

Ovládni mysel'

Nič nie je krajšie ako (spolu)pracovať s ľuďmi, ktorí to majú v hlave v **poriadku**. Obklop sa aj ty len tým najlepším, nie najhorším.

U nás v gyme sa držíme hesla: "CANI"
Constant And Never-ending Improvement

"Kebyže vedomosti sú všetko, čo potrebujeme, všetci by boli miliardári s kockami na bruchu."

–Derek Silvers

"Motivácia sama o sebe nie je postačujúca. Ak máte idiota a motivujete ho, máte namotivovaného idiota."

–Jim Rohn

Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work."

–Stephen King

"Sme tu, čo opakovane robíme. Dokonalosť teda nie je čin, ale zvyk."

–Aristoteles

"Sú to tí, ktorí sa sústredia na jednu vec v danú chvíľu, ktorí robia pokrok v tomto svete."

–Og Mandino

"Whenever you find yourself on the side of the majority, it is time to pause and reflect."

–Mark Twain

"I will not let anyone walk through my mind with their dirty feet."

–Mahatma Gandhi

"We must not allow other people's limited perceptions to define us."

–Virginia Satir

"If things go wrong, don't go with them."

–Roger Babson

"Do what you can, with what you have, where you are."

–Theodore Roosevelt

"Knowing yourself is the beginning of all wisdom."

–Aristotle

"Protopia is a state that today is better than yesterday, although it might be only a little better."

–Kevin Kelly

"Oh yes, the past can hurt. But you can either run from it, or learn from it."

–Rafiki, from The Lion King

"We are who we choose to be."

–Green Goblin, from Spider-Man

"You cannot live your life to please others. The choice must be yours."

–White Queen, from Alice in Wonderland

"Great men are not born great, they grow great."

–Mario Puzo, from The Godfather

"The human spirit is more powerful than any drug and that is what needs to be nourished: with work, play, friendship and family. These are the things that matter."

–Robin Williams

"Trust none of what you hear, some of what you read, half of what you see."

–Nassim Taleb

"If you really want to do something, you'll find a way. If you don't, you'll find an excuse."

–Jim Rohn

Sokratés:

- I cannot teach anybody anything, I can only make them think.
- Strong minds discuss ideas, average minds discuss events, weak minds discuss people.
- I know you won't believe me, but the highest form of Human Excellence is to question oneself and others.
- The only true wisdom is in knowing you know nothing.
- Life is full of questions. Idiots are full of answers.
- To find yourself, think for yourself.
- You never know how STRONG you are, until being STRONG is the only choice you have.
- Worthless people live only to eat and drink; people of worth eat and drink only to live.

Tony Robbins

- You become who you spend time with.
- The past does not equal the future unless you live there.
- We're drowning in information, but we're starving for wisdom.
- Winners take imperfect action while losers are still perfecting the plan.
- There is no such thing as failure. There are only results.
- Keep your goals in front of you and your fears behind you.

• Nothing in life has any meaning except the meaning you give it.

• The quality of your life is the quality of your relationships.

• People are not lazy. They simply have impotent goals.

• If you do what you've always done, you'll get what you've always gotten.

• Quality questions create a quality life. Successful people ask better questions, and as a result, they get better answers.

• Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more.

• The only impossible journey is the one you never begin.

• Don't try to be perfect, just be an excellent example of being human.

• Stop being afraid of what could go wrong, and start being excited of what could go right.

• Every problem is a gift - without problems we would not grow.

• It's not about the goal. It's about growing to become the person that can accomplish that goal.

• Any time you sincerely want to make a change, the first thing you must do is raise your standards.

• Discipline is just choosing between what you want now and what you want most.

• The real joy in life comes from finding your true purpose and aligning it with what you do every single day.

Buddha

- What we think, we become.
- Three things cannot be long hidden: the sun, the moon, and the truth.
- You will not be punished for your anger, you will be punished by your anger.
- The mind is everything. What you think you become.
- Try not to become a man of success, but rather try to become a man of value.

Albert Einstein

- The true sign of intelligence is not knowledge but imagination.
- We cannot solve our problems with the same thinking we used when we created them.
- It has become appallingly obvious that our technology has exceeded our humanity.
- Weakness of attitude becomes weakness of character.
- Education is what remains after one has forgotten what one has learned in school.
- The only source of knowledge is experience.
- A person who never made a mistake never tried anything new.

Brian Tracy

- Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, "What's in it for me?"
- It doesn't matter where you are coming from. All that matters is where you are going.
- People with clear, written goals, accomplish far more in a shorter period of time than people without them could ever imagine.
- The more credit you give away, the more will come back to you. The more you help others, the more they will want to help you.
- Nedostaneš, čo chceš, ale iba to, čo si odkomunikuješ.
- Vedomosti sú primárnym zdrojom hodnôt.
- Ten, kto zlyhá v plánovaní, plánuje svoje zlyhanie.
- Svet je iba taký, aký som ja. Vnímam ho cez prizmu toho, aký som ja.
- Za to, čo som teraz, môžem len sám.
- Moja životná odmena sa rovná hodnote, akú majú moje služby pre iných ľudí.
- Všetko, čo stojí za to, si vyžaduje veľa času.
- Z ľudských myšlienok sa vyťažilo viac "zlata", než sa ho kedy vydolovalo zo zeme.
- Peniaze sú hygienický faktor duševného zdravia.
- Čas sa dá jedine mierať. Je najvyšší čas, aby som svoju budúcnosť začal brať vážne. Tento život nežijem na skúšku.
- Duševne budem natoľko zdravý, nakoľko dokážem úplne odpúšťať každému, kto mi ublížil.
- Sebadišiplína je schopnosť robiť to, čo by som mal robiť, vtedy, keď by som to mal robiť, či sa mi už chce, alebo nechce.

O láske

- "Friends show their love in times of trouble, not in happiness." –Euripides
- "If you love someone, set them free. If they come back they're yours; if they don't they never were." –Richard Bach
- "I have found that if you love life, life will love you back." –Arthur Rubinstein
- "The hottest love has the coldest end" –Socrates
- "Only one life, that soon is past; only what's done with love will last." –Anonym

Peter Diamanadis

- If anything can go wrong, Fit it!... to hell with Murphy!
- When given a choice... take both!
- Multiple projects lead to multiple successes.
- Do it by the book... but be the author!
- If you can't win, change the rules.
- Perfect is not optional.
- Don't walk when you can run.
- The best way to predict the future is to create it yourself!
- An expert is someone who can tell you exactly how it can't be done.
- Fail early, fail often, fail forward!
- If you can't measure it, you can't improve it.

O pohybe:

"Nevadí, že ti to nejde. Vadí, že to neskúšaš."

–Vlado Zlatoš

"Hľad je tvoja jediná istota (energetická, mentálna, výkonnosťná)."

–Vlado Zlatoš

"Zameraj sa najprv na štruktúru, až potom na sval."

–Vlado Zlatoš

"Aj ty si zaslúžiš mať úžasné telo."

–Vlado Zlatoš

"Take care of your body. It's the only place you have to live"

–Jim Rohn

"It always seems impossible until it's done"

–Nelson Mandela

"Winner are not those who never fail, but those who never quit."

–Anonym

"Civilize the mind, but make savage the body."

–Anonym

"A wolf does not concern himself with the opinions of sheep."

–Anonym

"Skúšaj znovu. Padaj znovu. Padaj lepšie."

–Samuel Barclay Beckett

"Buď silný, aby si bol užitočný."

–Georges Herbert

"Čím je telo slabšie, tým viac rozkazuje, čím je silnejšie tým viac počúva."

–Jean-Jacques Rosseau

"We have a brain for one reason and one reason only – and that's to produce adaptable and complex movements."

–Daniel Wolpert

"Perhaps the greatest purpose of a movement practice is to open up our capacity to have experiences that are profoundly meaningful."

–Rafe Kelley

"Knowing is not enough. We must apply. Willing is not enough. We must do."

–Bruce Lee

"Your future is created by what you do TODAY, not tomorrow. The pain you feel today will be the STRENGTH you feel tomorrow."

–Gymnasticbodies

Ido Portal

- Movement complexity is by far the reason why we became human.
- We are all HUMAN first, MOVERS second and only then SPECIALISTS.
- The body will become better at whatever you do, or don't do.
- If you don't move, your body will make you better at not moving.
- If you move, your body will allow more movement.
- ...if you won't... one day you may not be able to.
- Improvisation is the human condition. You're born. You die. And in-between you improvise.
- There is no wrong movement. There is lack of preparation and lack of awareness.
- Isolation > Integration > Improvisation. The highest form of movement practice is improvisation.
- Mobility is available; it's always there. Flexibility requires a warmup.
- The squat is a basic human resting position.
- Good hanging equals good shoulders.
- If you specialize, you will pay a price.
- You are as old as your spine.

Milí rodičia, (ne)úspech vašich detí v športových činnostiach nemá nič spoločné s tým, akí ste rodičia. Ale mať študenta, ktorý má disciplínu, rešpekt, je teamovo orientovaný, mentálne odolný a vytrvalý, to už JE priamy odraz toho, AKO ho vychovávate.