# Inspirational Quotes U - Z

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## WINNING AND LOSING

The credit belongs to those who are actually in the arena, who strive valiantly; who know the great enthusiasm, the great devotions, and spend themselves in a worthy cause; who at the best, know the triumph of high achievement; and who, at the worst, if they fail, fail while daring greatly, so that their place shall never be with those cold and timid souls who know neither victory nor defeat. - Theodore Roosevelt

Life's battles don't always go to the stronger or faster manBut soon or late, the man who wins, is the one who thinks he can. - C. W. Longnecker

No deposit, no return: you'll get out of life about what you're willing to put in. All champions have made great sacrifices to win their victories. So when someone talks to me about their goals and dream, I ask them one question: "What are you willing to do about it?" - John Naber

If you practise like a champion, when you get to the big event, you'll be prepared. - Bonnie Blair

A winner never stops trying. - Tom Landry

It's always too soon to quit. - David Tyler Scoates

Victory with honour and integrity is the real goal of sport. Sometimes it happens that others are better than you. I could never beat Carl Lewis in a hundred yard dash, but my victory might be in running faster today than I did yesterday. - Don Sparks

Being the first to cross the finish line makes you a winner in only one phase of life. It's what you do after you cross the finish line that really counts. - Ralph Boston

Most look up and admire the stars. A champion climbs up and grabs one! - H. Jackson-Brown, Jr.

When you win, nothing hurts. - Joe Namath

The minute you start talking about what you are going to do if you lose, you have lost. - George Schultz

The greatest test of courage on earth is to bear defeat without losing heart. - Robert Green Ingersoll

What is defeat? Nothing but the first step to something better. - Richard Sheridian There is only one real failure in life that is possible, and that is not to be true to the best we know. - Frederick Farrar

### WISDOM

It is characteristic of wisdom to not do desperate things. - Henry David Thoreau

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

Blessed are they who have nothing to say, and who cannot be persuaded to say it. - James Russell Lowell

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

Our main business is not to do what lies dimly at a distance but to do what lies clearly at hand. - Thomas Carlyle

Brooding over the past paralyses the present and bankrupts the future. - Anonymous

Today, well-lived, make every yesterday a dream of happiness and every tomorrow a vision of hope. - Sanskrit Proverb

The surest way to be late is to have plenty of time. - Leo Kennedy

Better be three hours too soon than one minute too late. - William Shakespeare

Think like a man of action, act like a man of thought. - Henri Bergson

An error does not become a mistake until you refuse to correct it. - Orlando A. Battista

An absurdity is anything advanced by our own opponents, contrary to our own practise, or above our comprehension. -Horace Smith

If your outflow exceeds your inflow, your upkeep will be your downfall. - R. Anthony

Visits always give pleasure: if not on the arrival then on the departure. - E. Berquier

Too many pieces of music finish too long after the end. - Igor Stravinsky

The worst of all deceptions is self-deception. - Plato

We don't see things as they are, we see them as we are. - Anais Nin

A 'no' uttered from deepest conviction is better and greater than a 'yes' uttered merely to please, or worse, to avoid trouble. - Mahatma Gandhi

God doesn't play dice. -Albert Einstein

#### **WORDS**

Words are the flour and yeast that make the bread of life. - Alvin Day

Words are very powerful. What we speak and write can inspire or injure, heal or hurt, motivate or manipulate, delight or demean. A broken bone can heal, but the wound a word opens can fester forever. - Jesamyn West

Thought is private and mysterious, writing is long-lasting and official, but like the bellow of a commander to his troops, the spoken word has life and spirit. It electrifies and ignites souls and hearts to think, to attain, to be. - Alvin Day,

Nasty comments are like the sharp nail you drive into the fence post. Even when you remove the nils by saying sorry, the holes are still there - Guevarrama

## WORK

Work is love made visible – Kahlil Gibran

On the day that you think you really hate your job, stop for a momen to think of the man who wishes he could find one – Guevarrama

What is it to work with love? It is to weave the cloth with threads from your heart, even as if your beloved were to wear that cloth; it is to build a house with affection even as if your beloved were to dwell in that house; it is to charge all things you fashion with the breath of your own spirit – Kahlil Gibran

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