

Bradford Winters Quotes

*Leadership, Exercise, People, Workout, Feels, Stills, Way, Class, Discipline,
Powerful, Kitchen, Lasts, Passion, Focus, Hips, Long, Team, Simplify, Not Good
Enough, Communication*

I think you can measure how pathetic your life is by how much joy you get from learning about other people's faults and troubles.

~Bradford Winters

The more I simplify my life, the happier I feel.

~Bradford Winters

If you want to lead a family/team/organization, learn to lead/manage yourself first.

~Bradford Winters

Effective communication is the best way to solve problems.

~Bradford Winters

Success is a collection of small victories & disappointing setbacks. Understand the process, stay positive, & focus on the fundamentals.

~Bradford Winters

Everything breaks; the only things that last are things you're willing to fix.

~Bradford Winters

A great start to the perfect day - a world-class workout at the gym... It's hard to feel miserable after a great workout.

~Bradford Winters

Surround yourself with positive people and positive influences.

~Bradford Winters

Today make GOOD DECISIONS. Decide to selflessly serve others, to control your thoughts, to eat water-rich foods and to get lots of exercise.

~Bradford Winters

Originality is so hip and cool, but to be original you must dare to be corny.

~Bradford Winters

Talent is the discipline, commitment, and willpower to practice/train/study often, long, and hard. Discover your passion and pay the price.

~Bradford Winters

My diet plan. 8am to 12noon: only fruits and fruit juice. Noon to 8pm: vegetarian meals. From 8pm to 8am the kitchen is CLOSED.

~Bradford Winters

Live Foods and Exercise = Good Health and Happiness. Make eating the right foods and daily workouts a top priority.

~Bradford Winters

Life is all about choices. Today, show compassion for others, think powerful thoughts, and exercise self control.

~Bradford Winters

Leaders are made through discipline, training, experience, failure, and the desire to continually improve.

~Bradford Winters

I admire people who have and show "class." Coach Pat Riley has class! I can only hope other people say the same about me.

~Bradford Winters

Discontented people are exactly the kind of people that made America so Great. Sometimes it's good to be frustrated; it leads to change.

~Bradford Winters

All you can do is all you can do... If all you can do, is still not good

enough, then go do something else.

~Bradford Winters

When it is all about winning, once you've done it, you lose interest; stay focus on helping/developing young people as your long-term goal.

~Bradford Winters

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