



BEST DAVID GOGGINS QUOTES

- Suffering is a test. That's all it is. Suffering is the true test of life.
- The human body can withstand and accomplish a hell of a lot more than most of us think possible, and that it all begins and ends in the mind.
- It's going to be hard work, discipline, and the non-cognitive skills—hard work, dedication, sacrifice—that will set you apart.
- We are all great. No matter if you think you're dumb, fat, been bullied, we all have greatness. You gotta find the courage.
- You will never learn from people if you always tap dance around the truth.
- You can will yourself to do almost anything you want.
- You are stopping you, you are giving up instead of getting hard.

