

<p>"The whole idea of motivation is a trap. Forget motivation. Just do it. Exercise, lose weight, test your blood sugar, or whatever. Do it without motivation. And then, guess</p>	<p>-- that's why we recommend it daily." --Zig Ziglar</p>
<p>"People often say that motivation doesn't last. Well, neither does bathing</p>	<p>to light that fire under you, chances are it will burn very briefly." --Stephen R. Covey</p>
<p>"Motivation is a fire from inside. If someone else tries</p>	<p>what? After you start doing the thing, that's when the motivation comes and makes it easy for you to keep on doing it." --John Maxwell</p>
<p>"Success usually comes to those</p>	<p>knew you would not fail?" --Robert Schuller</p>
<p>"What would you attempt to do if you</p>	<p>Ask anyone who failed." --Earl Nightingale</p>
<p>"Success is simply a matter of luck.</p>	<p>who are too busy to be looking for it." --Henry David Thoreau</p>