



## **19. Motivate for Peak Performance**

Whether you are heading to this year's Nationals, or just need a pick-me-up to keep your training on track, sometimes having a motivational saying gives that extra little mental boost. Here's a selection of sayings. Maybe one will inspire you to a gold medal.

Trust your hopes, not your fears.

The only way to discover the limits of the possible is to go beyond into the impossible.

The road to success is always under construction.

Luck is when preparation meets opportunity.

There is a big difference between wanting to and willing to.

Winning is seeing improvement in yourself.

You can always better your best.

Your toughest opponent is in the mirror.

The harder your work, the luckier you get.

Practice does not make perfect, perfect practice makes perfect.

Only those risking to go far will ever know how far they can go.

There is always room at the top.