



Trinity Fitness

Motivational Quotes

Trinity's philosophy is,

"In order to change the body, you must first start with the mind!"

Nathan J. Nowak

We really believe that in order to change your outer world you must make changes to your inner too.

We use many websites and books with quotes. Many of the staff, clients and members receive daily motivational quotes from websites including nightingaleconant.com, raymondaaron.com and more.

Please enjoy a sample of some of our most favorite quotes.

"Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored."

Earl Nightingale

"You are important enough to ask and you are blessed enough to receive back."

Wayne Dyer

"You can have anything you want - if you want it badly enough. You can be anything you want to be, have anything you desire, accomplish anything you set out to accomplish - if you will hold to that desire with singleness of purpose."

Robert Collier

"Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us."

Stephen R. Covey

"Living consciously involves being genuine; it involves listening and responding to others honestly and openly; it involves being in the moment."

Sidney Poitier

"I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition."

Martha Washington

"If you don't know where you are going, you will wind up somewhere else!"

Lawrence "Yogi" Berra

"Be creative. Use unconventional thinking. And have the guts to carry it out."

Lee Iacocca

"You are what you repeatedly do. Excellence is not an event - it is a habit."

Aristotle

"You will find yourself refreshed by the presence of cheerful people. Why not make earnest effort to confer that pleasure on others? Half the battle is gained if you never allow yourself to say anything gloomy."

Lydia M. Child

"The more anger towards the past you carry in your heart, the less capable you are of loving in the present."

Barbara De Angelis

"Yesterday is gone. Tomorrow has not yet come.
We have only today. Let us begin."

Mother Teresa

"When you focus on something with a lot of passion, it makes it happen even faster."

Bill Harris

"The difference between try and triumph is a little umph."

Unknown Author

"Let's choose today to quench our thirst for the 'good life' we think others lead by acknowledging the good that already exists in our lives. We can then offer the universe the gift of our grateful hearts."

Sarah Ban Breathnach

"I expect to pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."

William Penn

"The world can change in an instant. So can the way you choose to see it. Why not choose to see the good in yourself and others."

Bob Perks

"The world is a great mirror. It reflects back to you what you are. If you are loving, if you are friendly, if you are helpful, the world will prove loving and friendly and helpful to you. The world is what you are."

Thomas Dreier

"The one important thing I have learned over the years is the difference between taking one's work seriously and taking one's self seriously. The first is imperative and the second is disastrous."

Margaret Fontey

"When you create you get a little endorphin rush. Why do you think Einstein looked like that?"

Robin Williams

"When the archer misses the mark, he turns and looks for the fault within himself. Failure to hit the bull's eye is never the fault of the target. To improve your aim - improve yourself."

Gilbert Arland

"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."

R. Buckminster Fuller

"To do anything truly worth doing, I must not stand back shivering and thinking of the cold and danger, but jump in with gusto and scramble through as well as I can."

Og Mandino

"You have to put in many, many, many tiny efforts that nobody sees or appreciates before you achieve anything worthwhile."

Brian Tracy

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

Colin Powell

"Wealth is the ability to fully experience life."

Henry David Thoreau

"Everything in your life is there as a vehicle for your transformation. Use it!"

Ram Dass

"The key to building wealth is to preserve capital and wait patiently for the right opportunity to make the extraordinary gains."

Victor Sperandeo

"When you squeeze an orange, orange juice comes out - because that's what's inside. When you are squeezed, what comes out is what is inside."

Wayne Dyer

"An enterprising person is one who comes across a pile of scrap metal and sees the making of a wonderful sculpture. An enterprising person is one who drives through an old, decrepit part of town and sees a new housing development. An enterprising person is one who sees opportunity in all areas of life."

Jim Rohn

"The big rewards come to those who travel the second, undemanded mile."

Bruce Barton

"My success just evolved from working hard at the business at hand each day."

Johnny Carson

"Action makes more fortune than caution."

Luc De Clapiers

"Most people think that making decisions is hard, especially financial decisions, so they end up burying their heads in the sand, hoping someone else will make their decisions for them. The thing to realize is that by not making decisions, we are really making decisions anyway. We are really deciding that we will continue to do what we have done up until now."

Clayton J. Moore

"A strong, successful man is not the victim of his environment. He creates favorable conditions. His own inherent force and energy compel things to turn out as he desires."

Orison Swett Marden

"Treat your friends as you do your pictures, and place them in their best light."

Jennie Jerome Churchill

"A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change."

Earl Nightingale

"If you want to be successful, find someone who has achieved the results you want and copy what they do and you'll achieve the same results."

Tony Robbins

Do a little more than you're paid to. Give a little more than you have to. Try a little harder than you want to. Aim a little higher than you think possible, and give a lot of thanks to God for health, family, and friends."

Art Linkletter

"Perseverance is not a long race; it is many short races one after another."

Walter Elliott

"Before you begin a thing remind yourself that difficulties and delays quite impossible to foresee are ahead. You can only see one thing clearly, and that is your goal. Form a mental vision of that and cling to it through thick and thin."

Kathleen Norris

"Winning is not a sometime thing; It's an all the 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."

Vince Lombardi

"You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think."

Foundation for Inner Peace: Publisher of Course in Miracles

"Coasting only takes you in one direction."

David Martin

"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

George Bernard Shaw

"Obstacles don't have to stop you.
If you run into a wall, don't turn around and give up.
Figure out how to climb it, go through it, or work around it."

Michael Jordan

"Happiness doesn't depend on what we have, but it does depend on how we feel toward what we have. We can be happy with little and miserable with much."

William Dempster Hoard

"Everyone should have a sense of urgency - it is getting a lot done in a short period of time in a calm confident manner."

Bob Proctor

"It is the people who can do nothing who find nothing to do, and the secret to happiness in this world is not only to be useful, but to be forever elevating one's uses."

Sarah Orne Jewett

"Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have."

Norman Vincent Peale

"You'll seldom experience regret for anything that you've done. It is what you haven't done that will torment you. The message, therefore, is clear. Do it! Develop an appreciation for the present moment. Seize every second of your life and savor it. Value your present moments. Using them up in any self-defeating ways means you've lost them forever."

Wayne Dyer

"Loving people live in a loving world. Hostile people live in a hostile world... Same world."

Wayne Dyer

"Pretend that every single person you meet has a sign around his or her neck that says, 'Make me feel important.' Not only will you succeed in sales, you will succeed in life."

Mary Kay Ash

"Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything."

Mary Hemingway

"Make a notation in your calendar to review your goals weekly and to grade yourself at the end of the month. Actually schedule time to work on and achieve your goals."

Raymond Aaron

"Our minds become magnetized with the dominating thoughts we hold in our minds, and these magnets attract to us the forces, the people, the circumstances of life which harmonize with the nature of our dominating thoughts."

Napoleon Hill

"Happiness doesn't depend on what we have, but it does depend on how we feel toward what we have. We can be happy with little and miserable with much."

William Dempster Hoard

"Count your blessings. Once you realize how valuable you are and how much you have going for you, the smiles will return, the sun will break out, the music will play, and you will finally be able to move forward with the life that God intended for you."

Og Mandino

"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

Brian Tracy

"No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change."

Barbara DeAngelis

"I have an everyday religion that works for me. Love yourself first, and everything else falls into line."

Lucille Ball

"If we fix a goal and work towards it, then we are never just passing time."

Anna Neagle

"Refuse to let your present results influence your thinking. Keep reminding yourself that you have a power within you that is superior to any condition or circumstance you may encounter enroute to your goal."

Bob Proctor

"Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment."

Grenville Kleiser

"Wealthy people tend to be orderly, while those who struggle have lots of messes. Each mess is a lock on the gate that keeps abundance out."

Raymond Aaron

"There is only one way in the world to be distinguished. Follow your instinct! Be yourself, and you'll be somebody. Be one more blind follower of the blind, and you will have the oblivion you desire."

Bliss Carman

"Most great people have achieved their greatest success just one step beyond their greatest failure."

Napoleon Hill

"Regret for time wasted can become a power for good in the time that remains, if we will only stop the waste and the idle, useless regretting."

Arthur Brisbane

"You cannot do a kindness too soon, for you never know how soon it will be too late."

Ralph Waldo Emerson

"Gratitude is not only the greatest of virtues, but the parent of all the others."

Marcus Tullius Cicero

"Keep your face to the sunshine and you cannot see the shadows."

Helen Keller

"Once you believe that answers and resources can show up in your life, they will: The universe works to mirror your beliefs. It will prove you right every time."

Peggy McColl

"Individuals who are positive in their thoughts always tend to look upon the brighter side of life. With their faces turned toward the sunshine, they attempt to see the good, even in the bad. Such individuals habitually think thoughts of a positive nature and they are a blessing to the world. They are in a *Positive Vibration*, and therefore attract other positive personalities to them."

Bob Proctor

"Being miserable is a habit. Being happy is a habit. The choice is yours."

Tom Hopkins

"There are no limitations to the mind except those we acknowledge; both poverty and riches are the offspring of thought."

Napoleon Hill

"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

"You block your dream when you allow your fear to grow bigger than your faith."

Mary Manin Morrissey

"The health of your body influences what you experience in your mind. There is no split. If you can engage your whole spirit in the pursuit of total fitness - not just your intellect, not just your emotions - but instead everything inside you that is truly you, you'll discover what it is to be a whole person."

David Patchell-Evans

"Most of the limitations you think you have are the ones you have decided on. They are often entirely self-imposed. You might think, 'I can't do this, I can't do that, I would never do that, my parents could never do that, I never played baseball, I never climbed a mountain, I never, never, never'... It's the old broken record in your head. Throw out that negative thinking right now! Learn to play a positive message in your head because it's all about attitude."

David Patchell-Evans

"You must go after your wish. As soon as you start to pursue a dream, your life wakes up and everything has meaning."

Barbara Sher

"If we are ever to enjoy life, now is the time, not tomorrow or next year. Today should always be our most wonderful day."

Thomas Dreier

"No one ever attains very eminent success by simply doing what is required of him; it is the amount and excellence of what is over and above the required that determines the greatness of ultimate distinction."

Charles Kendall Adams

"Whatever you want in life, other people are going to want it too. Believe in yourself enough to accept the idea that you have an equal right to it."

Diane Sawyer

"Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find the right road."

Dag Hammarskjöld

"Success is not a secret — it never has been. There are only a few really good ideas, and not one of them is a secret."

Larry Winget

We hope you find these motivational quotes helpful in keeping you motivated, inspired and on track throughout 2012!

Please see our website at www.trinitybody.com or call us directly at 404-966-KICK (5425) for more information about our programs.

We have many exciting programs planned for 2012 and we would love for you to be a part of it.