Chrissie Wellington Quotes

Motivational, Giving Up, Mind, Thinking, Giving, Done, Picks, Example, Tough, Loss, Needs, Athlete, Stars, Addiction, Hard Work, Trying, Running, Body, Killing, Reason It's when the discomfort strikes that they realize a strong mind is the most powerful weapon of all.

~Chrissie Wellington

There is a special mystique about the marathon, for example, because of its length-but that's just the bit you do at the end of an Ironman ~Chrissie Wellington

Hard work and an open mind - it's the only way to realize the potential that is inside every one of us.

~Chrissie Wellington

Some sessions are stars and some sessions are stones, but in the end they are all rocks and we build upon them.

~Chrissie Wellington

We all have talents that, sometimes, we never quite fulfill. We're all scared, deep down, but maybe we just need to lay it on the line and explore our abilities and just not be afraid of failing.

~Chrissie Wellington

If we let our head drop, our heart drops with it. Keep your head up, and your body is capable of amazing feats.

~Chrissie Wellington

It's not records I chase, it's self-improvement. And that cannot be done by taking it easy.

~Chrissie Wellington

No one should ever be afraid of failing; it's being afraid to give it your all in trying that I urge against.

~Chrissie Wellington

Just seize every opportunity you have, embrace every experience.

Make a mark, for all the right reasons.

~Chrissie Wellington

Never, ever give up. And smile

~Chrissie Wellington

Pick your battles, and accept yourself for who you are.

~Chrissie Wellington

When things are tough, you get tougher.

~Chrissie Wellington

To me, every person who smoked was voluntarily killing themselves, and doing it quite openly.

~Chrissie Wellington

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- Loss Quotes
- Needs Quotes
- Athlete Quotes
- Stars Quotes
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- Hard Work Quotes
- Trying Quotes
- Running Quotes
- Body Quotes
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