

# Jesse Owens Quotes

**"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."**

**"Find the good. It's all around you. Find it, showcase it and you'll start believing in it."**

**"The only victory that counts is the one over yourself."**

**"The battles that count aren't the ones for gold medals. The struggles within yourself - the invisible, inevitable battles inside all of us - that's where it's at."**

**"Friendships born on the field of athletic strife are the real gold of competition. Awards become corroded, friends gather no dust."**

**"One chance is all you need."**

**"The only bond worth anything between human beings is their humanness."**

**"Running is real. It's all joy and woe, hard as diamond. It makes you weary beyond comprehension, but it also makes you free."**

**"Life doesn't give you all the practice races you need."**