

7 DAVID GOGGINS QUOTES

to Spark Action and Own Your Potential



“In life, there is no gift as overlooked or inevitable as failure. I’ve had quite a few and have learned to relish them, because if you do the forensics you’ll find clues about where to make adjustments and how to eventually accomplish your task.”

“I’m a big believer of doing something that sucks every single day of your life. I believe it’s a key component into strengthening your mind.”

“Everyone fails sometimes and life isn’t supposed to be fair, much less bend to your every whim.”

“Nobody cares what you did yesterday. What have you done today to better yourself?”

“You can tolerate doubt as a backseat driver, but if you put doubt in the pilot’s seat, defeat is guaranteed.”

“If you want to master the mind and remove your governor, you’ll have to become addicted to hard work. Because passion and obsession, even talent, are only useful tools if you have the work ethic to back them up.”

“In every failure there is something to be gained, even if it’s only practice for the next test you’ll have to take. Because that next test is coming. That’s a guarantee.”