

Courage

Trust

Wisdom

Dream

Imagine

Success

Create

Believe

# 100

totally-awesome

# QUOTES

to brighten your day and inspire greatness!



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100 Totally-Awesome Quotes to Brighten Your Day and Inspire Greatness!

Compiled by Rami S. Aboumahadi  
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# inspiration

To all TTC\* Participants and Anyone Who Enjoys Inspirational Quotes,

This is a compilation of my all-time favorite inspirational and motivational quotes. I believe quotes are concentrated dosages of wisdom that can help us in everyday life. These quotes motivated me when I needed a little push, assured me when I was hesitant, and inspired me when I was striving to do my best.

I hope they do the same for you!

Happy Healthy Transformation!

Your Trainer,



Rami S. Aboumahadi

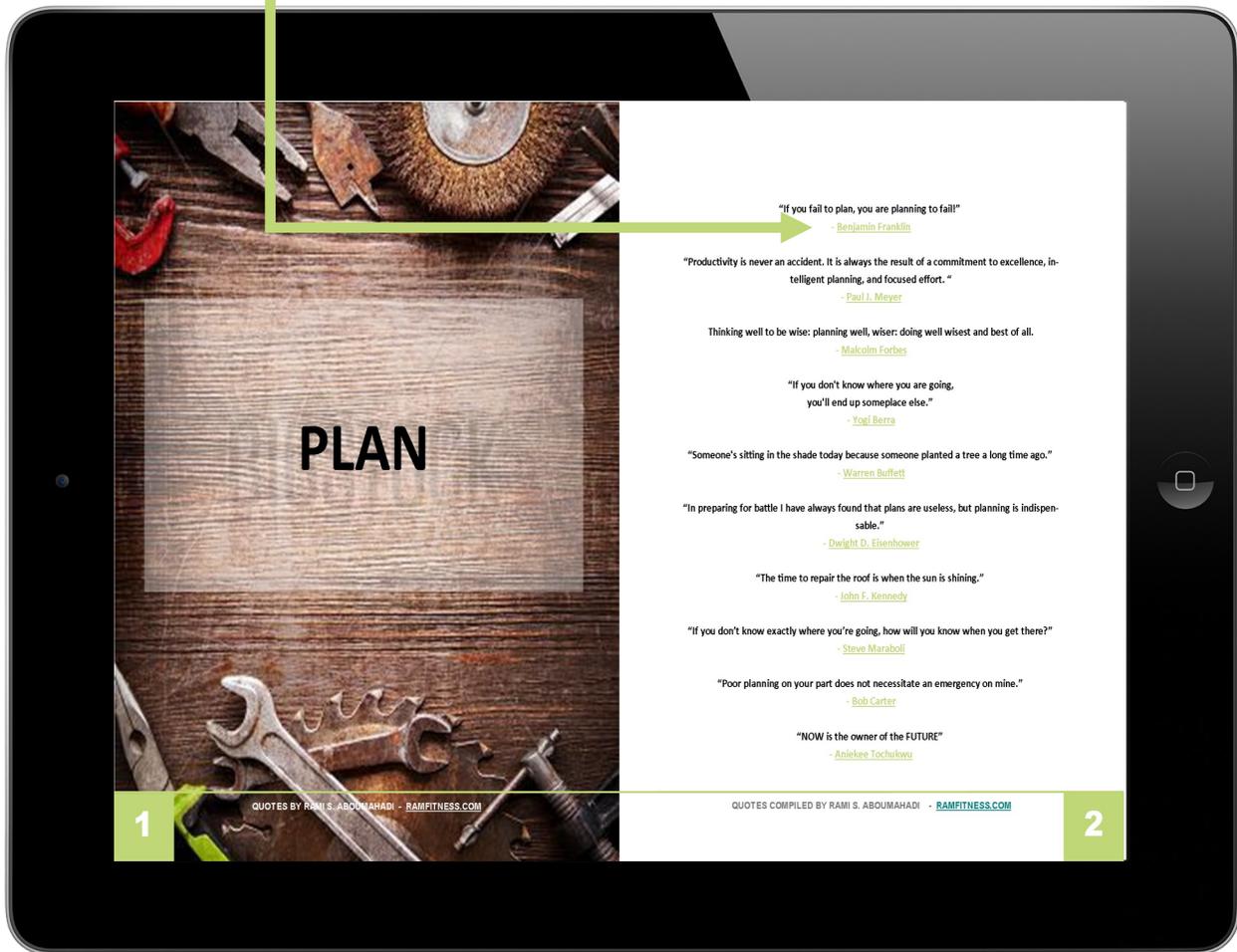
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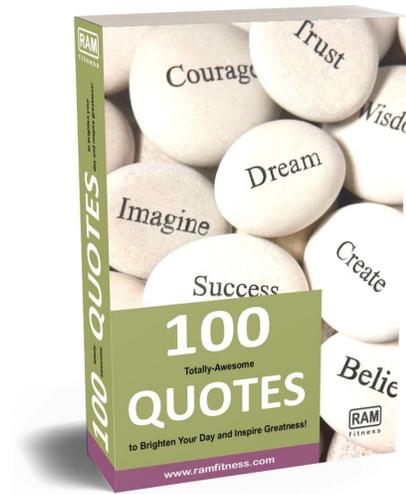
\*TTC: TOTAL TRANSFORMATION CHALLENGE PROGRAM - [CLICK HERE FOR MORE DETAILS](#)

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Click on any of the authors' names to get more information about the author's life and accomplishments.





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# PLAN



**“If you fail to plan, you are planning to fail!”**

- [Benjamin Franklin](#)

**“Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort. “**

- [Paul J. Meyer](#)

**“Thinking well to be wise: planning well, wiser: doing well wisest and best of all.”**

- [Malcolm Forbes](#)

**“If you don't know where you are going,  
you'll end up someplace else.”**

- [Yogi Berra](#)

**“Someone's sitting in the shade today because someone planted a tree a long time ago.”**

- [Warren Buffett](#)

**“In preparing for battle I have always found that plans are useless, but planning is indispensable.”**

- [Dwight D. Eisenhower](#)

**“The time to repair the roof is when the sun is shining.”**

- [John F. Kennedy](#)

**“If you don't know exactly where you're going, how will you know when you get there?”**

- [Steve Maraboli](#)

**“Poor planning on your part does not necessitate an emergency on mine.”**

- [Bob Carter](#)

**“NOW is the owner of the FUTURE”**

- [Aniekee Tochukwu](#)





# INSPIRE

3

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**“Do one thing every day that scares you.”**

**- [Eleanor Roosevelt](#)**

**“I dream my painting and I paint my dream.”**

**- [Vincent van Gogh](#)**

**“Do you want to know who you are? Don't ask. Act! Action will delineate and define you.”**

**- [Thomas Jefferson](#)**

**“Ignore those that make you fearful and sad, that degrade you back towards disease and death.”**

**- [Rumi](#)**

**“It's hard to beat a person who never gives up.”**

**- [Babe Ruth](#)**

**“When someone tells me "no," it doesn't mean I can't do it, it simply means I can't do it with them.”**

**- [Karen E. Quinones Miller](#)**

**“Risks must be taken because the greatest hazard in life is to risk nothing.”**

**- [Leo Buscaglia](#)**

**“You're never as good as everyone tells you when you win, and you're never as bad as they say when you lose.”**

**- [Lou Holtz](#)**

**“Imagination is the highest form of research.”**

**- [Albert Einstein](#)**

**“Genius is one percent inspiration, ninety-nine percent perspiration.”**

**- [Thomas A. Edison](#)**



A vintage-style red bicycle with white tires and a brown seat is leaning against the trunk of a large, mature tree in a lush green park. The scene is bathed in soft, golden light, suggesting a sunrise or sunset. The background is filled with dense green foliage and other trees.

# START



**“Once you replace negative thoughts with positive ones, you'll start having positive results.”**

**- [Willie Nelson](#)**

**“Your present circumstances don't determine where you can go; they merely determine where you start.”**

**- [Nido Qubein](#)**

**“One can begin so many things with a new person! Even begin to be a better man.”**

**- [George Eliot](#)**

**“You raze the old to raise the new.”**

**- [Justina Chen](#)**

**“Morning will come, it has no choice.”**

**- [Marty Rubin](#)**

**“Every year on your birthday, you get a chance to start new.”**

**- [Sammy Hagar](#)**

**“Vitality shows in not only the ability to persist but the ability to start over.”**

**- [F. Scott Fitzgerald](#)**

**“If you have a bad day in baseball, and start thinking about it, you will have 10 more.”**

**- [Sammy Sosa](#)**

**“Burst down those closet doors once and for all, and stand up and start to fight.”**

**- [Harvey Milk](#)**

**“Now, as we close one chapter, the pen is gradually inking up, preparing itself to write the next.”**

**- [Mie Hansson](#)**



# CHALLENGE

**“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.**

**“Life is either a daring adventure or nothing at all.”**

**- Helen Keller**

**“Life is a song - sing it. Life is a game - play it. Life is a challenge - meet it. Life is a dream - realize it. Life is a sacrifice - offer it. Life is love - enjoy it.”**

**- Sai Baba**

**“A challenge only becomes an obstacle when you bow to it.”**

**- Ray A. Davis**

**“To remain indifferent to the challenges we face is indefensible. If the goal is noble, whether or not it is realized within our lifetime is largely irrelevant. What we must do therefore is to strive and persevere and never give up.”**

**- Dalai Lama**

**“There's always a new challenge to keep you motivated.”**

**- Sean Connery**

**“Every adversity brings new experiences and new lessons.”**

**- Lailah Gifty Akita**

**“Women, like men, should try to do the impossible. And when they fail, their failure should be a challenge to others.”**

**- Amelia Earhart**

**“We choose to go to the moon in this decade and do the other things. Not because they are easy, but because they are hard.”**

**- John F. Kennedy**

**“Hope and change are hard-fought things.”**

**- Michelle Obama**





# OVERCOME



**“Believe you can and you're halfway there.”**

**- Theodore Roosevelt**

**“All the world is full of suffering. It is also full of overcoming.”**

**- Helen Keller**

**“I'm a big believer in overcoming and achieving and doing things and not feeling sorry for yourself.”**

**- Drew Carey**

**“True success is overcoming the fear of being unsuccessful.”**

**- Paul Sweeney**

**“Being aware of your fear is smart. Overcoming it is the mark of a successful person.”**

**- Seth Godin**

**“The greater the obstacle, the more glory in overcoming it.”**

**- Molière**

**“Counting each day's blessings helps you overcome each week's troubles.”**

**- Matshona Dhliwayo**

**“I have not failed. I've just found 10,000 ways that won't work.”**

**- Thomas A. Edison**

**“The only thing that overcomes hard luck is hard work.”**

**- Harry Golden**

**“There is no education like adversity.”**

**- Benjamin Disraeli**





# PATIENCE



**“Patience is bitter, but its fruit is sweet.”**

**- [Aristotle](#)**

**“The strongest of all warriors are these two; Time and Patience.”**

**- [Leo Tolstoy](#)**

**“One minute of patience, ten years of peace.”**

**- Greek Proverb**

**“Adopt the pace of nature: her secret is patience.”**

**- [Ralph Waldo Emerson](#)**

**“Have patience. All things are difficult before they become easy.”**

**- [Saadi Shirazi](#)**

**“Patience is not simply the ability to wait - it's how we behave while we're waiting.”**

**- [Joyce Meyer](#)**

**“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.”**

**- [John Quincy Adams](#)**

**“We could never learn to be brave and patient, if there were only joy in the world.”**

**- [Helen Keller](#)**

**“For anything worth having one must pay the price; and the price is always work, patience, love, self-sacrifice - no paper currency, no promises to pay, but the gold of real service.”**

**- [John Burroughs](#)**

**“Great works are performed not by strength but by perseverance.”**

**- [Samuel Johnson](#)**



# TEAM WORK



**“Talent wins games, but teamwork and intelligence wins championships.”**

- [Michael Jordan](#)

**"Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work."**

- [Vince Lombardi](#)

**“The strength of the team is each individual member. The strength of each member is the team.”**

- [Phil Jackson](#)

**"Coming together is a beginning. Keeping together is progress. Working together is success."**

- [Henry Ford](#)

**"It takes two flints to make a fire."**

- [Louisa May Alcott](#)

**“When spider webs unite, they can tie up a lion.”**

- [Ethiopian Proverb](#)

**"The best teamwork comes from men who are working independently toward one goal in unison."**

- [James Cash Penney](#)

**“The speed of the boss is the speed of the team.”**

- [Lee Iacocca](#)

**“Many of us are more capable than some of us, but none of us is as capable as all of us.”**

- [Tom Wilson](#)

**“Teamwork is the secret that makes common people achieve uncommon results.”**

- [Ifeanyi Onuoha](#)

A vintage camera with a red leather case is positioned in the upper half of the image, resting on a wooden surface. Below the camera, several pieces of aged, yellowed paper are scattered across the wood. The word "FOCUS" is centered in a large, bold, black font over a semi-transparent white rectangular area.

# FOCUS



FOCUS

**“I focus, I invent, I transform, I challenge, I attempt, I observe, I perform.”**

**- [Philippe Petit](#)**

**“What I've learned in these 11 years is you just got to stay focused and believe in yourself and trust your own ability and judgment.”**

**- [Mark Cuban](#)**

**“It is during our darkest moments that we must focus to see the light.”**

**- [Aristotle Onassis](#)**

**“You can't depend on your eyes when your imagination is out of focus.”**

**- [Mark Twain](#)**

**“Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive.”**

**- [Jean Chatzky](#)**

**“I focus on one thing and one thing only - that's trying to win as many championships as I can.”**

**- [Kobe Bryant](#)**

**“Over the years, I've learned that a confident person doesn't concentrate or focus on their weaknesses - they maximize their strengths.”**

**- [Joyce Meyer](#)**

**“We wanted Nike to be the world's best sports and fitness company. Once you say that, you have a focus. You don't end up making wing tips or sponsoring the next Rolling Stones world tour.”**

**- [Phil Knight](#)**

**“I do what I do, and I do it well, and focus and take it one moment at a time.”**

**- [Jim Caviezel](#)**

**“Focus on the positives and be grateful.”**

**- [Katrina Bowden](#)**

FOCUS

MENU





**FINISH**

“Being the first to cross the finish line makes you a winner in only one phase of life. It's what you do after you cross the line that really counts.”

- [Ralph Boston](#)

“Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best.”

- [Theodore Isaac Rubin](#)

“If you're doing your best, you won't have any time to worry about failure.”

- [H. Jackson Brown, Jr.](#)

“Every block of stone has a statue inside it and it is the task of the sculptor to discover it.”

- [Michelangelo](#)

“I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.”

- [Helen Keller](#)

“Every day, my daddy told me the same thing. 'Once a task is just begun, never leave it till it's done. Be the labor great or small, do it well or not at all.'”

- [Quincy Jones](#)

“Always do your best. What you plant now, you will harvest later.”

- [Og Mandino](#)

“Most races have a finish line, but some racists are running races where since they never hit the finish line, they never finish lying.”

- [Justin K. McFarlane Beau](#)

“But for each of us, isn't life about determining your own finish line?”

- [Diana Nyad](#)

“I do the very best I know how, the very best I can, and I mean to keep on doing so until the end.”

- [Abraham Lincoln](#)

A person's hands are shown holding a large, ornate golden trophy cup. The cup is highly reflective and features a circular emblem on its front. The background is a bright, clear sky with a strong light source, likely the sun, creating a lens flare effect. The overall mood is one of triumph and achievement.

**SUCCEED**



**“Failures, repeated failures, are finger posts on the road to achievement. One fails forward toward success.”**

**- [C. S. Lewis](#)**

**“It is hard to fail, but it is worse never to have tried to succeed.”**

**- [Theodore Roosevelt](#)**

**“So be sure when you step, Step with care and great tact. And remember that life's A Great Balancing Act. And will you succeed? Yes! You will, indeed! (98 and  $\frac{3}{4}$  percent guaranteed) Kid, you'll move mountains.”**

**- [Dr. Seuss](#)**

**“Success is stumbling from failure to failure with no loss of enthusiasm.”**

**- [Winston S. Churchill](#)**

**“The discipline you learn and character you build from setting and achieving a goal can be more valuable than the achievement of the goal itself.”**

**- [Bo Bennett](#)**

**“The starting point of all achievement is desire.”**

**- [Napoleon Hill](#)**

**“Success is not final, failure is not fatal: it is the courage to continue that counts.”**

**- [Winston S. Churchill](#)**

**“Spectacular achievement is always preceded by unspectacular preparation.”**

**- [Robert H. Schuller](#)**

**“The roots of true achievement lie in the will to become the best that you can become.”**

**- [Harold Taylor](#)**

**“Only those who dare to fail greatly can ever achieve greatly.”**

**- [Robert F. Kennedy](#)**



**Rami Aboumahadi** is the founder of the Total Transformation Challenge program, a 12-week fitness program that can help everyone see real results in as little as 12 weeks. Currently, the program has helped more than 4,000 clients lose nearly 20,000 lbs!

He has been a trainer for over 19 years. Originally from New York, he now lives in Lake Worth, Florida. In his spare time, he enjoys scuba diving the colorful reefs of South Florida and playing with his 3 kids. He is married to his college sweetheart.



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