gift.” ~Chris Evert

74. “Pressure is something you feel when you don’t know what the hell you’re doing.” ~Peyton Manning

75. “I worked very hard. I felt I could play the game. The only thing that could stop me was myself.” ~Jim Abbot

76. “Build your weakness until they become your strengths.” ~Knute Rockne

77. “The harder you work the harder it is to surrender.” ~Vince Lombardi
78. “The bottom line is you can’t be afraid to fail.” ~Jerry Colangelo
79. “Character is who you are when no one is watching.” ~John Wooden
80. “Champions fight when there’s nothing left to give.” ~Unknown
81. “Tough = When things get tough, get tougher.” ~Byron Buckley
82. “Success isn’t given, it’s earned.” ~NIKE
83. “It’s not how hard you can hit, it’s how hard you can get hit and keep punching.” ~Rocky
84. “Everyone is willing to eat, but who is willing to hunt.” ~Unknown
85. “Luck is hoping it happens, champions make it happen.” ~Unknown
86. “The only sin is mediocrity.” ~Martha Graham
87. “If better is possible, good is not enough.” ~Ben Franklin
88. “It’s amazing what can be accomplished when no one cares who gets the credit.” ~Harry Truman
89. “No Whimps, No Excuses, No Compromise. Discipline yourself so no one else has to.”
   ~Unknown
90. “Hard Work Beats Talent When Talent Doesn’t Work Hard” ~Herb Brooks
91. “Self discipline – The assertion of willpower over more basic desires.” ~Derek Dooley
92. “Probably no greater honor can come to any man than the respect of his colleagues” ~Cary Grant
93. “Fatigue makes cowards of us all.” ~Vince Lombardi
94. “Commitment is the enemy of resistance, for it is the serious promise to press on, to get up, no matter how many times you are knocked down.” ~David McNally
95. “The harder you work the harder it is to surrender.” ~Vince Lombardi
96. “People who never do more than they are paid to do are never paid for any more than they do.” ~Unknown
97. “I will persist until I succeed.” ~Augustine Mandino II
98. “True Champions are made when no one is watching.” ~Muhammad Ali
99. “What my mind can conceive my body can achieve.” ~Unknown
100. “Football is a tough game made for tough men.” ~Unknown
101. “Commitment unlocks the doors of imagination, allows vision, and gives us the right stuff to turn our dreams into reality.” ~James Womack
102. “Discipline yourself so others won’t have to.” ~John Wooden
103. “Football-Is a series of collisions, with test of strength, skill, power and will, big guys clearing the way for fast guys, with countless contest of individual courage and toughness, until one side collectively wears down physically or surrenders mentally.” ~Unknown
104. “Two pains in life, pain of regret, pain of discipline. Take your pick.” ~Jim Rohn
105. “Those who say it cannot be done should not interfere with those that are doing it.” ~George Bernard Shaw
106. “Tough times past, tough men last.” ~Unknown
107. “I am a member of a team, and I rely on the team, I defer to it and sacrifice for it because the team, and not the individual is the ultimate champion.” ~Mia Hamm
108. “Anyone who has a continuous smile on his face conceals a toughness that is almost frightening.” ~Greta Garbo

109. “Toughness is in the soul and the spirit – not in the muscles.” ~Alex Karras

110. “If the team wins, everyone benefits, - To the victors go the spoils.” ~Unknown

111. “The price of success must always be paid for in advance. You must earn the right to be confident and proud.” ~Unknown

112. “Stay calm in the midst of chaos and find a way to win.” ~Unknown

113. “Give yourself to the TEAM, and the team will give to you.” ~Unknown

114. “Never accept success as a substitute for rigor in everything we do.” ~Unknown

115. “Don’t confuse activity with accomplishment.” ~John Wooden

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

117. “Many of the greatest achievements in this world were accomplished by tired and discouraged men who refused to quit.”

~Hermione Granger

118. “If I want to be great, then I have to win the victory over myself.” ~Harry S. Truman

119. “Your actions speak so loudly, I can’t hear what you say.” ~Ralph Waldo Emerson

120. “The important thing is this: to be able to at any moment to sacrifice what you are for what you could be.” ~Charles Dubois

121. “If I can not find a way I shall make one.” ~Unknown

122. “Without struggle there can be no progress.” ~Frederick Douglas
123. “You must want success as bad as you want to breathe.” ~Unknown

124. “No sympathy for the soft.” ~Unknown

125. “When a man points a finger at someone else, he should remember that four of his fingers are pointing at himself.” ~Louis Nizer

126. “If a man is not faithful to his own individuality, he cannot be loyal to anything.”
    ~Claude McKay

127. “A body of men holding themselves accountable to nobody ought not to be trusted by anybody.” ~Thomas Paine

128. “The pressure of adversity is the most powerful sustainer of accountability. It's as though everything one does is multiplied by 50 in order to surpass those with a head start. I was never capable of slacking when at the threshold of failure.” ~Criss Jami

129. “You are accountable for your actions, your decisions, your life; no one else is, but you.” ~Catherine Pulsifer

130. “I am responsible. Although I may not be able to prevent the worst from happening, I am responsible for my attitude toward the inevitable misfortunes that darken life. Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have – life itself.”
    ~Walter Anderson
131. “If we want unity, we must all be unifiers. If we want accountability, each of us must be accountable for all we do.” ~Christine Gregoire

132. “The person you have to account to is you. You should never try to mold yourself to meet anyone else's desires, or views.” ~Catherine Pulsifer

133. “Thinking well is wise; planning well, wiser; doing well wisest and best of all.”
   ~Malcolm S. Forbes

134. “It is easy to dodge our responsibilities, but we cannot dodge the consequences of dodging our responsibilities.” ~Sir Josiah Stamp

135. “Dignity is the reward of holding oneself accountable to conscience.” ~Wes Fessler

136. “It is not only what we do, but also what we do not do, for which we are accountable.” ~Moliere

137. “Never promise more than you can perform.” ~Publilius Syrus

138. “The smallest actual good is better than the most magnificent promise of impossibilities.” ~Macaulay

139. “The realization of the self is only possible if one is productive, if one can give birth to one's own potentialities.” ~Goethe

140. “Make the most of yourself, for that is all there is of you.” ~Ralph Waldo Emerson

141. “Everyone has talent. What is rare is the courage to follow that talent to the dark places where it leads.” ~Erica Jong

142. “The vast possibilities of our great future will become realities only if we make ourselves responsible for those realities.” ~Gifford Pinchot
143. “The reputation of a thousand years may be determined by the conduct of one hour.”

~Japanese proverb

144. “Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us.” ~Stephen R. Covey

145. “Peace comes from within. Do not seek it without.” ~Siddhartha Gautama

146. “Think of these things, whence you came, where you are going, and to whom you must account.” ~Benjamin Franklin

147. “Duties are not performed for duty’s sake, but because their neglect would make the man uncomfortable. A man performs but one duty - the duty of contenting his spirit, the duty of making himself agreeable to himself.” ~Mark Twain

148. “Accountability is the willingness to bear the weight of one’s actions, and a pathway to the improvement of one’s choices.” ~Wes Fessler

149. “The mode by which the inevitable comes to pass is effort.” ~Oliver Wendell Holmes

150. “Success is the sum of small efforts, repeated day in and day out.” ~Robert Collier

151. “When a gifted team dedicates itself to unselfish trust and combines instinct with boldness and effort, it is ready to climb.” ~Pat Riley

152. “The last dejected effort becomes the winning stroke.” ~W.J. Cameron

153. “Continuous effort-not strength or intelligence- is the key to unlocking potential.”

~Winston Churchhill

154. “The less effort the faster and more powerful you will be.” ~Bruce Lee
155. “Effort and courage are not enough without purpose and direction.” ~John F. Kennedy

156. “Effort is only effort when it begins to hurt.” ~Jose Ortega Gasset

157. “All the effort in the world won’t matter if you’re not inspired.” ~Chuck Palahniuk

158. “If you’re not going all the way, why go at all.” ~Charles Bukowski

159. “There is never a traffic jam created from people going the extra mile.” ~Jeff Dixon

160. “20 Percent of focused effort results in 80 percent outcome of results.” ~Vilfredo Pareto

161. “Only super effort counts.” ~George Gurdjieff

162. “For every disciplined effort there is a multiple reward.” ~Jim Rohn

163. “If you don’t have enough push, you don’t have to worry about the pull.” ~Zig Ziglar

164. “The bitter and sweet come from the outside, the hard from within, from one’s own efforts.”
   ~Albert Einstein

165. “The struggle alone pleases us, not the victory.” ~Blaise Pascal

166. “Success is almost totally dependent upon drive and persistence. The extra energy required to make another effort or try another approach is the secret of winning.” ~Denis Waitley

167. “Whenever a man does the best he can, then that is all he can do.” ~Harry S. Truman

168. “You have to accept whatever comes and the only important thing is that you meet it with the best you have to give.” ~Eleanor Roosevelt

169. “The difference between try and triumph is a little umph.” ~Marvin Phillips
170. “I’ve got a theory that if you give a 100 percent all the time, somehow things will work out.” ~Larry Bird

171. “Nobody ever drowned in their own sweat.” ~Ann Landers

172. “The only easy day was yesterday.” ~Navy Seals

173. “We must accept finite disappointment, but we must never lose infinitely hope.”
   ~Martin Luther King

174. “Character is like your fingerprint, it identifies you from everyone else in the world. It says who you are and where your headed.” ~Unknown

175. “Do now what others won’t, so you can have later what others can’t.” ~Jerry Rice

176. “The more you sweat in training, the less you bleed in battle.” ~Navy Seals

177. “Victory is reserved for those who are willing to pay its price.” ~Sun Tzu

178. “You might as well stand and fight because if you run, you will die tired.” ~Sei Shin Kan

179. “We do not rise to the level of our expectations. We fall to the level of our training.”
   ~Archilochus

180. “Civilize the mind but make savage the body.” ~Chairman Mao

181. “Every battle is won before it is ever fought.” ~Sun Tzu

182. “The measure of who we are is what we do with what we have.” ~Vince Lombardi

183. “Championships are made when nobody is watching.” ~Unknown

185. “Leadership is accepting people where they are, then taking them somewhere.” ~C.W. Perry

186. “If you think you're leading but no one is following then you are only taking a walk.”
    ~Afghan Proverb

187. “To increase your effectiveness, make your emotions subordinate to your
    commitments.” ~Brian Koslow

188. “Get your nervous butterflies to fly in formation.” ~Barry Cain

189. “Practice doesn't make perfect, practice makes permanent.” ~Vince Lombardi

190. “Train the six inches between the ears so you can control the 6 feet below it.”
    ~Unknown

191. “Teamwork makes dreams work.” ~John C. Maxwell

192. “If you love what you do, you don't work a day in
    your life.” ~Confucius

193. “You encourage what you tolerate.” ~Joel Osteen

194. “You don’t make one of us, you are born one of
    us.” ~Navy Seals

195. “The only reason we don’t have what we want in life is the reasons we create why we
    can’t have them.” ~Tony Robbins

196. “The world makes way for the man who knows where he is going.” ~Ralph Waldo Emerson

197. “If you don't have time to do it right, when will you have time to do it over?” ~John Wooden
198. “Don’t be afraid of the space between your dreams and reality. If you can dream it, you can make it so.” ~Belva Davis

199. “You can have anything you want if you are willing to give up the belief that you can't have it.” ~Robert Anthony

200. “Seek the lofty by reading, hearing and seeing great work at some moment every day.”
~Thorton Wilder

201. “The real leader has no need to lead-- he is content to point the way.” ~Henry Miller

202. “A good head and a good heart are always a formidable combination.” ~Nelson Mandela

203. “Far and away the best prize that life has to offer is the chance to work hard at work worth doing.” ~Theodore Roosevelt

204. “The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.” ~Vince Lombardi

205. “We will either find a way, or make one.” ~Hannibal

206. “The measure of a man is the way he bears up under misfortune.” ~Plutarch

207. “What lies behind us and what lies before us are tiny matters compared to what lies within us.” ~Ralph Waldo Emerson

208. “True friendship is like sound health, the value of it is seldom known until it be lost.”
~Charles Caleb Colton

209. “Goals are important. If you don’t know where you are going, how will you know when you get there?” ~Unknown
210. “You can’t build a reputation on what you are going to do.” ~Henry Ford

211. “The strength of the group is the strength of the leaders.” ~Vince Lombardi

212. “If you are going to be a champion, you must be willing to pay a greater price.” ~Bud Wilkinson

213. “Every time you stay out late; every time you sleep in; every time you miss a workout; every time you don’t give 100%… you make it that much easier for me to beat you.”
~Unknown

214. “Success is about having, excellence is about being. Success is about having money and fame, but excellence is being the best you can be.” ~Mike Ditka

215. “Winning isn't everything, but the will to win is everything.” ~Vince Lombardi

216. “You can’t make a great play unless you do it first in practice.” ~Chuck Noll

217. “Never let your head hang down. Never give up and sit down and grieve. Find another way.”
~Satchel Paige

218. “Things that hurt, instruct.” ~Benjamin Franklin

219. “One man can be a crucial ingredient on a team, but one man cannot make a team.”
~Kareem Abdul-Jabbar

220. “My responsibility is getting all my players playing for the name on the front of the jersey, not the one on the back.” ~Unknown

221. “Good, better, best. Never let it rest. Until your good is better and your better is best.”
~Tim Duncan
222. “Winners never quit and quitters never win.” ~Vince Lombardi

223. “During my 18 years I came to bat almost 10,000 times. I struck out about 1,700 times and walked maybe 1,800 times. You figure a ballplayer will average about 500 at bats a season. That means I played seven years without ever hitting the ball.” ~Mickey Mantle

224. “You owe it to yourself to be the best you can possible be – in baseball and in life.” ~Pete Rose

225. “It's not whether you get knocked down, it's whether you get up.” ~Vince Lombardi

226. “Make sure that team members know they are working with you, not for you.” ~John Wooden

227. “Leadership, like coaching, is fighting for the hearts and souls of men and getting them to believe in you.” ~Eddie Robinson

228. “Coaches who can outline plays on a black board are a dime a dozen. The coaches who win are the ones who can motivate their players.” ~Vince Lombardi

229. “What makes a good coach? Complete dedication.” ~George Halas

230. “I learn teaching from teachers. I learn golf from golfers. I learn winning from coaches.” ~Harvey Penick

231. “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

232. “My responsibility is leadership, and the minute I get negative, that is going to have an influence on my team.” ~Don Shula
233. “In the end, the game comes down to one thing: man against man. May the best man
win.” ~Sam Huff

234. “Victory belongs to the most persevering.” ~Napoleon

235. “You are never really playing an opponent. You are playing yourself, your own highest
standards, and when you reach your limits, that is real joy.” ~Arthur Ashe

236. “A life of frustration is inevitable for any coach whose main enjoyment is winning.”
~Chuck Noll

237. “Every game is an opportunity to measure yourself against your own potential.” ~Bud
Wilkinson

238. “It is how you show up at the showdown that counts.” ~Homer Norton

239. “Without self-discipline, success is impossible, period.” ~Lou Holtz

240. “Live as if you were living already for the second time.” ~Vince Lombardi

241. “If you aren’t going all the way, why go at all?”
~Joe Namath

242. “If you don’t practice you don’t deserve to win.” ~Andre Agassi

243. “You can always become better.” ~Tiger Woods

244. “I’ve always believed that if you put in the work, the results will come.” ~Michael
Jordan

245. “If you don’t invest very much, then defeat doesn’t hurt very much and winning is not
very exciting.” ~Dick Vermeil
246. “The spirit, the will to win, and the will to excel are the things that endure. These qualities are so much more important than the events that occur.” ~Vince Lombardi

247. “The difference between the impossible and the possible lies in a man’s determination.”

~Tommy Lasorda

248. “There are only two options regarding commitment; you’re either in or you’re out. There’s no such thing as life in-between.” ~Pat Riley

249. “The man who has no imagination has no wings.” ~Muhammad Ali

250. “If a tie is like kissing your sister, losing is like kissing your grandmother with her teeth out.” ~George Brett

251. “The fewer rules a coach has, the fewer rules there are for players to break.” ~John Madden

252. “We didn’t lose the game; we just ran out of time.” ~Vince Lombardi

253. “The breakfast of champions is not cereal, it’s the opposition.” ~Nick Seitz

254. “I figure practice puts your brains in your muscles.” ~Sam Snead

255. “Practice does not make perfect. Only perfect practice makes perfect.” ~Vince Lombardi

256. “An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head.” ~Emil Zatopek

257. “All sports are games of inches.” ~Dick Ritger
258. “Most people give up just when they’re about to achieve success. They quit on the one-yard line. They give up at the last minute of the game, one foot from a winning touchdown.” ~Ross Perot

259. “Pain is nothing compared to what it feels like to quit.” ~Dan Gable

260. “Winning is habit. Unfortunately, so is losing.” ~Vince Lombardi

261. “Life is ten percent what happens to you and ninety percent how you respond to it.” ~Lou Holtz

262. “Win or lose, do it fairly.” ~Knute Rockne

263. “A coach is someone who can give correction without causing resentment.” ~John Wooden

264. “Complacency is the forerunner of mediocrity. You can never work too hard on attitudes, effort and technique.” ~Don Meyer

265. “In any leadership position, the most important aspect of your job will be getting your team to work together. The underlying theme of teamwork will be your ability to convey a renewed sense of optimism. Your role as the captain will give the ship direction, purpose and ultimately success.” ~Dale Brown

266. “Most games are lost, not won.” ~Casey Stengel

267. “You never lose a game if the opponent doesn't score.” ~Darrell Royal

268. “You're never a loser until you quit trying.” ~Mike Ditka

269. “You have no choices about how you lose, but you do have a choice about how you come back and prepare to win again.” ~Pat Riley
270. “Once you learn to quit, it becomes a habit.” ~Vince Lombardi
271. “It is a fine thing to have ability, but the ability to discover ability in others is the true test.” ~Lou Holtz
272. “You'll never get ahead of anyone as long as you try to get even with him.” ~Lou Holtz
273. “Measure yourself as a coach not by what you have accomplished, but by what you should have accomplished given the ability of your players and the strength of your competition.” ~John Wooden
274. “Habits are critical for players. They cannot think and play well at the same time.” ~Don Meyer
275. “The more you grow as a person, the less shocked you become about people who are different from yourself.” ~Dale Brown
276. “Finding good players is easy. Getting them to play as a team is another story.” ~Casey Stengel
277. “There are always going to be people who run faster, jump higher, dive deeper, and come up drier.” ~Darrell Royal
278. “Before you can win, you have to believe you are worthy.” ~Mike Ditka
279. “Excellence is the gradual result of always striving to do better.” ~Pat Riley
280. “The greatest accomplishment is not in ever falling, but in rising again after you fall.” ~Vince Lombardi
281. “You're never as good as everyone tells you when you win, and you're never as bad as they say when you lose.” ~Lou Holtz
282. “The secret is to work less as individuals and more as a team. As a coach, I play not my eleven best, but my best eleven.” ~Knute Rockne

283. “Don’t let what you cannot do interfere with what you can do.” ~John Wooden

284. “When a person is wrapped up in himself, the package is usually pretty small.” ~Dale Brown

285. “Never make predictions, especially about the future.” ~Casey Stengel

286. “Luck is what happens when preparation meets opportunity.” ~Darrell Royal

287. “Success isn't measured by money or power or social rank. Success is measured by your discipline and inner peace.” ~Mike Ditka

288. “Great effort springs naturally from a great attitude.” ~Pat Riley

289. “People who work together will win, whether it be against complex football defenses, or the problems of modern society.” ~Vince Lombardi

290. “I think everyone should experience defeat at least once during their career. You learn a lot from it.” ~Lou Holtz

291. “A coach's greatest asset is his sense of responsibility - the reliance placed on him by his players.” ~Knute Rockne

292. “Never mistake activity for achievement.” ~John Wooden

293. “It is a law of life, as certain as gravity, that to live fully, we must learn to use things and love people---not love things and use people.” ~Dale Brown

294. “The only place you can win a football game is on the field, the only place you can lose it is in your hearts.” ~Darrell Royal
295. “Giving yourself permission to lose guarantees a loss.” ~Pat Riley

296. “It's easy to have faith in yourself and discipline when you're a winner. But if you want to be a winner you must have faith and discipline even when you're not a winner.” ~Vince Lombardi

297. “How you respond to the challenge in the second half will determine what you become after the game, whether you are a winner or a loser.” ~Lou Holtz

298. “At home we're the hosts, and I never liked the idea of being embarrassed in front of our friends.” ~Knute Rockne

299. “The main ingredient of a player's stardom is the rest of the team.” ~John Wooden

300. “I don’t count on the boy who waits till October, when it's cool and fun, then decides he wants to play.” ~Darrell Royal

301. “If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.” ~Pat Riley

302. “Life's battles don't always go to the stronger or faster man. Sooner or later the man who wins is the man who thinks he can.” ~Vince Lombardi

303. “It's what you learn after you know it all that counts.” ~John Wooden

304. “If you burn your neighbors house down, it doesn't make your house look any better.” ~Lou Holtz

305. “Most men, when they think they are thinking, are merely rearranging their prejudices.” ~Knute Rockne
306. “The real glory is being knocked to your knees and then coming back. That's real glory.
That's the essence of it.” ~Vince Lombardi

307. “Success is never final, failure is never fatal. It's courage that counts.” ~John Wooden

308. “The trick is growing up without growing old.” ~Casey Stengel

309. “Hard work is the price we must pay for success. I think you can accomplish anything if
you're willing to pay the price.” ~Vince Lombardi

310. “Success is peace of mind which is a direct result of self-satisfaction in knowing you did
your best to become the best you are capable of becoming.” ~John Wooden

311. “On the road we're somebody else's guests -
and we play in a way that they're not going to forget
we visited them.” ~Knute Rockne

312. “Football is like life - it requires
perseverance, self-denial, hard work, sacrifice,
dedication and respect for authority.” ~Vince
Lombardi

313. “You can't live a perfect day without doing something for someone who will never be
able to repay you.” ~John Wooden

314. “The problem with having a sense of humor is often that people you use it on aren't in a
very good mood.” ~Lou Holtz

315. “I learned this about coaching: You don't have to explain victory and you can't explain
defeat.” ~Darrell Royal

316. “Individual commitment to a group effort - that is what makes a team work, a company
work, a society work, a civilization work.” ~Vince Lombardi
317. “Failure is not fatal, but failure to change might be.” ~John Wooden

318. “We count on winning. And if we lose, don't beef. And the best way to prevent beefing is - don't lose.” ~Knute Rockne

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

320. “Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.” ~John Wooden

321. “I try not to make the same mistakes today that I made yesterday.” ~Darrell Royal

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

323. “If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes.” ~John Wooden

324. “It's not the load that breaks you down, it's the way you carry it.” ~Lou Holtz

325. “The leader can never close the gap between himself and the group. If he does, he is no longer what he must be. He must walk a tightrope between the consent he must win and the control he must exert.” ~Vince Lombardi

326. “Happiness begins where selfishness ends.” ~John Wooden

327. “One loss is good for the soul, too many losses is not good for the coach.” ~Knute Rockne
328. “Winning is not a sometime thing; it's an all-time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is habit. Unfortunately, so is losing.” ~Vince Lombardi

329. “What you are as a person is far more important than what you are as a basketball player.” ~John Wooden

330. “You know, a football coach is nothing more than a teacher. You teach them the same subject, and you have a group of new guys every year.” ~Darrell Royal

331. “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

332. “It's not so important who starts the game but who finishes it.” ~John Wooden

333. “One man practicing sportsmanship is far better than fifty preaching it.” ~Knute Rockne


335. “If you're bored with life... if you don't get up every morning with a burning desire to do things... you don't have enough goals.” ~Lou Holtz

336. “It isn't what you do, but how you do it.” ~John Wooden

337. “There is no need for me continuing unless I'm able to improve.” ~Knute Rockne

338. “You can't let praise or criticism gets to you. It's a weakness to get caught up in either one.” ~John Wooden
339. “Show me someone who has done something worthwhile, and I'll show you someone who has overcome adversity.” ~Lou Holtz

340. “It's the little details that are vital. Little things make big things happen.” ~John Wooden

341. “We would accomplish many more things if we did not think of them as impossible.” ~Vince Lombardi

342. “Winning takes talent, to repeat takes character.” ~John Wooden

343. Don’t be concerned if you do the right thing over and over; you will prosper if you don’t give up. ~Galatians 6:9

344. “Let this vast beautiful world inspire you. Let no enemy thoughts bring you down.” ~Rev. Run

345. “Character is like a tree and reputation is like its shadow. The shadow is what people think of it; the tree is the real thing.” ~Abraham Lincoln

346. “No complaining today! If you change the way you look at things; the things you look at will change” ~Dyer

347. Commit to the Lord whatever you do and your plans will succeed. ~Proverb 16:3

348. “My attitude is that if you push me towards something that you think is a weakness, and then I will turn that perceived weakness into a strength.” ~Michael Jordan

349. “Self-praise is for losers. Be a winner. Stand for something. Always have class and be humble.” ~John Madden

350. “What lies behind us and what lies before us are tiny matters compared to what lies within us.” ~Ralph Waldo Emerson
351. Rejoice in our suffering, because we know that suffering produces perseverance, character, and hope. ~Romans 5:3-5

352. “Discipline is remembering what you want.” ~David Campbell

353. “You can never be what God wants you to be until you stop being who you think you should be.” ~Joyce Meyer

354. “Gratefulness is a key to happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy, because we always want something else or something more.” ~Dalai Lama

355. “Strive to be perfect. If you fall short of perfect then you will achieve excellence.” ~Unknown

356. “You have freedom of choice, but never freedom of consequence.” ~Unknown

357. “Intelligence plus character; that is the true goal of education.” ~Unknown

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

359. “Never look down upon anyone, unless you are helping them up.” ~Jesse Jackson

360. “Nearly all men can stand adversity, but if you want to test a man’s character, give him power.” ~Abraham Lincoln

361. Therefore whatever you want me to do to you, do also to them. ~Matthew 7:12

362. “If you are doing your absolute best at whatever you are doing, you won’t have any time to worry about failure.” ~Jackson Brown
363. “Success is a state of mind. If you want success, start thinking of yourself as a success.”

~Dr. Joyce Brothers

364. “Live as you were to die tomorrow. Lean as if you were to live forever.” Mahatma Gandhi

365. “The person in life that thinks they can and the person in life that thinks they can’t, both are usually right.” ~Confucious
Ron McKeefery, M.A. CSCS, SCCC

A Nationally recognized leader in the area of sports development. The Professional Football Strength and Conditioning Society awarded him the Under Armor Collegiate Strength and Conditioning Coach of the Year.

Coach McKeefery is a sought after industry speaker. He has lectured for the National Strength and Conditioning Association, Collegiate Strength and Conditioning Association, and numerous major universities. Ron has been published in the National Strength and Conditioning journal, American Football Monthly, and Stack Magazine.

Coach McKeefery has served as a strength and conditioning coach at both the Professional and Collegiate level. Working with such professional organizations as the: Kansas City Royals (MLB), Tampa Bay Buccaneers (NFL), and the Berlin Thunder (NFL Europe). Currently he is the Director of Strength and Conditioning at the University of Tennessee. Prior to UT he spent 10 seasons with the University of South Florida (Div I BCS level).

At South Florida he coached 20 NFL Draft Picks, including 1st Round Draft Pick and Pro Bowlers Mike Jenkins & Jason Pierre-Paul. Additionally he has had 7 All Americans, numerous NFL free agents, and All Conference Selections. In his time at South Florida the Bulls transitioned from Div I-AA to the BCS Big East Conference.

He earned a Master of Arts degree from the University of South Florida in Adult Education and Bachelor degrees from Ottawa University in Biology and Physical Education. While at Ottawa University he was a two sport athlete earning All Conference honors in Football and Track. He was also a two time Academic All American.

Ron is a Certified Strength and Conditioning Specialist w/Distinction (CSCS*D) and Coach Practitioner under the National Strength and Conditioning Association (NSCA) as well as a Strength and Conditioning Coach Certified (SCCC) under the Collegiate Strength and Conditioning Coaches Association (CSCCA). He served as the State NSCA Director for Florida (North).
References:

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