FearLESS Riding Success

Motivational Quotes

Natasha Althoff
Grand Prix champion and founder of Your Riding Success, helping riders all over the world achieve the success they desire.
“When we are no longer able to change a situation, we are challenged to change ourselves.”

~Victor Frankl

“The only difference between a rut and a grave is their dimensions.”

~Ellen Glasgow

“You can avoid having ulcers by adapting to the situation: If you fall in the mud puddle, check your pockets for fish.”

~Author Unknown

“If nothing ever changed, there'd be no butterflies.”

~Author Unknown

“God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me.”

~Author Unknown
“Things do not change; we change.”

~Henry David Thoreau

“Our only security is our ability to change.”

~John Lilly

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

~ Socrates

“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.”

~ Jimmy Dean
Vision

“Superstar Wayne Gretzky holds more hockey records than anyone in the history of the sport. When asked about his success, season after season, Gretzky said, “I skate to where the puck is going, not to where it has been.””

~ James R Paul in Vital Speeches of the day

“A goal is not always meant to be reached, it often serves simply as something to aim at.”

~ Bruce Lee

“Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.”

~ Gail Devers
Facing Your Fear

“Don't be afraid of your fears. They're not there to scare you. They're there to let you know that something is worth it.”

~ C. Joybell C.

“Don't nourish your fears more than you nourish your hopes.”

~ Steve Maraboli

“Frequently we do not leave the past behind. We clasp on to it. We dissect it, and let fears for the future, tempered by the past, unconsciously prevent us from taking up the task.”

~ Ray Simpson

“When you face your fear, most of the time you will discover that it was not really such a big threat after all. We all need some form of deeply rooted, powerful motivation - it empowers us to overcome obstacles so we can live our dreams.”

~ Les Brown
“A lot of pieces I have written have to do with courage. As a result, people think that I am naturally brave. But what people don't know, is that I grew up with phobias and many fears. I was scared of everything. So, I write of courage not because I have not known fear, but I write of courage because I have walked with fear but I have made the choice not to fear it.”

~ C. Joybell C.

“Your ultimate goal should be partners with your ultimate fear.”

~ Lionel Suggs

“Do the thing you fear the most and the death of fear is certain.”

~ Mark Twain

“The thing you fear most has no power. Your fear of it is what has the power. Facing the truth really will set you free.”

~ Oprah Winfrey

“If you’re afraid of something, face it. Fear is irrational. The only way to conquer your fear is to stand next to it.”

~ Jennifer Armintrout
Overcoming Fear

“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.”

~ Dale Carnegie

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I have lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do.”

~ Eleanor Roosevelt

“He who is not everyday conquering some fear has not learned the secret of life.”

~ Ralph Waldo Emerson

“You block your dream when you allow your fear to grow bigger than your faith.”

~ Mary Manin Morrisey
“To fear is one thing. To let fear grab you by the tail and swing you around is another.”

~ Katherine Paterson

“Fear is not real. It is a product of thoughts you create. Do not misunderstand me. Danger is very real. But fear is a choice.”

~ Will Smith

“The important thing is to take that first step. Bravely overcoming one small fear gives you the courage to take on the next.”

~ Daisku Ikeda

“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement and acceptance.”

~ John Lennon
Failure and it Being Ok

“Waiting to develop courage is just another form of procrastination. The most successful people take action while they’re afraid!”

~ Unknown

“Be fearless. Have the courage to take risks. Go where there are no guarantees. Get out of your comfort zone even if it means being uncomfortable. The road less traveled is sometimes fraught with barricades, bumps, and uncharted terrain. But it is on that road where your character is truly tested. Have the courage to accept that you’re not perfect, nothing is and no one is — and that’s OK.”

~ Katie Couric

“I failed my way to success.”

~Thomas Edison

"I've come to believe that all my past failure and frustration were actually laying the foundation for the understandings that have created the new level of living I now enjoy."

~ Tony Robbins
"Defeat is not the worst of failures. Not to have tried is the true failure."

~ George Edward Woodberry

"I can accept failure, everyone fails at something. But I can't accept not trying."

~ Michael Jordan

"Try a thing you haven't done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time to figure out whether you like it or not."

~ Virgil Thomson

"In order to succeed, your desire for success should be greater than your fear of failure."

~ Bill Cosby
In Case You are in Need of Further Inspiration

“The first step toward change is awareness. The second step is acceptance.”

~ Nathaniel Branden

“The first step toward creating an improved future is developing the ability to envision it. VISION will ignite the fire of passion that fuels our commitment to do WHATEVER IT TAKES to achieve excellence. Only VISION allows us to transform dreams of greatness into the reality of achievement through human action. VISION has no boundaries and knows no limits. Our VISION is what we become in life.”

~ Tony Dungy

“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

“Fear defeats more people than any other one thing in the world.”

~ Ralph Waldo Emerson
“Remember, it’s your own body, your own brain. You’re not a victim of the universe, you are the universe.”

~ Richard Bandler co creator of NLP

“Don't be afraid of your fears. They're not there to scare you. They're there to let you know that something is worth it.”

~ C. Joybell

“What we can or cannot do, what we consider possible or impossible, is rarely a function of our true capability. It is more likely a function of our beliefs about who we are.”

~ Tony Robbins

“Not everything that can be counted counts.

Not everything that counts can be counted”

~ William Bruce Cameron

“You have to ‘be’ before you can ‘do’ and ‘do’ before you can ‘have’.”

~ Zig Ziglar
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~ Eleanor Roosevelt

“I have come to accept the feeling of not knowing where I am going. And I have trained myself to love it. Because it is only when we are suspended in mid-air with no landing in sight, that we force our wings to unravel and alas begin our flight. And as we fly, we still may not know where we are going to. But the miracle is in the unfolding of the wings. You may not know where you're going, but you know that so long as you spread your wings, the winds will carry you.”

~ C. Joybell C.

“Great things are not done by impulse, but by a series of small things brought together.”

~ Vincent van Gogh