

Go for the Goal

What is your goal? Circle two quotes that best relate to you and your goal. Under each circled quote, write a sentence or two about how the meaning of the quote and the self-discipline you will use to reach your goal are related. (Hint: Use the skills and attitudes of self-discipline in your writing.)

"Mental toughness is many things and rather difficult to explain. Its qualities are sacrifice and self-denial. Also, most importantly, it is combined with a perfectly disciplined will that refuses to give in. It's a state of mind - you could call it character in action."

Vince Lombardi (famous NFL football coach)

"Mastering others is strength. Mastering yourself is true power."

Lao Tzu (philosopher of ancient China)

"Unless you change how you are, you will always have what you've got."

Jim Rohn (motivational and business coach)

"We all have dreams. But in order to make dreams into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."

Jesse Owens (African American track and field athlete, won four gold medals at the 1936 Summer Olympic Games in Berlin, Germany)

