

Quiet Strength by Tony Dungy (11 Quotes selected by Doug Nichols)
Tyndale Momentum Books, Carol Stream, IL (2008)

1. Proactive Faith Practiced By Coach Dungy

It has been said that we get good at whatever we practice. Coach Dungy practiced proactive faith. This faith is not a gimmick or magic or the will of a strong mind. It is not a short-order request to receive what we want when we want it. Proactive faith is receiving everything that has been promised to us by God's Word for His purpose in His timing. (Page IX)

2. Lift up Someone Else

If you want to lift yourself up, lift up someone else. —Booker T. Washington (Page XIII)

3. Life Is Hard, God Is Better

I like the saying, "Life is hard, but God is good." It's because of God's goodness that we can have hope, both for here and the hereafter. And it's the desire to shape that hope that finely changes my no to yes. (Page XIV)

4. Time to Prepare For Next Event

When a game ends, win or lose, it's time to prepare for the next one. The coaches and players really don't have time to celebrate or to stay down, because Sunday's gone and Monday's here. And no matter what happened yesterday, you have to be ready to play next Sunday. (Page XIV)

5. Journey Most Important, Practice Well

It's the journey that matters. Learning is more important than the test. Practice well, and the games will take care of themselves. Whether you've been kicked in the teeth or life just couldn't get any sweeter, it keeps rolling on . . . and then there's another game. (Page XIV)

6. The Worlds We Can Change For the Better

But winning the Super Bowl is not the ultimate victory. And once again, just to make certain we're on the same page, it's not all about football. It's about the journey—mine and yours—and the lives we can touch, the legacy we can leave, and the world we can change for the better. (Page XV)

7. Response to Lost Opportunities Important

What's important is not the accolades and memories of success but the way you respond when opportunities are denied. (Page 16)

8. Don't Allow External Factors to Hinder You

The lesson, which I did not understand clearly until much later, was that you shouldn't allow external issues to be a hindrance, whether those issues are based on race or any other factor. Things will go wrong at times. You can't always control circumstances. However, you can always control your attitude, approach, and response. Your options are to complain or to look ahead and figure out how to make the situation better. (Page 16)

9. Relationships Are Most Important

There are certain bridges that are not worth crossing, no matter what others think. Loyalty and relationships are important. (Page 84)

10. Three Lessons Learned From Nehemiah

I learned three key truths from Nehemiah. First, Nehemiah's opportunity came in God's time, not his own. Second, Nehemiah diligently prepared his mind and his heart so he would be ready when God's time arrived. Third, Nehemiah needed to be prepared to take on the problem, doubt, and adversity that would come his way both from the outside and from within. (Page 87)

11. Don't Worry About What We Didn't Get

But I had learned from Coach Noll that there's no value for the coach in second-guessing the pick after the draft. Once the player joins our team, our priority is to teach him, not worry about the player we didn't select. We do our homework before every draft. We evaluate our past choices and learn from our experiences. After the draft, we move on and do the best we can to teach whomever we have before us. (Page 153)