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Mental training points to ponder:

IF IT IS TO BE, IT IS UP TO ME.

Success is 99% failure.

Shoot for the moon...even if you miss you will be among the stars.

The will to win is not nearly as important as the will to prepare to win.

He worked by day, and toiled by night. He gave up play, and some delight. Dry books he read new things to learn. And forged ahead, success to earn. He plodded on, with faith and pluck. And when he won, others called it luck.

Ideas are a dime a dozen. People who put them into practice are priceless.

Great dancers are not great because of their technique; they are great because of their passion. (Martha Graham) (Shooters too!)

The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one. (Mark Twain)

The only place you find success before work is in the dictionary.

Winning isn't everything, but being prepared to win is. (Vince Lombardi)

How can you hit and think at the same time? (Yogi Berra)

Effort: The man on the top of the mountain didn't fall there.

Worry is rehearsal for failure.

There is not much traffic on the extra mile.

You are either going forward, or going backward. There is no staying the same.

"Try not! Do, or do not." (Yoda)

At the highest level an obstacle is just another opportunity to excel.

"The impossible is realized one step at a time, not all at once." P. McGuigan & A.Eisner, Journal of fin Srv Prof, Nov 2003, pg55

“Winners need to develop confidence, not arrogance.”, Paul Piana

“First say to yourself what you would be; and then do what you have to do.” EPICITUS

“A man ain’t whipped until he quits.” Burt Lancaster in *Birdman of Alcatraz*

“If a person has integrity, nothing else matters. If a person doesn’t have integrity, nothing else matters.” Se. Al Simpson, (R) WY

“You can’t keep blaming yourself. Just blame yourself once then move on.” Homer Simpson

“Winning is not a sometime thing; it’s an all the time thing  
You don’t win once in awhile, you don’t do the right thing once in awhile ... you do them right all the time.

Winning is a habit, unfortunately so is losing.” Vince Lombardi

“If you’re not good enough for yourself without the medal, you’ll never be good enough for yourself with it.” John Candy in “Cool Runnings”

“The moment of victory is much too short to live for that and nothing else.” Martina Navratilova

“Before the deed comes the thought. Before the achievement comes the dream. Every mountain we climb, we first climb in our minds.” Royal Robbins, in Foreward to “Big Walls”, P. Piana.

“Train yourself to let go of everything you fear to lose.” Yoda, Star Wars III