



PRESENTS

GET MOTIVATED!

**52 AMAZING QUOTES THAT WILL CHANGE
YOUR LIFE**

NOW WITH BONUS QUOTES AND MORE

This is a FREE e-book. Please feel free to forward these amazing quotes onto anybody that you believe it may help

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INTRODUCTION

Get Motivated! 52 Amazing Quotes that will change your life is the ultimate kick start for each day.

Print out this e-book and stick it somewhere prominent – on your bedside table, attach it to your fridge, your desk at work – anywhere that will give you quick and easy access to the powerful words that are contained in the forthcoming pages.

As renowned Author and Platform Speaker Zig Ziglar says, "Motivation is like bathing, it is recommended daily!" Get Motivated! Will see you get your daily dose and allow your new positive attitude to rub off on your family, work colleagues and anyone who comes into contact with the new you.

If you enjoy the words from the authors contained within, I'd recommend that you check out their books or visit their website and subscribe to their free email newsletters for those that have them.

I also recommend listening to audio recordings from platform speakers as you are driving along. This is a great way to start your day, whether it be on the way to work or to de-stress and refocus after a busy day. It will ensure you go to the office or arrive home in the right frame of mind to encourage your optimum performance and minimise conflict and stress in your daily life.

If you find you enjoy the following pages and would like to receive similar quotes on a weekly basis, please email Daniel@dpmperformance.com.au and ask to be subscribed to the weekly email list or alternatively, visit <http://www.dpmperformance.com.au> and sign up for the free newsletter.

Remember: Determination + Perspiration + Motivation = Performance!

To your increased performance,

Daniel Munday
DPM Performance

DISCLAIMER: All quotes have been referenced to the appropriate author. I am not claiming these quotes as my own work (unless where mentioned), rather, they are a collection of quotes that I have found to be beneficial to myself and my clients over the years.

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DPM PERFORMANCE'S ULTIMATE 5

1. "Time is limited, so I better wake up every morning fresh and know that I have just one chance to live this particular day right, and to string my days together into a life of action, and purpose"

- Lance Armstrong, 7 time Tour de France winner

2. "Stop stewing and start doing! Take action TNT. Today Not Tomorrow"

- Dr Denis Waitley, Author and Motivational Speaker

3. "There aren't many clearly marked, signpost moments in your life, but occasionally they come along, and you have a choice. You can either do something the same old way, or you can make a better decision.

You have to be able to recognise the moment, and to act on it, at risk of saying later, 'That's when it all could have been different'. If you're willing to make a harder choice, you can redesign your life"

- Lance Armstrong

4. "We suffer the pain of discipline or the pain of regret. Discipline weighs ounces, regret weighs tons"

- Jim Rohn

5. "You can have everything in life you want if you will just help enough other people get what they want"

- Zig Ziglar, Platform Speaker

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THE BEST OF THE REST

Sports

“Why limit yourself to being average? If you have a talent, make the most of it. If you have a dream, why not go after it?”

- Justin Langer, Australian Cricketer

“The pain of discipline is nothing like the pain of disappointment. The little things today could be the catalysts for the monumental things tomorrow”

- Justin Langer

“Attitude is contagious – is yours worth catching?”

- Australian Cricket Team motto

“Attitude is everything. With a good one anything is possible, while with a bad one, life is laden with excuses”

- Steve Waugh, former Australian Cricket Great

“Once a person has made a commitment to a way of life, they put the greatest strength in the world behind them. It's something we call heart power. Once a person has made this commitment, nothing will stop them short of success”

- Vince Lombardi, regarded as the greatest NFL Coach of all time

Training Tips – Turn your dreams into goals - Michael Johnson, US Sprinter and multiple Olympic Gold Medalist:

1. Dream small: think in small increments – make short-term goals.
2. Write down your goals: it keeps your goals clear and in focus.
3. Be specific: focus on specific goals.
4. Be realistic: you can accomplish most things that you set out to do but it will take time.

Know yourself; find your core, that thing you are chasing. Set goals based on what you really want

“Every day becomes a training session for the following day – you get fitter and stronger as the event wears on”

- John MacLean, Champion Australian athlete. John was the first wheelchair athlete to finish the Hawaiian Ironman and swim the English Channel (among many other accomplishments).

“The pain won't last forever but the memory will”

- John MacLean

“Pain is temporary. It may last a minute, or an hour or a day, or a year, but eventually it will subside and something else will take its place. If I quit however, it lasts forever. That surrender, even the smallest act of giving up, stays with me.

So when I feel like quitting, I ask myself, which would I rather live with? Facing up to that question, and finding a way to go on, is the real reward, better than any trophy”

- Lance Armstrong, 7 time Tour de France winner

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"Suffering, I was beginning to think, was essential to a good life, and as inextricable from such a life of bliss. It's a great enhancer. It might last a minute, or a month, but eventually it subsides, and when it does, something else takes its place, and maybe that thing is a greater space.

For happiness, each time I encountered suffering, I believed that I grew, and further defined my capacities - not just my physical ones, but my interior ones as well, for contentment, friendship, or any other human experience"

- Lance Armstrong

"The man who wishes to succeed will find a way, the man who doesn't will find an excuse. The darkest hour still has 60 minutes"

- Des Renford, former Champion Australian Marathon Swimmer

"To set goals is to constantly remind yourself of where you're going, and what you're doing. All goals need to be reviewed regularly. You need to assess whether goals are adequate in the face of changing circumstances or sometimes even realistic or possible. You may need some smaller goal-steps along the way that gradually approach where you want to go"

- Don Talbot, Former Australian Swimming Head Coach

"Motivation comes from within. Others might say and do things that inspire you but, ultimately, it has to come from you. You need to set a goal and be prepared to put in the hard yards to achieve it.

It's no use having a goal without a work ethic because that would be pie-in-the-sky stuff; and it's no good working without an aim or a sense of direction, because you could be wasting your time.

Having a goal is the easy part; it's putting in the hard work that really tests a person's strength of character"

- Jason McCartney, former AFL player and Bali Bomb Survivor

"Boundaries are often seen as obstructions that can prevent you from reaching your goals in life. What I have learned in the past 10 years is that boundaries are there for us, first to recognise, and then to overcome and learn from.

"The biggest fight is the one within yourself. You must get rid of any negative thoughts or emotions. You must always be positive"

- Kostya Tsyu, Former Undisputed World Champion Australian Boxer

Boundaries are often set by other people for us, but we all have the power to reject those limits. If someone says you can't achieve something, try it anyway. You never know what is on the other side of the boundary"

- Alyson Annan, former Australian Hockeyroos Captain

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The Hockeyroos Mission Statement for the 1996 Atlanta Olympic Games (Women's Gold Medal Hockey Winners)

I will be the best I can be by:

1. Continually challenging myself to go beyond my comfort zone.
2. Making the necessary sacrifices.
3. Believing in my ability and the strength of my purpose.
4. Valuing excellence, determination and dedication in both training and match play.
5. Having faith and confidence in, and being supportive of my teammates.
6. Not making excuses but taking responsibility for my development, performance and for my lifestyle.
7. Seeking feedback and making contributions to the program.
8. Being tolerant of difference in others and respecting them for who they are and what they have to offer.
9. Accepting disappointments and frustrations and overcoming them by working together.
10. Having faith in the course of action chosen for the team and being committed to it knowing that it may not always be my preference.

We choose to do this thing not because it is easy but because it is hard.

"Champions aren't made in gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. They have to have the skill and will. But the will must be stronger than the skill"

– Muhammad Ali, Boxer

"Plan your work then work your plan"

– Former Heavyweight Champion Boxer, George Foreman

WALLABIES MISSION STATEMENT leading up to 1999 Rugby World Cup, courtesy of Coach Rod Macqueen

- Set ourselves the highest possible standards, never resting in our pursuit of excellence, both on and off the field
- At all the times be positive in our approach, whilst constantly seeking new ideas and innovations
- Keep ahead of the game, making use of the best technologies and resources available to us
- Study and respect our opposition

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"Reaching the Goal Line Boosts the Bottom Line"

This relates to the legendary NFL coach Bill Parcells taking over the ailing Dallas Cowboys, turning around 3 consecutive 5-11 seasons into a 10-6 record.

For his first players only meeting set for 1pm, Parcells locked the doors at 12.55pm. The message was clear: you better think about overachieving in everything you do from now on...

Seven principles of Successful Turnarounds:

1. Establish a vision
2. Be honest
3. Set clear expectations
4. Move quickly, boldly
5. Construct realistic strategies
6. Reorganise, reallocate
7. Focus on winning

"Have you ever known a truly successful person who was adept at making excuses? Have you ever known a failure who was not an expert excuse maker? The successful person is too busy to make excuses.

The failure uses excuses for crutches ... as cover-ups for lack of effort, for shortage of persistence, and for an absence of enthusiasm"

- Jack Gibson, regarded as the greatest Rugby League Coach ever

ALWAYS THINK POSITIVE THOUGHTS by Shelley Taylor Smith, Former Long Distance Swimmer and holder of 7 World Titles

Things turn out best for those people who can make the best out of the way things turn out. It's not the situation, it's your response to the situation. The reality in your life may result from many outside factors, none of which you can control, or can you?

Your attitude, however, reflects the ways in which you deal with what is happening to you. Life at any time can become difficult. Life at any time can become easy. It all depends upon how you adjust yourself to life.

You cannot always control your circumstances. But, you can control your own thoughts. There is nothing neither good nor bad, only your thinking makes it so.

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Historical Figures

“What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others”

– Pericles, Athenian statesman and General 495BC – 429BC

“He who conquers others is strong. He who conquers himself is mighty”

– Lao-Tzu, 6th Century B.C. Chinese Philosopher

“Opportunity is missed by most people because it is dressed in overalls and looks like work”

- Thomas Edison, Inventor

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Professional Platform Speakers

Don't wish it was easier; wish you were better. Don't wish for less problems; wish for more skills. Don't wish for less challenges; wish for more wisdom"

– Jim Rohn, Professional Speaker and Author

"If you don't think every day is a good day, try missing one"

- Cavett Robert, Professional Speaker

"When you become decisive and action oriented, you shift your entire life into high gear. You get far more done in a day than the average person. You move ahead far faster than the people around you.

You actually tap into a higher source of energy, enthusiasm and motivation that fills you full of joy and exhilaration which propels you forward even faster toward your goal.

Ask yourself, 'Which one action, if I did it immediately, could have the greatest positive impact on my results?' whatever your answer to that question, just do it!

– Brian Tracy, Author, Speaker

"There are two kinds of people: those who hunt (and are constantly tracking down success), and those who fish (or let success and leadership come to them).

Let me tell you why fishing is better. Fishing is about attraction. It is about magnetically having success and influence come to you. When you are hunting, everything just runs away!

How do you fish rather than hunt? Fishing is all about presenting great bait. So what is the bait? YOU! That is why personal development is so important. The more we improve, the more attractive we become to others and to success!

We should make it an everyday goal to develop ourselves and improve so as to become the best people we can be. As we do that, we will begin to see success come our way with less effort than if we just sat in the same old spot personally all the time.

Take some time each day to improve yourself, and become a fisher of success and influence!"

– Ron White, Professional Speaker, Author

"Things are not going to improve for you in life until YOU improve"

– Les Brown, Motivational Speaker

"A great many years ago I purchased a fine dictionary. The first thing I did with it was to turn to the word 'impossible', and neatly clip it out of the book. That would not be an unwise thing for you to do.

Success comes to those who become SUCCESS CONSCIOUS. Failure comes to those who indifferently allow themselves to become FAILURE CONSCIOUS"

- Napoleon Hill, Author

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Words from Napoleon Hill

"If you think you are beaten, you are,
If you think you dare not, you don't
If you like to win, but you think you can't,
It is almost certain you won't.
If you think you'll lose, you're lost
For out of the world we find,

Success begins with a fellow's will –
It's all in the state of mind.
If you think you are outclassed, you are,
You've got to think high to rise,
You've got to be sure of yourself before
You can ever win a prize

Life's battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the man WHO THINKS HE CAN!"

"Persistence, belief and commitment are all essential to success. Yet, without clear focus and unstoppable drive, you'll only accomplish a fraction of your true potential. Focus is the ability to never let diversions get in your way. It's the ability to cut to the 'bottom line essence' in everything you do.

Drive is the force field you generate in your mind and enterprise that lets nothing, no one and no excuse stand between you and achieving your goal. And time doesn't hold you back either. Because when your drive mechanism is properly engaged, you accomplish more in a day than your competitors can achieve in a month"
– Jay Abraham, US business man

John Mason, the author of the book *An Enemy Called Average*, summarised his message in the following:

- . Don't ever start your day in neutral
- . The more you look back the less you see ahead
- . Nothing dies quicker than a new idea in a closed mind
- . The best time of the day is... now
- . You can't get ahead when you're trying to get even
- . Success means getting up one more time than you fall down
- . Let go of whatever makes you stop
- . The key to your future is hidden in your daily approach to life
- . Watch for big problems, they disguise big opportunities
- . What you set your heart on will determine how you spend your life

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“What is an impact legacy? It is how you impact people and the world around you. You see, many people glide through life and do not make much of an impact. That is unfortunate. Others though, those driven by a purpose and passion for living, are continually making the world a better place and making an impact wherever they go.

That's what I believe you want to do. What I believe sets the successful apart is that they don't just live the average life. They don't just pass time. They make an impact.

They have something compelling in their life that drives them – something that gives them an answer when they are asked that question: What in the world are you doing?

If you want to be successful, you need to be able to answer that by describing how you help others. Because if you aren't helping others – if you aren't making an impact – you are just taking up space, eating food and waiting to die.

Here's the question for you to answer this week and what to do with your answer: What in the world are you doing?

If you know, then you are good to go – live it and make an impact! If you don't know, then maybe you need to reflect on what you are doing, what your life is about, and how you can explode the mundane bubble you may be living in! The world needs impact makers – so live to be one!”

- Chris Widener, Professional Speaker and Author

“Remember anything you want that's valuable requires that you break through some short-term pain in order to gain long-term pleasure. If you want a great body, you've got to sculpt that body, which requires breaking through short-term pain. Once you've done it enough times, working out becomes pleasurable.

Dieting works the same way. Any type of discipline requires breaking through pain: discipline in business, relationships, personal confidence, fitness and finances. How do you break through the discomfort and create the momentum to really accomplish your aims? Start by making the decisions to overcome it.

We can always decide to override the pain in the moment by conditioning ourselves”

– Anthony Robbins, Author and Life Coach

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Other Sources

What Does Being a Navy SEAL Have to Do With Success? – TC Cummings Interview by Jerry Clark

Jerry Clark: How does one become a Navy SEAL and what is the mindset you need to want to be a Navy SEAL?

TC: It's about loving challenge. You want to play big with the SEALs. When I say you want to play big, you've really got to want to play big. I'll give you an ideal; 154 men started in my class to become a SEAL and most of the guys wanted to be a SEAL all of their lives, yet only 18 of us became SEALs. So you've really, really ridiculously got to want to play big.

Jerry: So tell us about this program, because this correlates to success in life. Some of the principles that you have to have in order to go through this training and make it, because 90% of these people, who all their life wanted to be Navy SEALs, didn't make it through the program.

Not that they couldn't make it, but for some reason they didn't. Was it the mental toughness? I'm sure they all had the physique, they were all strong, they were all powerful, and they did all the preliminary working out. So tell us about that.

TC: In fact Jerry, most of the guys that were the biggest were the first to quit because they were not used to losing. The mental toughness is not about winning, it is about what you do under adverse or inopportune conditions. What do you do, do you react or do you respond?

The same thing is true with making money or in any of our relationships. The biggest element though of course, is our relationship with ourself and are we reactive with ourself?

Reactivity is weak, it is disempowering. It's not bad -- it's human. But proactivity, taking the opportunity by the horns is empowering. Just look at yourself and what you have created, very much at core, if you did it because, 'I'll show them', it is reactive. If you did it because 'I can, I need to do it, it's my destiny to fulfill; I've got a talent I need to put it to good use. I choose to be successful', that is where the power is.

"Do what's possible, try what's not"
- Rudolph Giuliani, former Mayor of New York City

"The greatest waste of our natural resource is the number of people who never achieve their potential. Get out of the slow lane. Shift into the fast lane. If you think you can't, you won't. If you think you can, there's a good chance you will.

Even making the effort will make you feel like a new person. Reputations are made by searching for things that can't be done and doing them.

Aim low: boring. Aim high: soaring"
- An advertising message from United Technologies Corp in America.

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"I don't believe in pessimism. If you think it will rain, it will"

– [Clint Eastwood, actor](#)

"We cannot change our past. We cannot change the fact that people act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude"

- [Charles Swindoll, Author](#)

"Human spirit can triumph over adversity, whatever the odds. It's about drawing on strengths and reserves you never realised you had"

– [Charlie Lynn, Former Australian Soldier](#)

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Strength Coaches and Fitness Conditioners

Q: What advice would you give to anyone about your approach with life? ([Asked to Zach Even-Esh, www.undergroundstrengthcoach.com](#))

A: "Be gutsy and GO BIG or don't go at all! There is no time in life to think small. If I am thinking why not think big? In my opinion, anything less is a waste of time. Don't self sabotage your self; believe in what you do and who you're about.

Most people fear success so they always stop right before the finish line. This is a HUGE mistake and it pisses me off! In the end, it does you no favours to lay in bed at night and think 'What if?' It's too late by then so take action NOW! Also, don't forget where you came from"

More words from Strength Coach Zach Even-Esh:

If you are committed to something then you should resolve to take action that instant. When is a good time to get started with my training, diet, etc. are popular questions. My answer is always, "How about NOW!!"

If you're gonna take action, go BIG. Don't waste time if you're going half-heartedly on your actions. Stick to your guns and take charge of what ever it is that you want. Visualise your success constantly, fall asleep at night with these visions in your mind.

The power of visualisation coupled with full on dedication will bring you greater success than ever before. Don't try this for a few weeks, it has to be done consistently, daily, and several times a day!

This is your time, your life, your book of life so to speak. You're the author and you have the pen. Write your book of life the way you see it. Be powerful, be optimistic, be absolutely determined that you will achieve your thoughts (if done correctly, you will speak and act as if they already happened). The power is in your mind my friend!

"Make it happen today and the rewards will flow tomorrow"

– [Daniel Munday, DPM Performance](#)

"To me, the word can't does not exist. Eliminate can't from your vocabulary. Only then will you start to realise your potential!"

– [Daniel Munday, DPM Performance](#)

And finally...

Carpe Diem! Seize this Day! (Anonymous)

I hope you enjoyed these inspirational quotes. Now it is time to use them to take action in your daily life!

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10 SPECIAL BONUS QUOTES

The Ant Philosophy by Jim Rohn

Ants have an amazing philosophy, and the first part is: ants never quit. That's a good philosophy. If they're headed somewhere and you try to stop them; they'll look for another way. They'll climb over, they'll climb under, they'll climb around. They keep looking for another way. What a neat philosophy, to never quit looking for a way to get where you're supposed to go.

"There's a saying that all good things come to those who wait, and people used to say that to me when I didn't win. But I used to think, well f... that, all good things come to those who go and get them. So why can't I go and get it? Why wait for it to come to you? You've got to go out and chase it"

- Craig Mottram, Australian 5000m Runner

Team Lessons from Geese by Bryce Bishop, Business Management Coach

Based on a training film that draws corporate lessons from the instinctive behaviour of geese)

Fact 1: As each goose flaps its wings it creates an "uplift" for the birds that follow. By flying in a "V" formation, the whole flock adds 71% greater flying range than if each bird flew alone.

Fact 2: When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

Fact 3: When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

Fact 4: The geese flying in formation honk to encourage those up front to keep up their speed.

Fact 5: When a goose gets sick, wounded, or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it dies or is able to fly again. Then, they launch out with another formation or catch up with the flock.

Team Lesson: *People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.*

"A workout is 25% perspiration & 75% determination. Stated another way, it is one part physical exertion and three parts self discipline. Doing it is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind and toughens the spirit. When you workout regularly your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a winner - the mark of an organised, goal -orientated person who has taken charge of his/her destiny.

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A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success within each of us is an extraordinary force. Physical and mental fitness are triggers that can release it.

A workout is form of rebirth. When you finish a good workout, you don't simply feel better you feel better about yourself"

- Anonymous

The Strangest Secret by Earl Nightingale

Estimates by experts are that most of us are using somewhere around 5% of our real potential and some experts say as little as 1%. It means that we're only giving about 5% of ourselves to what we're doing in our days, our work, our families, everyone we know – our entire environment. But it also means we're only experiencing 5% of the fun, 5% of the joy, 5% of the rewards we could be knowing, or less.

All the experts agreed that in each of us there are deep reservoirs of ability – even genius that we habitually fail to use. Most people don't know what success is all about. And since they don't know what it's about they really don't know where to look for it. Success is really nothing more than the progressive realisation of a worthy ideal. This means that any person who knows what he's doing or where he's going is a success.

A little rule of thumb you might want to remember, whatever the great majority is doing under any given circumstance, if you do the exact opposite you will probably never make another mistake as long as you live. Just something to keep in the back of your mind. The problem with most people is that they're playing the world's most unrewarding game and the name of the game is follow the follower.

What's needed? I think, is a checklist. Here are some of the things I think should be on that checklist that can help man live a more meaningful, interesting, exciting, enjoyable life.

1. The word "Goal". A man without a goal is like a ship without a rudder, he doesn't know where he's going he just belongs to that 95% that is just living day by day, month by month like a starfish. He needs to know where he is going.
2. "Attitude". It's been called the most important word of any language in the world. Because it's our attitude toward our world, and the people in it, that will determine the world's attitude and all the world's people's attitudes towards us. And our attitude is the greatest gift we can be given.
3. "Think". To think is the highest function in which a human being is capable. So if we're going to develop something, this is a good place to start. To think deliberately and with a purpose.
4. You might call this the Law of Laws, the great old law of cause and effect. That our rewards in life will always be in exact proportion to our contribution to our service.

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5. "Truth". Since everything we do has an equal and opposite reaction, unless what we're doing is based on truth, we're building on sand, and it can't stand.
6. RND. Research and Development. You might ask yourself how much of your take home pay have you spent in the past year for materials calculated to make you smarter this year than you were a year before. How much money are YOU pumping back into yourself and your future? It's worth thinking about.
7. The Strangest Secret. What makes man the person he becomes is he becomes what he thinks about most of the time. It's as simple as that. We become what we think about most of the time. And that is the strangest secret. That is why thinking is so vital. This is why our goal is so important. Because we will become that. This is why people who set goals achieve them. The trouble with men is not in achieving their goals, they do that – it's establishing them.

"Genius is 99% perspiration and 1% inspiration"

– Thomas Edison

Using Positive Affirmations by Zig Ziglar

Using positive affirmations is a proven technique that works miracles in many lives. Ideally, you should look yourself in the eye as you make these positive affirmations. Don't be shy; go ahead and get started! Repeat the following statements to yourself every Monday morning to get your day and week off to a great start:

I clearly understand that failure is an event, not a person; that yesterday really did end last night; and that success isn't final and failure isn't fatal because I only fail if I quit.

I have the courage to admit a mistake and to say that I was wrong.

I have vision in my life, which means that I see not only with my eyes but also with my heart.

I have 525,600 minutes in every year of my life, and I utilise them well to maximise my ability.

I am successful because I believe that to be truly educated, I must be mentored--either in business or in my personal life, by reading or by association--by superior minds with greater skills and mature spirits.

I discipline myself to do the things that I need to do when I need to do them, because I know that doing them will enable me someday to do the things I want to do when I want to do them.

I clearly understand that if I develop yearning power and apply learning power, I will increase my earning power.

I am successful because I don't confuse activity with accomplishment. I know that I can't make it in life as a wandering generality, so I am a meaningful specific.

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I am successful in all areas of my life because I have a great sense of humour and the ability to laugh at myself.

I am like an eraser. I recognise my mistakes, I learn from my mistakes, and then I erase those mistakes from my memory.

I move forward in my life every day, even if it's only a tiny step, because I know that great things are accomplished with tiny moves, but nothing is accomplished by standing still.

"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation"

- [Brian Tracy](#)

"You could never say 'I can't' around our family. How do you know you can't? Go try it – that was a slogan for us. If you try, then you can't fail. You have failed if you don't try. You only have one life. Don't allow somebody else to live that life for you"

- [Michael Jordan](#)

"It's amazing how much luckier I get the harder I work"

- [Gary Player, Golfer](#)

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SPECIAL BONUS DPM PERFORMANCE ARTICLES

The following articles have all featured in the Inner West Courier and the Penrith City Star. These local papers are published weekly.

SNACK RIGHT TO STAY LIGHT!

To encourage fat loss we need to increase our metabolism. A fast metabolism means you burn more calories, even when you are sitting on the lounge reading this. One of the best ways is ensuring that you eat every two to three hours.

Even if you eat healthy, we cannot just eat breakfast, lunch and dinner and expect to see the scales coming down. You need to eat six times a day to see a positive result.

Your eating plan should be breakfast, mid morning snack, lunch, mid afternoon snack, dinner, and finish with a light supper. All of these portions should be small. A good guide is to eat three quarters of what you currently eat at each meal.

Make sure you eat all of your meals slowly, taking at least 15 minutes to finish your meal. This allows the brain the chance to get the message from the stomach that it is full.

The best foods for snacking are almonds and other unsalted nuts, fruit, yoghurt, seeds, and raw vegetables like carrots.

Try and ensure you get a small bit of protein with each meal. For example, you may have a piece of fruit with a handful of nuts mid morning.

How do you balance this with a busy job or child to run around after? Place food in a visible position wherever you are. You can also pre package some nuts and fruit in a sealed bag and keep them with you if you are on the go.

The final tip is to drink plenty of water. Research has shown that having a glass of water before each meal will help to curb some of your appetite.

Following these tips will help you on the way to the new body that awaits you this summer!

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FAST FATBLAST WORKOUT

One of my favourite outdoor training methods for getting a sweat on is to find a park with a good size hill. It does not have to be a massive incline, but the fitter you are, the higher you should aim.

If you have not done much training recently, make sure you first have a clearance from your doctor and substitute the sprints for fast power walking.

If you are in a regular training pattern and with no injuries, there are no excuses - lets work!

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As always you need a good warm up. Try jogging up the hill and jogging down backwards, perform 10 Squats and 10 Push Ups. Repeat 5 times.

Begin with a Bear crawl up the hill. To do this get down on all fours and crawl like a bear it is that simple! As for all exercises, make sure you are sucking in your belly button to protect your lower back. When you get to the top, jog backwards down the hill and sprint to the top.

Once at the top, crab walk down the hill. To do this, sit on the ground facing downhill with your hands facing forward. Now lift your backside off the ground and walk yourself down the hill with your hands and feet. That is 1 set. Repeat 5 times.

Once done, try the crabwalk uphill, bear crawl downhill, sprint uphill, and jog backwards downhill to complete 1 set. Repeat this 5 times.

Survived that one? Your next challenge is to make your way to the grandstand or bleachers if the field has one. Starting on the bottom step, plyometric jump your way up the stairs to the top. Make sure you land soft on the balls of your feet. Your back should not hurt. Walk back down and repeat this 5 times. Finish off with a good stretch.

What are you waiting for? Get outside and try it!

--

THE SPACE BETWEEN

When people want to achieve their goals, I find it is the little things that make the difference between success and mediocrity. Things like their hunger, determination to succeed, coming in knowing what they want to achieve and ready to convince me that they can change their life and start on the road to success. The most important of these 'little things' is definitely the space between your ears.

If you are convinced 100% that there is nothing that will come between you and achieving your goals, then you surely will achieve whatever it is that you desire. If you are willing to pay whatever price, then you will surely achieve your goals. If you have a slight doubt lurking in the back of your mind, then your odds of success are blowing out.

How do you ensure that you win the battle of the space between? The answer is to surround yourself with positive people. Another good option is to find someone who has achieved what you want and learn the secrets of their success.

The third answer is to read or listen to audio books in your car or on the train. Read positive words and positive books from inspirational people. If you find a quote that you like, print it out and stick it on your wall, next to your computer, on your fridge, somewhere prominent.

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THE BEAUTY OF TIME MANAGEMENT

In this day and age, people can get easily distracted and life gets in the way of achieving a lot of things that you may have always wanted to achieve.

Everyone has commitments of varying kinds. Some of us have kids, some travel a couple of hours to get to work, and some work long hours. However, believe it or not, some of the busiest and most successful people are the ones that actually can find time to exercise - and that is why they are successful.

The way they do it is through proper time management. Not lazing in bed for an extra 30 minutes, or sitting in front of the TV every night for 3 hours.

Imagine how much more you could fit into your life if you watched even 30 minutes less TV each day and got out and did something active. The cold is not an excuse – do it indoors. Your stress levels will start to decline, the waistline will start to shrink, and the energy levels will soar.

It is much easier to take a course of non-action rather than a course of action that could change your life.

So take the challenge, dust off the old runners, find that old workout gear and get to it. Take action today and enjoy the benefits tomorrow and for the rest of your life! Your body will thank you for it.

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THE GUNNERS

When I was a teenager, my favourite band was Guns N Roses. Now I know that there are a lot more than the 6 members of the Gunners that I thought there was.

The world is full of 'gunners' – the people who say I'm "gunner" do this, I'm "gunner" start at the gym tomorrow, I was "gunner" train yesterday but..., I'm "gunner" change my life after this big binge this weekend, I was "gunner" eat that piece of fruit but that chocolate is so good. I think you get the picture.

The "gunners" are the people who feel bad about themselves, so they try to make you feel bad for doing the right thing.

The "gunners" are the people who try to fix other people's back yards rather than concentrate on their own.

The "gunners" are the people who are not making the effort to get 100 per cent out of everything they do.

The "gunners" are the people who complain about their situation in life rather than putting the steps into practice to change their current state.

Put the steps into practice today to start the changes in your life. Why today? Because tomorrow never comes! Especially if you keep on saying that I'm "gunner" do it tomorrow.

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If you have already made those changes, congratulations! You are on the way to achieving your potential and leaving the rest of the band behind.

(For those who have not picked up on the fact, gunner or better known as "gonna" is slang for going to)

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THE BODY BANK THEORY

Each training session you do, the healthy food you eat and the incidental exercise you do each day is putting money in your own personal bank. Some deposits are small, such as eating an apple, while some are much bigger like an intense workout.

When you eat something that isn't ideal, when you miss that training session that you were supposed to do, that is making a withdrawal.

We need to ensure that our bodies are a savings account where there is plenty of money saved and not the credit card that is maxed to the limit!

For example: your 10-minute walk to the bus stop each day is 50 minutes a week. When you do it on the way home too, it becomes 100 minutes of walking a week. What about when you get off a stop earlier? That extra 5 minutes walk becomes an extra 50 minutes when you do it at the start and end of your day. You now have 2½ hours of incidental exercise every week!

Even if you drive to work, the same can apply. Swap the walk each side of your working day for a walk up the stairs at work, or walk to the coffee shop up the road. It all adds up. When you combine this with a regular exercise routine, you are now on your way to achieving your goals!

Stay focused and remember how you want to feel in the coming months and years. Nothing tastes as good as the feeling you get when you achieve something great! Get to it Today NOT Tomorrow!

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EXERCISE WITH BABY ON BOARD

After having a baby, all the rules change. You are no longer the number one priority. However, all does not have to be lost.

Yes, it is possible to work exercise into your life and to get your body back to where it was before your baby. Better than that, you can go even further, and get a better body than before you even got pregnant!

The best news is you can even incorporate your baby or young child into your routine to ensure you don't take any time away from them.

So where do you start? Make sure your doctor has given you the green light to exercise, especially if you have recently given birth.

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The first place to start is to just get outside and start moving. Put your child in their pram and simply start pushing! If you have a hilly area, that is perfect. Push your baby up the hill and that is your work effort. Recover down the hill with a slower walk and repeat as many times as you can.

Pushing a pram with a baby up a hill is a great workout for you and gets your heart pumping. Remember back to before you had a baby and how the hill walking got your heart rate up? Well, now you are adding the pram and baby to the equation. The intensity goes up straight away.

You can also use your baby or toddler as a weight. Hold them in front and you can squat, lunge, row and do a standing chest press with them. There are endless exercises that can be done. Think back to when you were in a gym and the exercises that you did there. Can you substitute your baby for the weight? No more excuses. Get to it!

Please feel free to use any of these articles in your newsletters, handouts, whatever you please. The only thing I ask is that you include the following byline:

Daniel Munday is a Fitness Conditioning Expert, based in Sydney, Australia. For more information on any of his programs, or to subscribe to his weekly newsletter, please visit <http://www.dpmperformance.com.au> or email Daniel@dpmperformance.com.au

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DPM Performance Bio

Daniel Munday is a Fitness Conditioner based in Sydney, Australia. He has an educational background that includes:

- Bachelor Health Science (PD/H/PE major)
- ASCA Level 1 Strength and Conditioning Coach
- ISSA Certified Fitness Trainer
- Certificate 4 Personal Trainer
- Member Fitness Australia – The governing body for Fitness Professionals in Australia

Daniel has been in the fitness industry since 2000, specialising in training clients in corporate health programs. His focus has been on fat loss and rehabilitation. He has also successfully trained athletic populations.

Daniel established DPM Performance in 2005 with the goal of reaching a wider audience and seeing them on the road to their ultimate performance goals.

Daniel's passion is taking people out of their comfort zone and giving them the results they desire. Ranging from goals including fat loss, increased muscle mass and looking great and feeling even better.

Daniel has had great results with helping people overcome their injuries along the way to helping them reach their optimum performance.

His other passion is strength and conditioning, and Daniel has trained athletes of varying levels, including Tooheys New Cup Premier Rugby Union players, Representative Touch Football players and Ironman Competitors.

Daniel, who lives in Alexandria, in Sydney's Inner West, strives to be in optimal shape himself and follows the foundations that DPM Performance was established with: Determination + Perspiration + Motivation = Performance.

DPM Performance sets the standard in group training programs while also offering online training via DPM Performance's Net Trainer.

For more information, please email Daniel@dpmperformance.com.au or visit <http://www.dpmperformance.com.au>



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