

*“By doing things when you are too tired, by pushing yourself farther than you thought you could—like running the track after a two-hour practice—you become a competitor. Each time you go beyond your perceived limit, you become mentally stronger.*

*You think, I’m a little tougher than I thought.*

*The next time you have stretched yourself, try this:*

*Think, ‘Well, maybe I can go even further.’*

*And after that, if you have continued working:*

*Think, ‘I wonder if I have a little more in me?’*

*Pretty soon you are exploring your real depths.”*