

# Robert Cheeke

## Quotes

*Motivational, Bodybuilding, Heart, Dream, People, Successful, Passion, Hero, Night, Impact, Giving, Morning, Determination, Wall, Littles, Sports, Hard Work, Brother, Greatness, Workout*

The vegan lifestyle is a compassionate way to live that supports life, supports fairness and equality, and promotes freedom.

~Robert Cheeke

ONE OF THE GREATEST EXPERIENCES IN LIFE IS ACHIEVING PERSONAL GOALS THAT OTHERS SAID WOULD BE, 'IMPOSSIBLE TO ATTAIN.' BE PROUD OF YOUR SUCCESS AND SHARE YOUR STORY WITH OTHERS.

~Robert Cheeke

They may never say it, but your parents really are proud of you when you follow your heart and chase your dreams.

~Robert Cheeke

Sometimes small setbacks are just blessings in disguise. They enhance your determination and whole-hearted dedication to achieving your goals.

~Robert Cheeke

When someone compliments me on my physique, positive attitude, or enthusiasm, I walk on air the rest of the day.

~Robert Cheeke

Surround yourself with positive, energetic, successful people and learn from them.

~Robert Cheeke

A vegan diet is one of the best things you can do for your health and the well being of our planet.

~Robert Cheeke

We were all born to "be somebody," look deep inside your heart to find out who and what you are supposed to be.

~Robert Cheeke

Mentally prepare ourselves for excellence...block out the noise of everyday distractions and tap into the quietness of meaningful focus, intent and a winning mindset.

~Robert Cheeke

Pay close attention to detail in whatever it is you are doing. Be specific and expect quality from your performance.

~Robert Cheeke

You really can give a 110% effort towards something that you are truly passionate about.

~Robert Cheeke

Always work harder than other people are willing to work. Sweat more, endure more pain, and then reap the rewards of success and achievement.

~Robert Cheeke

When working out, play your favorite music loudly for an extra boost of energy.

~Robert Cheeke

When you have a childhood dream that still burns and tugs at your heart when you're an adult, you owe it to yourself to pursue and achieve this dream.

~Robert Cheeke

When I workout early in the morning, the rest of the day feels so much better.

~Robert Cheeke

I am a Body-for-LIFE Challenge 2000 Winner. "Winners finish and finishers win."

~Robert Cheeke

When backed up against a wall, dig deep, demand excellence, stand tall, and be strong.

~Robert Cheeke

Celebrate each accomplishment on your way to reaching your goal. Each challenge conquered whether large or small is a positive step to greatness.

~Robert Cheeke

Most people are afraid to follow their dreams. The thought of failure is too much for them to handle so they never even try to achieve them.

~Robert Cheeke

We are all capable of living each day with a fiery passion and sense of purpose that radiates in our smile and voice.

~Robert Cheeke

Make it a goal to be somebody's hero.

~Robert Cheeke

If you want it to be, your heart can be your biggest and most powerful muscle in your body.

~Robert Cheeke

Every year I want to experience something that makes me say, "this is the best day of my life."

~Robert Cheeke

When you succeed be proud of yourself and know that not everyone gets to experience the thrill of success on a consistent basis.

~Robert Cheeke

Mapping out your own future in the form of images, phrases, and inspirational words that you are able to see every day will help reinforce

your desires to attain what you set out to achieve.

~Robert Cheeke

Dream big with no limitations.

~Robert Cheeke

When I tell people that I'm vegan, the first question asked is, 'How do you get enough protein?' This immediately tells me that they are uneducated and know little or nothing about nutrition.

~Robert Cheeke

The people who put limits on your abilities, goals, or dreams, may not be the people you want to associate yourself with.

~Robert Cheeke

Most of us have the tools we need, we're just not sure how to use them.

~Robert Cheeke

When it comes down to it, it really is the little things that count most.

~Robert Cheeke

Why bother lifting weights if you aren't following a sound nutritional regimen? Sure, it may be fun, but are you really accomplishing anything?

~Robert Cheeke

Don't just reach for the stars. Grab a hold of one, grasp it tightly, and pull it into your heart and soul.

~Robert Cheeke

We all have 1,440 minutes each day to accomplish everything on our schedule. We are accountable for prioritizing the decisions we make with our time.

~Robert Cheeke

Whether you know it or not, you are a role model for somebody. Watch what you say and know that you're responsible for your actions.

~Robert Cheeke

Go out of your way to make an outstanding first impression.

~Robert Cheeke

Before starting a fitness program or diet, know why you're doing it. Have specific goals with deadlines and visualize the end result each night before going to bed.

~Robert Cheeke

Remember all the people in your life who helped guide you on your road to success. Thank them sincerely and often.

~Robert Cheeke

Take time to compliment people every day. Do it sincerely and with no desire to gain anything but a smile in return.

~Robert Cheeke

There is no "I" in "Team," but there is an "E" for "Everyone." A team achieves more when everyone contributes.

~Robert Cheeke

When I accomplish a challenging goal it is one of the most powerful and wonderful feelings in the world.

~Robert Cheeke

It is worth it to give up all that you now are to be all that you could become.

~Robert Cheeke

Dare to be different. Successful people always stand out.

~Robert Cheeke

There is a Tony the Tiger inside of all of us just waiting to be unleashed.

~Robert Cheeke

Nobody knows you better than you do.

~Robert Cheeke

Learn to see the big picture. Often times we get tunnel vision and lose sight of the big picture and what we're really trying to accomplish.

~Robert Cheeke

Look in the mirror and stare at your eyes and say, "I can and will be successful."

~Robert Cheeke

After a grueling leg workout nothing feels better than a slow, deep massage on your quads.

~Robert Cheeke

At least once a month, do something for someone who will never know who did them the friendly favor.

~Robert Cheeke

Be someone's best friend and be there when he or she needs you.

~Robert Cheeke

For some people hope is all they have. Encourage them and don't take their hope away, for they will be left with nothing.

~Robert Cheeke

Be open to other people's opinions, ideas, and try new things. One of

the best ways to learn is to feed off other people's experiences.

~Robert Cheeke

I'd rather have a picture-perfect body than a million dollars in my pocket.

~Robert Cheeke

The people who are scared of going on a diet are the people who could benefit the most from one.

~Robert Cheeke

In a time when many people are looking to cut calories, reduce food intake, cut food costs, and lower their bodyweight, bodybuilders are looking to pour it on.

~Robert Cheeke

There is always someone out there working harder than you, and you may be standing next to him or her in your next competition.

~Robert Cheeke

My brother is my best friend and nothing is stronger than family.

~Robert Cheeke

The people who wake up and jump out of bed with energy and enthusiasm are the people who will be smiling all day, go out of their way to help you, and call you by name.

~Robert Cheeke

Despite what we may think, we are all talented in our own unique way.

~Robert Cheeke

Do nice things for people who may be less fortunate than you.

~Robert Cheeke



The ability to make and keep promises is the key aspect to trust in a relationship.

~Robert Cheeke

Search for inspiring quotes and put them on the walls of your bedroom. Read them before you go to bed and the first thing when you wake up in the morning.

~Robert Cheeke

Be willing to give people a second chance. You'd be surprised how well people respond to another opportunity to succeed.

~Robert Cheeke

On your birthday thank your parents and celebrate with them. They are the reason you are here and it is their day too.

~Robert Cheeke

Believe in yourself and others will believe in you.

~Robert Cheeke

Laugh a lot. Laughter will make even the dreariest situations a whole lot more enjoyable.

~Robert Cheeke

Don't be afraid to show emotion. Get excited, get angry, get motivated, laugh, cry, yell, and vent. You will feel so much better after a great release.

~Robert Cheeke

The song How do you like me now? By Toby Keith will be my personal theme song when I attend my first high school reunion.

~Robert Cheeke

Your friends may influence your decisions even more than your parents

will.

~Robert Cheeke

But all the vitamins, amino acids, protein etc. needed to get stronger can be found in abundance in plant foods. Anything that is a fruit, nut, grain or seed is vegan and there are thousands of those.

~Robert Cheeke

Potential counts for a lot; but heart, desire, and will can take a dream from potential to possible.

~Robert Cheeke

Attend your children's athletic events. There's nothing better than watching your child succeed while absolutely loving the opportunity to play in front of you.

~Robert Cheeke

I challenge myself everyday to be the most positive and enthusiastic person I know.

~Robert Cheeke

Most people use excuses to cover up mistakes, but it takes less time to do something right the first time.

~Robert Cheeke

The words: never, can't, quit, and fail, are not in my vocabulary.

~Robert Cheeke

Your health and well being should be your number one priority, nothing else is more important.

~Robert Cheeke

When lifting weights, nothing feels better than achieving a high point on the bench press with no help from your spotter.

~Robert Cheeke

When going for a run, I pick fresh air, openness, and scenery of the outdoors over a treadmill every time.

~Robert Cheeke

If in a tense or nervous situation, take a moment to center and ground yourself and make a thoughtful decision. Remember that nothing is as important as it first seems.

~Robert Cheeke

Some of us are fortunate enough to have known what we wanted to be since the day we were born.

~Robert Cheeke

Take risks that could result in Greatness! Wayne Gretsky said, "You miss 100% of the shots you never take."

~Robert Cheeke

The most important job you will ever have is your commitment to a promise you made to someone.

~Robert Cheeke

When intention is supported by effort, success follows.

~Robert Cheeke

### **Related Links:**

- [Motivational Quotes](#)
- [Bodybuilding Quotes](#)
- [Heart Quotes](#)
- [Dream Quotes](#)
- [People Quotes](#)
- [Successful Quotes](#)
- [Passion Quotes](#)
- [Hero Quotes](#)
- [Night Quotes](#)
- [Impact Quotes](#)
- [Giving Quotes](#)
- [Morning Quotes](#)
- [Determination Quotes](#)
- [Wall Quotes](#)
- [Littles Quotes](#)
- [Sports Quotes](#)
- [Hard Work Quotes](#)
- [Brother Quotes](#)
- [Greatness Quotes](#)
- [Workout Quotes](#)