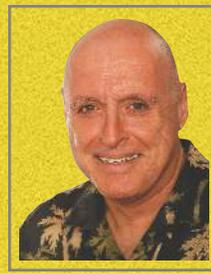


THE EXTRA POINT

BY JERRY ROBERTS



1142 Is There a Limitation on Quotations?

If I asked you to list your possibilities and your options, could you do it? What if I asked for a rundown on your limitations. Could you do that? Do you think it's easier to focus on possibilities or limits? I'm Jerry Roberts and today the topic is limitations, on The Extra Point.

1. *"Our mistake is to confuse our limitations with the bounds of possibility."*
— William Golding, novelist
2. *"In imagination, there's no limitation."*
— Author Mark Victor Hansen
3. *"The only limit to our realization of tomorrow will be our doubts of today."*
— President Franklin D. Roosevelt
4. *"Your only limitations are those you set up in your mind or permit others to set up for you."*
— Author Og Mandino
5. *"Either push your limits or suffocate in your comfort zone."*
— Arun Purang, talent intelligence consultant
6. *"The mind that perceives the limitation is the limitation."*
— Buddha, spiritual teacher
7. *"Don't limit your challenges. Challenge your limits."*
— Anonymous
8. *"Sometimes, the best way to learn is to go beyond limits and set your own rules."*
— Anonymous
9. "When you put a limitation on what you will do, you have put a limitation on what you can do."
— Anonymous
10. *"When someone tells you it can't be done, it's more a reflection of their limitations, not yours."*
— Anonymous

11. *"Make your life a masterpiece; imagine no limitations on what you can be, have, or do."*
— Motivational author/speaker Brian Tracy

12. *"Don't limit yourself to someone else's opinion of your capabilities. Be you. Dream, plan, execute."*
— Steve Maraboli, Internet radio commentator

13. *"A man or woman's reach should exceed his/her grasp — or what's a Heaven for?"*
— Poet Robert Browning

14. *"A man's got to know his limitations."*
— Clint Eastwood as Dirty Harry, in the movie Magnum Force.

Yes, I agree. Men and women need to know their limitations. Then use any means possible to go past them. Maybe it's the "power of just" that we've discussed before.

Just one more mile, just one more lift with the weights, just one more chapter, just one more interview, just one more sales call, just one more whatever it is you need to do to push beyond your sticking point or personal best.

A personal best is nothing more than a current limit. When you surpass it, you reset the limitation.

15. *"Don't tell me the sky's the limit when there are footprints on the moon."*
— Paul Brandt, country music singer

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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For information on training and consulting services with Jerry Roberts, please click this link: guamtraining.com