

Live Your Dreams

The Master Coach realizes that life is short, and unlike some sporting endeavours, we don't get a practice shot. However, we have within our DNA all the tools to make this great adventure, that we call life, is a truly wonderful experience. This wonderful experience is available to everyone who opens up their heart and mind to the opportunities that surround us every day.

Some people see life through the small end of the telescope, and this has the capacity to enlarge even the smallest hurdle to an immovable obstacle. As Robert Kennedy said at the eulogy to his brother John "some people see things as they are and ask "why?", he (JFK) saw things as they could be and asked "why not?"

Albeit, as we start this exciting journey on space-ship Earth, we face the challenge of separating the competing thoughts, philosophies and the mundane that block us from the state of happiness and success that is our legacy at birth. Too often we focus on what has happened to us, on how "unfair" it seems, and how this event or that circumstance is preventing us from obtaining our desired state of grace. The late Dr Stephen Covey realized the tragedy in this line of thinking when he explained the meaning of response. Take courage, it matters NOT what happens to you, all that matters is your response. "Between stimulus and response there is a gap, a time when you decide how you will respond, within this situation, this is the kernel that separates a successful life from the life of 'what might have been'"

Why is it that some individuals lose a small sum of money, and that fact alone dictates their negative behaviour for the remainder of their days, whilst at the same time others lose everything and embrace the new challenges that confront them? Some souls suffer a "paper-cut" and continue to be-moan their fate whilst others suffer horrific injuries and yet are able to lead exciting and fruitful lives. Just look at Para Olympians if you need convincing.

The Old Master Coach has seen life, he has tasted the highs and enjoyed the senses of it, but he has also relished in the challenges of the "lows", if they can be referred as that state. Although these states may seem poles apart, they are of equal value and within them we still have the same capacity to find our happiness and challenges that make the continuing journey of life blissful and fun. Unfortunately, no matter how naturally positive you are, you will still need food for the soul that fires your imagination and keeps you in alignment with you goals. To assist you I would ask you to watch our YouTube videos and embrace the words of wisdom within, they will give you the power to live you dreams.

Yes!! Live your dreams : YOU CAN! --

If It Is To Be,

It Is Up To Me

Pat yourself on the back: WELL DONE !

“ One can never consent to creep when one feels an impulse to soar.” Helen Keller

Choose to use the power of your subconscious mind

Believing in yourself.....is the first step to success

Don't make excuses. Make improvements.

When you believe in yourself, anything is possible

“It is easier to be wise for others than for ourselves.” La Rochefoucauld

“School should be the best party in town.” Peter Kline - “The Everyday Genius”

“When you meet someone better than yourself turn your thoughts to becoming his equal.

When you meet someone not as good as you are, look within and examine your own self.”

One of the greatest sources of energy is pride in what you are doing.

Life is forever looking up

“A man with one watch knows what time it is.

A man with two watches is never sure.” John Peer

“ When your physical environment is in alignment with your aspirations, success becomes the norm.” ... Susan St. Lawrence

“ Success is not the result of spontaneous combustion.

You must set yourself on fire.” ... Reggie Leach

“ No one can make you feel inferior without your consent. ” ... Eleanor Roosevelt.

“ Imagination is more important than knowledge.” - Albert Einstein

“ When love and skill work together, expect a masterpiece.” ... Ruskin

“Life is not a matter of holding good cards, but of playing a poor hand well.” -
Robert Louis Stevenson

Day by day, in every way, I’m getting better & better.”

We all may have come on different ships, but we’re in the same boat now.” ...
Martin Luther King, JR

“ The old law about ‘an eye for an eye’ leaves everybody blind.” ... Martin Luther
King Jr.

“ Goodness is uneventful. It does not flash ; it glows.” ... David Grayson

“ No one can predict to what heights you can soar. Even you will not know until
you spread your wings ”

“ The distance between a person’s dream and their accomplishments can only be
measured by their desire.”

Obstacles are the things you see when you take your eyes off your goals.

Teamwork : Giving a hand makes all the difference

Teamwork: it makes the team WORK.

You become successful the moment you start working towards a worthwhile
goal

Attitude is the little thing that makes a BIG difference

Nothing on earth can overcome an absolutely non-resistant person.

Be proud of yourself! The extra work you are doing shows your determination to
do well.

Good things, when short, are twice as good.

Life is short; live it up.

One of the greatest sources of energy is pride in what you are doing.

Success comes from having a positive mental attitude

A mind once stretched by a new idea never regains its original dimensions.

No matter what happens, I can handle it!

“A man should never be ashamed to own that he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.” ...
Jonathan Swift

“ A genius is the ability to put into effect what is on your mind.” ... F. Scott Fitzgerald

“If there is no struggle, there is no progress.” - Frederick Douglass

It's the possibility of having a dream come true that makes life interesting.

Pursue your passion and new possibilities will awaken

“All glory comes from daring to begin.” ... Eugene F Ware (American Poet).