

Energizing Quotations

1. "Sore today, Strong tomorrow."
2. "You can feel sore tomorrow, or you can feel sorry tomorrow. You choose."
3. "No matter how slow you go, you are still lapping everybody on the couch."
4. "It never gets easier; you just get stronger."
5. "If you're tired of starting over, stop giving up."
6. "Strength is the product of struggle."
7. "One year from now you'll wish you started today."
8. "When you feel like quitting, think about why you started."
9. "There are no secrets to success. It is the result of preparation, hard work, and learning from failure." (Colin Powell)
10. "I'm not training for a competition. I'm not trying to set a new record. I'm not trying to impress you. I'm saving my life."

May you have a blessed day!—The Chaplain's Desk.