

1. There's a lot of blood, sweat, and guts between dreams and success. -Paul Bear Bryant

2. **S u c c e s s** usually comes to those who are too busy to be looking for it. -Henry David Thoreau

3. *Adopt the pace of nature: her secret is patience.*  
-Ralph Waldo Emerson

4. A jug fills drop by drop.  
-Buddha

5. The more man meditates upon good thoughts, the better will be his world and the world at large.  
-Confucius

6. Either you run the day or the day runs you. -Jim Rohn

7. Unless you're not pushing yourself, you're not living to the fullest. You can't be afraid to fail, but unless you fail, you haven't pushed hard enough. -Dean Karnazes

8. Nothing will work unless **you** do. -Maya Angelou

9. Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.  
-Wayne Dyer

10. The question isn't who is going to *let* me; it's who is going to stop me. -Ayn Rand

fed&fit motivational quotes

## **How to change your life**

- 1. If you don't change your routines, learn new things, improve, take sacrifices and discover new challenges everything will remain the same.**
- 2. If you try to do the best you can, work hard and find out what you are passionate about, your ideas will be unique and original.**
- 3. Make your positive attitude visible to everyone. Let people who treat with you feel that you are someone who is willing to give everything.**
- 4. Start seeing everything what happens to you like an opportunity.**
- 5. Everything you do, do it with a sense of urgency. When you start something, set a date when it has to be done.**
- 6. It is your project, your dream. Even if you need help, which is normal, it has to be you who puts in the most amount of work. And with this attitude you'll inspire others to do the same.**