



Using Quotes as a Tool for Reflection

Famous quotes can be a useful tool for reflection. Ask the coachee to choose one they feel they can relate to generally or get them to choose one that resonates with their current situation. If as a coach you get 'stuck' or unsure how to move forward suggest to the coachee you move away from the topic being discussed into a different direction for a short time. The quotes can be used to prompt fresh thinking and it is surprising how the coachees choice of quote and the following discussion can prompt the original conversation to move forward.

- No one can make you feel inferior without your consent. (Eleanor Roosevelt)
- Do what you can, with what you have, where you are. (Theodore Roosevelt)
- Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you'll never, ever have enough. (Oprah)
- 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)
- To be uncertain is to be uncomfortable, but to be certain is to be ridiculous. (Chinese Proverb)
- I've failed over & over & over again in my life & that is why I succeed. (Michael Jordan)
- You can't wait for people to give you that golden dream; you've got to get out there and make it happen (Diana Ross)
- Life is ten percent what happens to you and ninety percent how you respond to it. (Lou Holtz)
- Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement. (Golda Meir)
- It does not matter how many times you get knocked down, but how many times you get up. (Vince Lombardi)
- Life is not about waiting for the storm to pass, it is about learning to dance in the rain. (Unknown)
- First Impression Tip: Before entering the room, breathe consciously, smile & think of 3 things you're good at/proud of. (Malcolm Levene)
- The trouble is, if you don't risk anything, you risk even more. (Erica Jong)
- Some people want it to happen, some wish it would happen, others make it happen. (Michael Jordan)
- Don't cry because its over. Smile because it happened. (Dr. Seuss)
- Winners, I am convinced, imagine their dreams first. They want it with all their heart & expect it to come true. (Joe Montana)

- Fear doesn't exist anywhere except in the mind. (Dale Carnegie)
- It's lack of faith that makes people afraid of meeting challenges, & I believed in myself. (Muhammad Ali)
- Excellence is not a singular act but a habit. You are what you do repeatedly. (Shaquille O'Neal)
- You can't let one bad moment spoil a bunch of good ones. (Dale Earnhardt)
- I can accept failure. Everyone fails at something. But I can't accept not trying. (Michael Jordan)
- A goal without a plan is just a wish. (Unknown)
- It is better to look ahead and prepare than to look back and regret. (Jackie Joyner-Kersey)
- The most rewarding things you do in life are often the ones that look like they cannot be done. (Arnold Palmer)
- There are 3 types of baseball players: those who make it happen, those who watch it happen, & those who wonder what happens. (Tommy Lasorda)
- I never think of the future. It comes soon enough. (Albert Einstein)
- Sometimes what you need is different to what you want. (Lembit Opik)
- Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime. (Chinese proverb)
- One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do (Henry Ford)