

Bad Day Quotes

“It was just a bad game. It happens sometimes. You don’t want it, but it’s the reality. I just have to refocus.” – Tomas Vokoun

“You have good games, you have bad games. You have good years, you have bad years. I have always been kind of philosophical about that.” – Steve Nash

“Bad days build better days.” – Unknown

“I never think about having a bad game because I have prepared.” – David Robinson

“Storms don’t last forever.” – Unknown

“I take it upon myself to get motivated. I know when I have a bad game. It’s something I think about myself when it happens, and I don’t need someone to tell me I didn’t do this or didn’t do that.” – Ed Belfour

“To be the best, you must learn to handle the worst.” – Unknown

“Everybody can have a bad game, and we did. These guys have all proven that they can handle adversity.” – Wayne Graham

“Beast Mode doesn’t make excuses. It doesn’t complain. Whatever you’re doing, go out there and get it done. Keep pushing. If I have a bad game, I think about what I have to do to return to form. Figure it out, go to sleep, and wake up a new man.” – Matt Kemp

“Of course, I have the odd bad game like other players. But I can’t accept that, especially when things don’t go right for United. It all means so much to me to be successful here.” – Ruud van Nistelrooy

“What cracks me up is people who think I don’t take baseball seriously. It’s the most important thing in my life. They don’t know how hard it is for me to get a bad game out of my mind. I still can’t, but I’m getting better.” – Brady Anderson

“You know, when I have a bad game, it continues to humble me, and know that you know, you still have work to do, and you still have a lot of people to impress.” – LeBron James

“You play 20 games; you have one bad game. I think any team in this league will live with that.” – Scott Brooks

“Everyone is gonna have a bad day; everyone is gonna have a bad game. The questions are: How do you recover? What builds your character? I decided one day early on in high school that I wanted to be great at basketball, not just a good basketball player.” – Gilbert Arenas

“I get over bad games right away. Sometimes I’ve let it go even before I’ve left the mound. That quick. Why? Because it’s over. What can you do about it? Nothing. The only thing you can do is fight if you’re still in the game. After that, you can do nothing.” – Mariano Rivera

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Which quote resonates the most for you? Why?

How can you remember a mistake only long enough to learn from it?

How can you help a teammate who just made a mistake bounce back from it quicker?

Have you heard a quote or story which exemplifies or helps you get through a bad day? Share details: