

Bill Phillips

Quotes

*Differences, Motivational, Inspirational, Foundation, Matter, Success, Vision,
Change, Hands, Eye, Fitness, Thinking, Inspiration, Food, World, Favors,
Focus, Sorry, People, Forever*

FOOD is the most widely abused anti-anxiety drug in America, and EXERCISE is the most potent yet underutilized antidepressant.

~Bill Phillips

No matter who you are, no matter what you do, you absolutely, positively do have the power to change.

~Bill Phillips

The difference between who you are and who you want to be, is what you do.

~Bill Phillips

If you wait until everything in your life is perfect before you begin something challenging and new, you'll be waiting forever. The best time is NOW.

~Bill Phillips

There is a world of difference between knowing what to do and actually doing it.

~Bill Phillips

The meaning of life is to live a meaningful life.

~Bill Phillips

Focus on progress not perfection.

~Bill Phillips

Most people are in favor of change, as long as they can continue to do things the same as they always have.

~Bill Phillips

The only true source of inspiration is to be an inspiration.

~Bill Phillips

Stress should be a powerful driving force, not an obstacle.

~Bill Phillips

To have a functioning body and not to use it is like having 20/20 vision and never opening your eyes.

~Bill Phillips

The foundation of success is intense desire.

~Bill Phillips

When you nourish your body with pure energy, you transform from the inside out.

~Bill Phillips

It is really not how much you can get out of life that matters; it is how much you can put into it that counts. What will you contribute to life today?

~Bill Phillips

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