

Quotes(Template)

A place to store quotes and passages related to your pursuits of mastery. Collect quotes and passages that, when read, encourage your pursuit of mastery. We listed a few default quotes. Delete what does not resonate.

Quotes and passages can be sorted by domain or by path.

Body Quotes

"No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable." **Socrates**

Musashi Dokkōdō Precept 20 | You may abandon your own body, but you must preserve your honor

"The last three or four reps is what makes the muscle grow. This area of pain divides a champion from someone who is not a champion." **Arnold Schwarzenegger** | [Arnold: The Education of a Bodybuilder](#)

Mind Quotes

"Simplicity is the ultimate sophistication." **Leonardo Di Vinci**

"If you want to live a happy life, tie it to a goal, not to people or things." **Albert Einstein**

"Leisure without study is death - a tomb for the living person." **Seneca**

Spirit Quotes

"The struggle itself toward the heights is enough to fill a man's heart. One must imagine Sisyphus happy." **Albert Camus**

"If you follow the present-day world, you will turn your back on the Way; if you would not turn your back on the Way, do not follow the world." **Takuan Soho** | [The Unfettered Mind](#)

"If you accomplish something good with hard work, the labor passes quickly, but the good endures; if you do something shameful in pursuit of pleasure, the pleasure passes quickly, but the shame endures." **Musonius Rufus**