

Quotes and Motivation

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**

Champions do not become champions when they win an event,
but in the hours, weeks, and months, and years they spend preparing for it.
The victorious performance itself is merely a demonstration of their championship character.
- **Michael Jordan**

Great players and great teams want to be driven.
They want to be pushed to the edge.
They don't want to be cheated.
Ordinary players and average teams want it to be easy.- **Pat Riley**

There is no limit to what can be accomplished
when no one cares who gets the credit. – **John Wooden**

The quality of a person's life is in direct proportion to their commitment to excellence,
regardless of their chosen field of endeavor. – **Vince Lombardi**

Success is a 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**

In matters of style, swim with the current;
in matters of principle, stand like a rock. – **Thomas Jefferson**

Faith is believing what we do not see.
The reward of this faith is to see what we believe. – **St. Augustine**

Happiness exists when things we believe in are consistent with the things we do.

Nothing in this world is impossible to a willing heart.- **Abraham Lincoln**

Champions aren't made in gyms.
Champions are made from something they have deep inside them—a desire, dream, a vision.
They have to have the skill, and the will.
But the will must be stronger than the skill.- **Muhammad Ali**

Being ignorant is not so much a shame as being
unwilling to learn to do things the right way.- **Benjamin Franklin**

A star can win any game; a team can win every game.- **Jack Ramsay**

People who are unable to motivate themselves must be content with mediocrity,
no matter how impressive their other talents.- **Andrew Carnegie**

You can't get much done in life if you work
only on the days when you feel good.- **Jerry West**

The ultimate measure of a man is not where he stands in moments of
comfort and convenience, but where he stands at times of
challenge and controversy.- **Martin Luther King, Jr.**

Reputation is about who you are when people are watching.
Character is about who you are when there's nobody in the room but you.
The former can induce others to think well of you,
but only the latter allows you to think well of yourself.

Example or Excuse? Which one are you?

I can accept failure, but I can't accept not trying...- **Michael Jordan**

If you want to discover a man's weak points,
let him do all the talking while you do all the listening.

You can't stop at every dog that barks or you'll never get the mail delivered.- **Phog Allen**

Adversity is the state in which man mostly becomes acquainted with himself, being especially
free of admirers then.- **John Wooden**

It's the little details that are vital. Little things make big things happen.- **John Wooden**

Talent is God given. Be humble. Fame is man given. Be grateful. Conceit is self given. Be
careful.- **John Wooden**

The main ingredient of stardom is the rest of the team.- **John Wooden**

You can't let praise or criticism get to you.
It's a weakness to get caught up in either one.- **John Wooden**

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

Discipline is doing what you are supposed to do,
in the best possible manner,
at the time you are supposed to do it.- **Coach K**

I've always believed that if you put in the work, the results will come.
I don't do things half-heartedly.
Because I know if I do, then I can expect half-hearted results.- **Michael Jordan**

Billy Donovan's Attitude Plan

Always making today my best day
Taking pride in a job well done
Treating others with respect
Isolating my negative thoughts
Treating tasks as opportunities
Utilizing my talents every day
Doing the job right the first time
Expecting positive outcomes daily
Speaking well of others every day

Always Be Your Best!

When you think it doesn't matter if you fail
or pass the test. Keep in mind the reason why
you should always be your best.

While the whole world may not notice
if you tried to give your all,
there is a person in you to whom
it matters if you fall.

That little voice inside you-
which directs your thoughts each day-
will make the final judgement
if you won or lost each day.

Never can you fail yourself
if you give it all you've got.
The world extends a hand to you
when you give life your best shot.

For all that really matters
when you're finished with your test,
is not the final score at all-
but did you do your best?

Just Me

From the time I was little I knew I was great
'cause the people would tell me- "you'll make it- just wait."

But they never did tell me how great I would be
if I ever played someone who was greater than me.

When I'm in my backyard- I'm king with the ball.
To swish all those baskets is no sweat at all.
But all of a sudden there's a man in my face
who doesn't seem to realize- I'm king of this place.

So the pressure gets to me- I rush with the ball.
My passes to teammates could fly through the wall.
My jumpers not falling- my dribbles not sure.
My hand is not steady- my eye is not pure.

The fault is my teammates- they don't understand.
The fault is my coach's- what a terrible plan.
The fault is the call by that blind referee
but the fault is not mine- I'm the greatest you see.

Then finally it hits me when I started to see
that the face in the mirror looks exactly like me.
It wasn't my teammates who were dropping the ball
and it wasn't my coach shooting bricks at the wall.

That face in the mirror that was always so great
had some room for improvement- instead of just hate.
So I stopped blaming others and I started to grow.
My play got much better and it started to show.

And all of my teammates didn't seem quite so bad.
I learned to depend on the good friends I had.
Now I like myself better since I started to see-
I was lousy being great- I'm much better being me.

Tom Krause

The Essence of Character

Your true character is revealed by the clarity of your convictions,
the choices you make, and the promises you keep.
Hold strongly to your principles and refuse to follow the currents of convenience.
What you say and do defines who you are, and who you are...you are forever.

The Essence of Leadership

A true leader has the confidence to stand alone, the courage to make tough decisions,
and the compassion to listen to the needs of others. He does not set out to be a leader,
but becomes one by the quality of his actions and the integrity of his intent.

The Courage of Integrity

The highest courage is to dare to be yourself in the face of adversity.
Choosing right over wrong, ethics over convenience,
and truth over popularity...these are the choices that measure your life.
Travel the path of integrity without looking back,
for there is never a wrong time to do the right thing.

Commitment

The desire to succeed, the determination to reach your goals,
and the discipline to perform
even when you don't feel like performing,
is the essence of commitment.
The ability to perform the most meaningless task "well,"
to pay close attention to every little detail,
and to do it honestly and with integrity is the sign of commitment.
To make whatever sacrifices necessary to attain your goals.
To commit yourself totally without reservation.
Only when you make that "commitment" can you truly be successful.