

Chalene Johnson

Quotes

*People, Exercise, Way, Athlete, Want, Winning, Blessed, Struggle, Speak,
Enough, Why Not, Motivation, Greatness, Sports, Levels, Progress, Today,
Payoff, Cutting, Body*

Get comfortable being uncomfortable, that's how you break the plateau and reach the next level.

~Chalene Johnson

From this day forward, speak to yourself in a way that you would someone you care about.

~Chalene Johnson

Energy is a state of mind. Tell yourself you're tired and you will be. Tell yourself you feel great and you will

~Chalene Johnson

Invest your time with people who will push you to be your best. Winners love to see other people win.

~Chalene Johnson

Resolve to do the things you find to be difficult. That's what confident people do. They tackle those things that are scary and they get addicted to doing it.

~Chalene Johnson

What positive things have you said to yourself today? Acknowledge your greatness.

~Chalene Johnson

Commitment is a muscle. The more you use it, the stronger it gets.

~Chalene Johnson

PiYo gives you hardcore definition, intense calorie burn, and all over strengthâ€”without weights, without jumps, and without destroying your body.

~Chalene Johnson

Only exercise on the days you want to improve your mood.

~Chalene Johnson

If you want it bad enough, you have to be willing to fight for it.

~Chalene Johnson

If you align your priorities in such a way that puts people first, everything begins to make more sense.

~Chalene Johnson

Never measure yourself against magazine covers. Every 'perfect' body you see in a bikini is a result of weeks of dieting and exercise. And airbrushing.

~Chalene Johnson

The results are the payoff. And all this sweating and hard work will be worth it.

~Chalene Johnson

Ask yourself every couple of minutes, 'Can I go harder? Can I do more?' You've got so much power. Show me.

~Chalene Johnson

Know how blessed you are to be able to work this hard!

~Chalene Johnson

You're always a work in progress. Flexibility. Personality. Motivation. There's always room to improve.

~Chalene Johnson

Successful people do what others know they should do but will not. To become a success, or just be more successful, you will do what average, less-motivated people will not.

~Chalene Johnson

Treat yourself like an overweight, out of shape person and that's what you will be. Why not train and treat yourself like an athlete?

~Chalene Johnson

Related Links:

- People Quotes
- Exercise Quotes
- Way Quotes
- Athlete Quotes
- Want Quotes
- Winning Quotes
- Blessed Quotes
- Struggle Quotes
- Speak Quotes
- Enough Quotes
- Why Not Quotes
- Motivation Quotes
- Greatness Quotes
- Sports Quotes
- Levels Quotes
- Progress Quotes
- Today Quotes
- Payoff Quotes
- Cutting Quotes
- Body Quotes