

Mental Bench Press

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The Victor



The Victor

by C.W. Longenecker

If you think you are beaten, you are.
If you think you dare not, you don't
If you like to win but think you can't,
It's almost a cinch you won't.

If you think you'll lose, you're lost.
For out in the world we find
Success begins with a fellow's will
It's all in the state of mind.

If you think you are outclassed, you are.
You've got to think high to rise.
You've got to be sure of yourself before

You can ever win the prize.
Life's battles don't always go
To the stronger or faster man.
But sooner or later, the man who wins
Is the man who thinks he can.

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Strengthen your mind and you'll have a powerfully fulfilling life.