

A portrait of Chris Cole, a man with a beard and short hair, wearing a grey and black horizontally striped long-sleeved sweater. He is looking slightly to the side with a serious expression. The background is dark and out of focus. The text 'ColeHard Facts!' is overlaid in large white font, and 'Chris Cole.' is at the bottom in a smaller white font.

ColeHard Facts!

A COLLECTION OF QUOTES, TO
HELP YOU TAP INTO YOUR INNER
BEAST.

Chris Cole.

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ForeWord

***If it cost you your PEACE
then it's too
Expensive !!***



It only matters what you do
under **PRESSURE!!**


chriscoleiam 5h



chriscoleiam 5h



It's the pursuit...it's the
journey...that makes it all
MEANINGFUL!



It's not a dollar amount or
the accumulation of
materialistic possessions
that make you realize you've
"WON" ..

It's the point you realize
that every day is a blessing
and you can truly be
appreciative of the moments
in the moment...

chriscoleiam 37m



chriscoleiam 37m



If they're not adding
they're most definitely
subtracting...



chriscoleiam 35m



Be intentional with the
things you can control:

What you put in your mind

What you put in your body

How you spend your time!

#FreeGame

THE TIME AND ENERGY YOU USE TO
TRY AND CHEAT THE PROCESS...IS
THE WORST TIME SPENT! IT'S NOT
UNTIL YOU EMBRACE THE PROCESS
AND BECOME ONE WITH IT DO YOU
GAIN A TRULY SUSTAINABLE EDGE!

Most will never see the
bigger picture...

Don't be most!!

The last thing to grow on a
tree is ALWAYS the fruit!...

The current you is the only
thing keeping you from the
next level...you can't take
the old character into the
new story!!

***I can SHOW you better
than I can tell you !!
#Ipromiseyouthat***

**You'll NEVER make it if
you don't take 100 %
responsibility for your
own life's outcome!!**

You can't win if you
don't...

1. Take Risk

2. Execute (STOP
PROCRASTINATING)

3. find away instead of
making excuses and blame
others

4. Invest in yourself (Being
intentional ALWAYS about
what you put in your mind,
your body, and how you spend
your time!

If you have a dream or goal
you should be doing
something EVERY single day
to move toward that!!
EVERY FUCKING DAY!!!..

5 minutes a day everyday is
better than 5 hours once a
month!!

It ain't Magic it's WORK!
Social media has tricked us
into thinking shit come easy
because it's only a picture
that captures a moment or
video that captures a few
minutes...

Not realizing that it is
EVERYTHING in between that
makes us and gets us to
those moments we rarely
shine!!

What a POWERFUL thought to
know that some of the
GREATEST days of our lives
haven't even happened yet!!
#KeepGoing

You ever feel like it's
NOTHING you can't do? That's
ME 100 % of the time!

#GoMode

Productive day is an
understatement...
The power of being
INTENTIONAL!!

You can be mad at the HEAT
all day, but you can NEVER
stop the sun 🌞 from
shining!
#overstand

***Most things run their
course sooner than
expected...plan
accordingly!***

 ALPHARETTA, GEORGIA

***Don't share
inspirational quotes.
Share a Life that
Inspires!!***

It's easy to be committed to
the process when everything
is going good!...the true
test is your commitment in
the times of trials and
tribulations!!

Make sure you ALWAYS love
YOUR life!!...it's the ONLY
one you got!!

If it's anything you want
but you don't have in
life....it's because of who
you are and how you think!!

#Whatyougiveyourenergy2grows

Some things don't need to be
thought about...they just
need to be accepted!!

A portrait of a man with a beard and tattoos, wearing a striped sweater and a watch, with text overlaid.

About The Author

CHRIS COLE

An author is broadly defined as "the person who originated or gave existence to anything" and whose authorship determines responsibility for what was created. Narrowly defined, an author is the originator of any written work and can also be described as a writer.

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