

# Greg Plitt Quotes

*Motivational, Body, Pain, People, Want, Believe, Way, Mind, Today, Goal,  
Opportunity, Results, Pride, Differences, Comfort, Drug, Winning, Doe, Morning,  
Higher Ground*

The difference between a winner and a loser - they both failed, but the winner gets back up and does it again and again until it goes his way.

~Greg Plitt

You are what you do repeatedly every day. If excellence is something you're striving for, then it's not an accident. It's a habit.

~Greg Plitt

Success doesn't know these things about cold or early or tired. It just knows if you showed up or not.

~Greg Plitt

If tomorrow doesn't happen, would you still do what you're about to do today? If that answer is no, you're alive, but you're not living.

~Greg Plitt

Normality is what weak people call living, I call it death

~Greg Plitt

Opportunities Don't Come Knocking On The Door. They Present Themselves When You Knock The Door Down!

~Greg Plitt

It's called the pump, people - you got to experience it; it's one of the better highs in life, you don't need to shoot up for it, you don't need to snort it. All you got to do is sweat for it.

~Greg Plitt

You must believe in yourself enough to be the person now that others will remember you for later.

~Greg Plitt

Today begins, tomorrow continues, and it never ends until you reach your goal.

~Greg Plitt

Belief, confidence in yourself.. the world's your playground. Limitless.  
My question is... will you be remembered?

~Greg Plitt

When the winds of life don't hit your sails, you grab the oars of life and you start pushing.

~Greg Plitt

We all fall in life The question is who gets back up!

~Greg Plitt

Sacrifice today for tomorrows betterment, you are willing to pay those payments with pain, because pain is just a message when you are fixing something that's insufficient in your life.

~Greg Plitt

If you mentally believe it will happen, your body is going to find a way to make it physically happen.

~Greg Plitt

I swear, there is no chemical drug out there that can reproduce the feelings you have of achieving your goals.

~Greg Plitt

Weakness leaves, pride comes in. Confidence grows. Successful life.

~Greg Plitt

If you can mentally see the end of the journey, then your body will physically find a way to achieve that goal.

~Greg Plitt

Second by second you lose the opportunity to become the person you

want to be. Take charge of your life.

~Greg Plitt

Your mind is the strongest and most valuable muscle you can grow in the gym.

~Greg Plitt

Face your fears, endure its pain and they will be re-written in the form of pride and dreams.

~Greg Plitt

The more you push, pass that pain, to feel the exhilaration of what that pain really delivers, then you will find the values of who you are.

~Greg Plitt

Comfort zones are deadly zones because you lose your true potential of what you can be, you start going with the status quo.

~Greg Plitt

Mentally, you must believe it before you physically start it, or else you will never reach prosperity.

~Greg Plitt

That's not normal, because we don't want to be normal. Normal is what weak people call it living. I call it death.

~Greg Plitt

Walk through the mud in life, if you ever want to get to the higher groundâ€•

~Greg Plitt

Success can never identify who you are. You must always identify it. You cannot allow the failures to identify who you are.

~Greg Plitt

We don't live forever... Our legacy does.

~Greg Plitt

It's early in the morning and your competition is still sleeping.

~Greg Plitt

I keep going till that pain says hello to me. I don't say goodbye until that pain says hello. That's a good set.

~Greg Plitt

Happiness is when you finally connect your mind to your body.

~Greg Plitt

When you find a fear, that fear will either create you or destroy you.

~Greg Plitt

Don't let anyone tell you you can't do something, because you can!

~Greg Plitt

Bet on yourself! You never lose if you bet on yourself!

~Greg Plitt

When every action has a purpose, every action has a result

~Greg Plitt

Wake up with a plan of action, go to bed with satisfaction.

~Greg Plitt

The only reps you don't grow from are the ones you don't do.

~Greg Plitt

When you are wondering how do you go on? The better question is, how do you NOT go on?

~Greg Plitt

If you think you can do it, your body will find a way to make it happen.

~Greg Plitt

Some people get up in the morning, don't go to the gym, they go take a shower. Well, I go to the gym, and I get a shower too.

~Greg Plitt

The hardest things in life are done the least but provide the most.

~Greg Plitt

I love the mentality that when push comes to shove, simply work harder and the results will come.

~Greg Plitt

Your comfort zone is your danger zone

~Greg Plitt

We're not ordinary, you don't want to be ordinary.

~Greg Plitt

The difference of somebody of winning and losing, has nothing to do with their genetics, has nothing to do with their potential.

~Greg Plitt

Life's as good as you make it, today we made it good.

~Greg Plitt

Our desire is the warmth in our life, it's not a blanket.

~Greg Plitt

Get the mind right, the body will follow

~Greg Plitt

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