```javascript
// Track days since starting the Resurrection journey
let startDate = localStorage.getItem("resurrectionDate");
if (!startDate) {
  startDate = new Date().toISOString();
  localStorage.setItem("resurrectionDate", startDate);
}

function updateCounter() {
  const savedDate = new Date(localStorage.getItem("resurrectionDate"));
  const today = new Date();
  const diffTime = today - savedDate;
  const diffDays = Math.floor(diffTime / (1000 * 60 * 60 * 24));
  document.getElementById("daysCounter").innerText = diffDays;
}

function resetCounter() {
  localStorage.setItem("resurrectionDate", new Date().toISOString());
  updateCounter();
}

// Motivation quotes
const quotes = [
  "Every sunrise is a chance to resurrect your life.",
  "You are stronger than your urges.",
  "Discipline today creates freedom tomorrow.",
  "Resurrection begins with one step forward.",
  "Your greatest power is your ability to rise again."
];

function newQuote() {
  const random = Math.floor(Math.random() * quotes.length);
  document.getElementById("quote").innerText = quotes[random];
}

// Initialize
updateCounter();
newQuote();
```