# Inspirational Quotes for Challenging Times

### **From Robert Frost**



"The best way out is always through."

### From Robert Schuller



"Tough times never last. Tough people do."

### **An African Proverb**



"Smooth seas do not make skillful sailors."

# From Wayne Gretzky



"You miss one hundred percent of the shots you don't take."

# From Robert Gallagher



"Even if you fall on your face you're moving forward."

## **From Bonnie Pruden**



"You can't turn back the clock but you can wind it up again."



Sports Concussion Center of New Jersey