

10-Second PEP TALKS

Humor, Help & Hope
You Won't Find On
Motivational Posters



SPORTS ♦ BUSINESS ♦ LIFE
#12 in the Series

My Favorite Teacher Broke My Nose—Twice!



*The Game Within the Game—
Adversity Is a Surprisingly Good Teacher*

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Don't Tell Me What's Wrong

10-Second Pep Talk



Give me two suggestions
to make it better.

— *John Cleese*

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Trying Is Where the Action Is

10-Second Pep Talk

There's only trying.



The rest is none of
our business.

— *T.S. Eliot*

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Work on It

10-Second Pep Talk



When you listen to someone, it's the most profound act of human respect.

— *William Ury*

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The Cost of Freedom

10-Second Pep Talk

The truth will set
you free.



But first it will make
you miserable.

— *Mike Lester,*
"Mike du Jour"

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How Can I Put This?

10-Second Pep Talk



You cannot really understand something unless you can explain it to your grandmother.

— *Unknown*

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Having an Identity Crisis?

10-Second Pep Talk

You are not your stuff.



Michael J. Coren article "The Swedes Know the Secret of Happiness", based on the Swedish reality show "The Gentle Art of Swedish Death Cleaning"

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Gratitude

10-Second Pep Talk



Spend 10 seconds of silence to think of the people who have helped you become who you are, those who have cared for you, and wanted what is best for you in life.

— *Fred Rogers*

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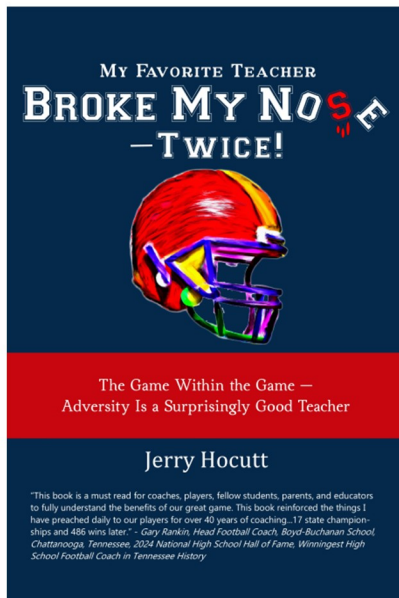


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Through humor, great stories and quotes Jerry has created a book that helps me reflect why I went into the education and coaching profession 40 years ago. — **Ken Potter**, *Jesuit High School, Portland, OR, 4 state championships, **winningest high school football coach in Oregon history***

This book is a must read for coaches, players, fellow students, parents, and educators. — **Gary Rankin**, *Boyd-Buchanan School, Chattanooga, TN, 40 years coaching with 17 state championships, **winningest high school football coach in Tennessee history***

Outstanding book with tons of stuff related to learning, character development and doing things the right way. — **Jim Roth**, *Southern Columbia High School, Catawissa, PA, 40 years head coach, 14 state titles, **Pennsylvania's all-time winningest high school football coach***

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