

Steven Pressfield

Quotes

Artist, Self, Resistance, Writing, Believe, Art, Real, Thinking, War, Inspiration, Destiny, Work, Want, Jobs, Motivational, Children, Warrior, Heart, Doe, Passion

Go tell the Spartans, stranger passing by, that here obedient to their laws we lie.

~Steven Pressfield

Rule of thumb: The more important a call or action is to our soul's evolution, the Resistance we will feel toward pursuing it.

~Steven Pressfield

Never forget: This very moment, we can change our lives. There never was a moment, and never will be, when we are without the power to alter our destiny.

~Steven Pressfield

Don't cheat the world of your contribution. Give it what you've got.

~Steven Pressfield

The essence of professionalism is the focus upon the work and its demands, while we are doing it, to the exclusion of all else.

~Steven Pressfield

The most important thing about art is to work. Nothing else matters except sitting down every day and trying.

~Steven Pressfield

We come into this world with a specific, personal destiny. We have a job to do, a calling to enact, a self to become. We are who we are from the cradle, and we're stuck with it.

~Steven Pressfield

A horse must be a bit mad to be a good cavalry mount, and its rider must be completely so.

~Steven Pressfield

Be too dumb to quit and too stubborn to back off.

~Steven Pressfield

Most of us have two lives. The life we live, and the unlive life within us. Between the two stands Resistance.

~Steven Pressfield

The more scared we are of a work or calling, the more sure we can be that we have to do it.

~Steven Pressfield

The more fear we feel about a specific enterprise, the more certain we can be that that enterprise is important to us and to the growth of our soul.

~Steven Pressfield

Our job in this lifetime is not to shape ourselves into some ideal we imagine we ought to be, but to find out who we already are and become it.

~Steven Pressfield

Don't prepare. Begin. Our enemy is not lack of preparation. The enemy is resistance, our chattering brain producing excuses. Start before you are ready.

~Steven Pressfield

A child has no trouble believing the unbelievable, nor does the genius or the madman. It's only you and I, with our big brains and our tiny hearts, who doubt and overthink and hesitate.

~Steven Pressfield

Courage is inseparable from love and leads to what may arguably be the noblest of all warrior virtues: selflessness.

~Steven Pressfield

We fear discovering that we are more than we think we are... That we actually have the guts, the perserverance, the capacity... because, if it's true, then we become estranged from all we know.

~Steven Pressfield

Those who will not govern themselves are condemned to find masters to govern over them.

~Steven Pressfield

On the field of The Self stand a knight and a dragon. You are the knight. Resistance is the dragon.

~Steven Pressfield

Creative work is not a selfish act or a bid for attention on the part of the actor. It's a gift to the world and every being in it. Don't cheat us of your contribution. Give us what you've got.

~Steven Pressfield

The more you love your art/ calling/ enterprise, the more important its accomplishment to the evolution of your soul, the more you will fear it and the more Resistance you will experience facing it.

~Steven Pressfield

Socrates demonstrated long ago, that the truly free individual is free only to the extent of his own self-mastery.

~Steven Pressfield

When we see others beginning to live their authentic selves, it drives us crazy if we have not lived out our own.

~Steven Pressfield

Always attack. Even in defense, attack. The attacking arm possesses the initiative and thus commands the action. To attack makes men brave; to defend makes them timorous.

~Steven Pressfield

Fear doesn't go away. The warrior and the artist live by the same code of necessity, which dictates that the battle must be fought anew every day.

~Steven Pressfield

The professional does not wait for inspiration; he acts in anticipation of it.

~Steven Pressfield

We will have to choose between the life we want for our future and the life we have left behind.

~Steven Pressfield

The critic hates most that which he would have done himself if he had had the guts.

~Steven Pressfield

The Spartans say that any army may win while it still has legs under it; the real test comes when all strength is fled and the men must produce victory on will alone.

~Steven Pressfield

This man has conquered the world! What have you done?" The philosopher replied without an instant's hesitation, "I have conquered the need to conquer the world.

~Steven Pressfield

Writers think in metaphors. Editors work in metaphors. A great reader reads in metaphors.

~Steven Pressfield

Nothing is as empowering as real-world validation, even if it's for failure.

~Steven Pressfield

Of any activity you do, ask yourself: If I were the last person on earth, would I still do it?

~Steven Pressfield

When we sit down day after day and keep grinding, something mysterious starts to happen... Unseen forces enlist in our cause; serendipity reinforces our purpose.

~Steven Pressfield

The professional loves her work. She is invested in it wholeheartedly. But she does not forget that the work is not her.

~Steven Pressfield

Do you love your idea? Does it feel right on instinct? Are you willing to bleed for it?

~Steven Pressfield

The most pernicious aspect of procrastination is that it can become a habit. We don't just put off our lives today; we put them off till our deathbed.

~Steven Pressfield

Resistance cannot be seen, touched, heard, or smelled. But it can be felt.

~Steven Pressfield

The amateur tweets. The pro works.

~Steven Pressfield

When we turn pro we stop running from our fears. We turn around and face them.

~Steven Pressfield

...she (the artist, the writer) doesn't wait for inspiration, she acts in the anticipation of its apparition.

~Steven Pressfield

The instinct that pulls us toward art is the impulse to evolve, to learn, to heighten and elevate our consciousness. The Ego hates this. Because the more awake we become, the less we need the Ego.

~Steven Pressfield

To feel ambition and to act upon it is to embrace the unique calling of our souls.

~Steven Pressfield

The professional learns to recognize envy-driven criticism and to take it for what it is: the supreme compliment. The critic hates most that which he would have done himself if he had had the guts.

~Steven Pressfield

The professional will not tolerate disorder... He wants the carpet vacuumed and the threshold swept, so the Muse may enter and not soil her gown.

~Steven Pressfield

A work-in-progress generates its own energy field. You, the artist or entrepreneur, are pouring love into the work; you are suffusing it with passion and intention and hope.

~Steven Pressfield

The professional arms himself with patience, not only to give the stars time to align in his career, but to keep himself from flaming out in each individual work.

~Steven Pressfield

To yield to Resistance deforms our spirit. It stunts us and makes us

less than we are and were born to be.

~Steven Pressfield

Next morning I went over to Paul's for coffee and told him I had finished. "Good for you," he said without looking up. "Start the next one today."

~Steven Pressfield

Its [Resistance] aim is to shove us away, distract us from doing our work.

~Steven Pressfield

Resistance's goal is not to wound or disable. Resistance aims to kill

~Steven Pressfield

You are a writer when you tell yourself you are. No one else's opinion matters. Screw them. You are when you say you are.

~Steven Pressfield

If we were born to overthrow the order of ignorance and injustice of the world, it's our job to realize it and get down to business.

~Steven Pressfield

The professional has learned that success, like happiness, comes as a by-product of work. The professional concentrates on the work and allows rewards to come or not come, whatever they like.

~Steven Pressfield

Every artist has to face his own demons and evolve his own method of working.

~Steven Pressfield

No matter how great a writer, artist, or entrepreneur, he is a mortal, he is fallible. He is not proof against Resistance. He will drop the ball; he

will crash. That's why they call it rewriting.

~Steven Pressfield

To labor in the arts for any reason other than love is prostitution.

~Steven Pressfield

Start before you're ready.

~Steven Pressfield

The only intercourse possible between the knight and the dragon is battle.

~Steven Pressfield

Research can become Resistance. We want to work, not prepare to work.

~Steven Pressfield

The Principle of Priority states (a) you must know the difference between what is urgent and what is important, and (b) you must do what's important first.

~Steven Pressfield

The opposite of fear is love - love of the challenge, love of the work, the pure joyous passion to take a shot at our dream and see if we can pull it off.

~Steven Pressfield

Resistance will tell you anything to keep you from doing your work.

~Steven Pressfield

Resistance is experienced as fear; the degree of fear equates to the strength of Resistance.

~Steven Pressfield

Fear doesn't go away. The battle must be fought anew every day.

~Steven Pressfield

When we conquer our fears, we discover a boundless, bottomless, inexhaustible well of passion.

~Steven Pressfield

The song we're composing already exists in potential. Our work is to find it.

~Steven Pressfield

Tomorrow morning the critic will be gone, but the writer will still be there facing the blank page. Nothing matters but that he keep working.

~Steven Pressfield

We must do our work for its own sake, not for fortune or attention or applause.

~Steven Pressfield

Seeking support from friends and and family is like having people gathered around at your deathbed. It's nice, but when the ship sails, all they can do is stand on the dock waving goodbye.

~Steven Pressfield

The counterfeit innovator is wildly self-confident. The real one is scared to death.

~Steven Pressfield

You have never tasted freedom, friend, or you would know it is purchased not with gold, but steel.

~Steven Pressfield

Every sun casts a shadow, and genius's shadow is Resistance.

~Steven Pressfield

A cavalryman's horse should be smarter than he is. But the horse must never be allowed to know this.

~Steven Pressfield

The best and only thing that one artist can do for another is to serve as an example and an inspiration.

~Steven Pressfield

It's one thing to lie to ourselves. It's another thing to believe it.

~Steven Pressfield

We feed it [Resistance] with power by our fear of it. Master that fear and we conquer Resistance.

~Steven Pressfield

It's better to be in the arena, getting stomped by the bull, than to be up in the stands or out in the parking lot.

~Steven Pressfield

He who whets his steel, whets his courage

~Steven Pressfield

The artist cannot look to others to validate his efforts or his calling. If you don't believe me, ask Van Gogh, who produced masterpiece after masterpiece and never found a buyer in his whole life.

~Steven Pressfield

Resistance is not a peripheral opponent. Resistance arises from within. It is self-generated and self-perpetuated. resistance is the enemy within.

~Steven Pressfield

When we're living as amateurs, we're running away from our calling - meaning our work, our destiny, the obligation to become our truest and

highest selves.

~Steven Pressfield

The highest treason a crab can commit is to make a leap for the rim of the bucket.

~Steven Pressfield

Resistance by definition is self-sabotage.

~Steven Pressfield

What finally convinced me to go ahead was simply that I was so unhappy not going ahead.

~Steven Pressfield

We show up. We do our best. Good things happen.

~Steven Pressfield

Don't prepare, do. Don't let Resistance sucker you into wasting months on background, foundation, planning. All that can come later.

~Steven Pressfield

The last thing we want is to remain as we are.

~Steven Pressfield

I am going to write my symphony; I'm just going to start tomorrow.

~Steven Pressfield

On the artist's journey we are redefining and reconfiguring ourselves and our lives.

~Steven Pressfield

A writer writes with his genius; an artist paints with hers; everyone who creates operates from this sacramental center.

~Steven Pressfield

Resistance is implacable, intractable, indefatigable.

~Steven Pressfield

Anything that draws attention to ourselves through pain-free or artificial means is a manifestation of Resistance.

~Steven Pressfield

Persian envoy "our arrows will black out the sun..." Dienekes of the Spartans.. "Good, then we'll fight in the shade.

~Steven Pressfield

Artists are modest. They know they're not doing the work; they're just taking dictation.

~Steven Pressfield

I had always been an enthusiastic reader of stuff about ancient Greece. I would read Herodotus and Thucydides just for fun.

~Steven Pressfield

One thing I've found in any project is almost universally about three quarters of the way through - or maybe a little farther, maybe seventh eighths on the way through - any project will explode.

~Steven Pressfield

When you're a working writer, sooner or later friends and acquaintances will get you alone and confide that they, too, have a book in them.

~Steven Pressfield

Reading is alive and well and will get more alive and more well. Reading on tablets (or whatever the next tech device will be) is the future - and the future is now.

~Steven Pressfield

I'm superstitious. I keep mum while I'm working on something.

~Steven Pressfield

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