



Principles of Success: Overcoming Obstacles

“Obstacles are those terrible things you see when you take your eyes off your goal.”



The Human Body ~ Made to Move

Your biggest challenge isn't someone else. It's the ache in your lungs, and the burning in your legs, and the voice inside your head that yells "can't". But you don't listen. You just push harder. And then you can hear the voice whisper "**CAN**". And you discover that the person you thought you were is no match for the one you really are.

“It is a simply unalloyed joy to tackle yourself on the battlefield of your own physical well-being and come out the victor”
Arthur Lydiard

“We are all functioning at a small fraction of our capacity to live fully in its total meaning of loving, caring, creating and adventuring. Consequently, the actualizing of our potential can become the most exciting adventure of our life-time.”

Herbert Otto