

INSPIRATIONAL QUOTES FOR THE REHABILITATION JOURNEY

Desire and motivation

“If you really want something you will find a way.
If you don’t, you will find an excuse.”

“It’s not the mountain we conquer, but ourselves.” Sir Edmund Hilary

“Your life does not get better by chance, it gets better by change.” Jim Rohn

“The distance between your dreams and your reality is called action.”

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Hope and reframing

It is a lapse, not a collapse!

“The only way out is through.”

“It takes longer to rush.”

“Don’t wish for it, work for it.”

“I will not say that I failed 1000 times, I will say I discovered 1000 ways that can cause failure.” Thomas Edison

“I may not be there yet, but I am closer than I was yesterday.”

Willpower and resilience

Until you try, you don't know what you can't do.

Better to be an optimist who is wrong than a pessimist who is right.

Pressure creates diamonds.

Do something today that your future self will thank you for.

Setbacks and challenges

“If you repeat a mistake, it’s not a mistake, it’s a decision.”

“Don’t be upset by the results you didn’t get with the work you didn’t do.”

“However frustrating that time seemed, I know it wasn’t wasted. After all, it’s the struggle out of the cocoon that gives the butterfly strength to fly.”

Failure is success if we chose to learn from it.

Sometimes you face difficulties not because you're doing something wrong, but because you are doing something right.

"'Difficulty' is the name of an ancient tool that was created purely to help define who we are." Paulo Coelho

"When you plant a lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, more water or less sun."
Thich Nhat Hanh

"No matter how many mistakes you make and how slow you progress, you're still way ahead of everyone who isn't trying." Tony Robbins

"The greatest glory in living lies not in never falling down but in rising each time we fall." Nelson Mandela

A stumbling block to a pessimist is a stepping stone to the optimist.

"You will have wonderful surges forward. Then there must be a time of consolidating before the next forward surge. Accept this as part of the process and never become downhearted." Eileen Caddy

Something we were withholding made us weak until we found it was ourselves. Robert Frost

The movement learning cycle

The challenge lies in staying motivated and focused between phase 2 and phase 3 of the cycle depicted below. Having to re-learn a movement that is healthy for your body after injury or surgery takes effort. You may at times feel frustrated at having to re-learn something that was previously so easy for you. Re-programming your body is helped with thoughtful correct repetition (quality and quantity), mental imagery/visualisation and rehearsal along with connecting with the new "feeling" of the movement. Trust that you can do it by realising that you may have successfully have done this before in another aspect of your life e.g. learning to drive a bicycle or car etc.

"Allow yourself to be a beginner. No one starts off being excellent."

"It's repetition, not magic." Hannah Frost

