

Michael Johnson

Quotes

Motivational, Inspirational, Athlete, People, Goal, Life, Sports, Strong, Gold, Race, Discipline, Running, Hard Work, Opportunity, Winning, Thinking, Track, Be Who You Are, Average, Way

As strong as my legs are, it is my mind that has made me a champion.

~Michael Johnson

One of the main techniques I used was focusing on the goal and visualising myself competing in the race before the race started.

~Michael Johnson

The only one who can beat me is me.

~Michael Johnson

You learn as much from those who have failed as from those who have succeeded.

~Michael Johnson

There's a complete difference between training for a specific event and goal and just training.

~Michael Johnson

You can't control what the other athlete is going to do; you can't control anything except for your competition and how you execute the race or how you execute the task.

~Michael Johnson

(Natural Talent + Opportunity) Hard Work = Success

~Michael Johnson

The basis of self-discipline: Don't allow the edges to blur.

~Michael Johnson

A good mentor offers directions and driving tips from the back seat. You still have to drive the car.

~Michael Johnson

Protect your good image from the eyes of negative viewers, who may

look at your good appearance with an ugly fiendish eye, and ruin your positive qualities with their chemical infested tongues.

~Michael Johnson

They think because I'm small, they can do what they want to do to me. But I'm not weak. If I lower my shoulder and they lower they're shoulder, they're going to go down.

~Michael Johnson

Don't shoot for something unattainable - completely outside of your nature or opportunity.

~Michael Johnson

It is important that you strive for humility, but not humiliation, for a cool, level-headed confidence, not a stiff, delusional arrogance.

~Michael Johnson

Along with trustworthiness, consistency is the thing to look for when you surround yourself with people who can help you on your quest.

~Michael Johnson

I always wanted to be a sprinter.

~Michael Johnson

Examine the opportunities, the challenges you've given yourself.

~Michael Johnson

A good traveller is one who knows how to travel with the mind.

~Michael Johnson

Your problems pale in comparison with those of the millions of people in the world who do not have enough to eat.

~Michael Johnson

Opting for gold shoes could have been considered downright cocky, but I was confident and never doubted my ability to deliver gold medals to match my shimmering footwear.

~Michael Johnson

The only thing you can never change is your values.

~Michael Johnson

On the Â£20,000 Mercedes prizes for each winner at the World Athletics Championships in Stuttgart- Anyone good enough to win already has one.

~Michael Johnson

I work hard to improve myself as a person - as a father, as a husband, as a manager. I'm always on that mission.

~Michael Johnson

Be who you are in every situation.

~Michael Johnson

I've had to learn that not everybody does things my way. But I do expect the absolute best of everyone around me, and I'm disappointed when people don't expect that of themselves.

~Michael Johnson

When you're gone I can go running though the house screaming and no one will ever hear me.

~Michael Johnson

A bird, music and food -desert island items

~Michael Johnson

You can make goals for family, relationships, anything.

~Michael Johnson

You owe it to yourself to find your own unorthodox way of succeeding, or sometimes, just surviving.

~Michael Johnson

As an athlete, I was never really comfortable with being a celebrity.

~Michael Johnson

I had already been into my professional career for six years and had not won an individual gold medal at the Olympics. There was a tremendous amount of pressure going into 1996 to get it done.

~Michael Johnson

Difficult as it was to hear, slavery has benefited descendants like me - I believe there is a superior athletic gene in us.

~Michael Johnson

How could you look more stupid than to be the guy accepting a bronze medal in gold shoes?

~Michael Johnson

I don't always do a lot of predicting, but, when I get a really strong feeling about something, I will tell people.

~Michael Johnson

All my life I believed I became an athlete through my own determination, but it's impossible to think that being descended from slaves hasn't left an imprint through the generations.

~Michael Johnson

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