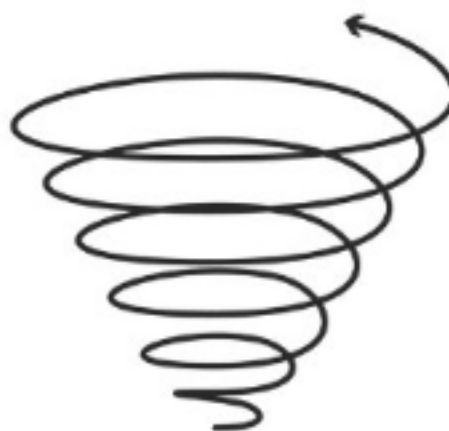




don't spiral

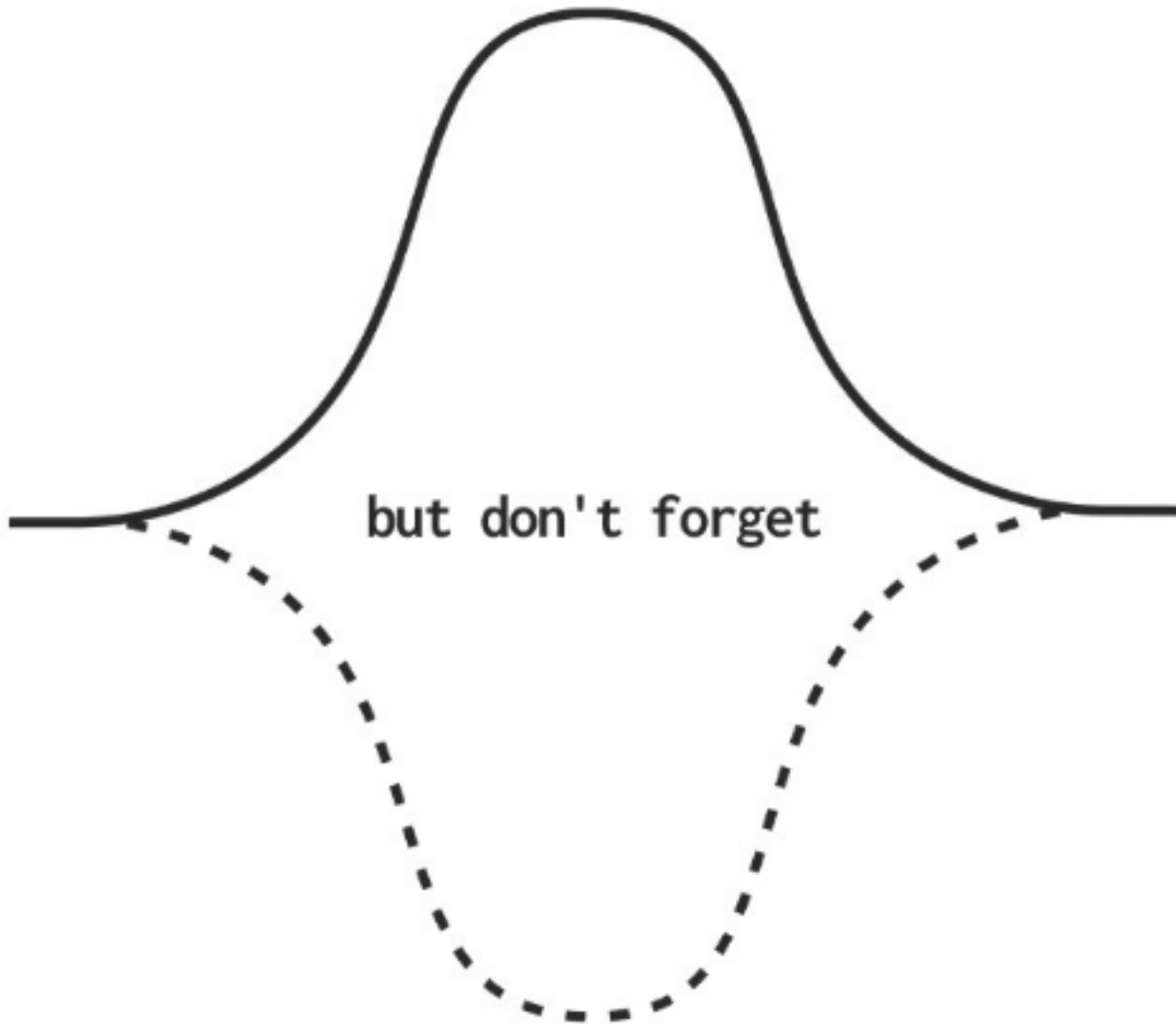


evolve



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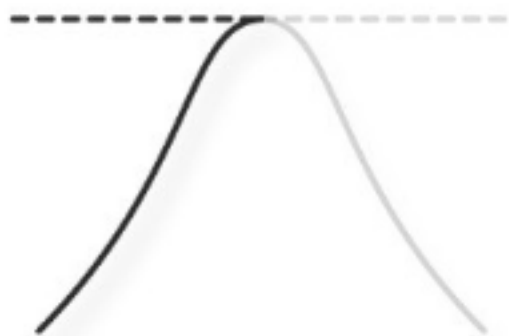
work as hard  
as you can



but don't forget

to rest with the  
same intensity





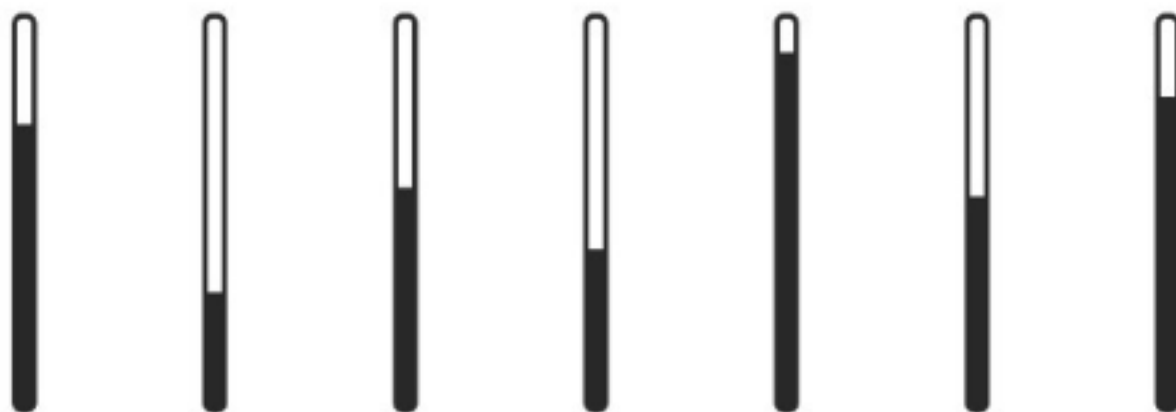
"I can't do it"



"I can do it"

The sky is not the limit.  
The mind is.

Your best will look different every day.



M

T

W

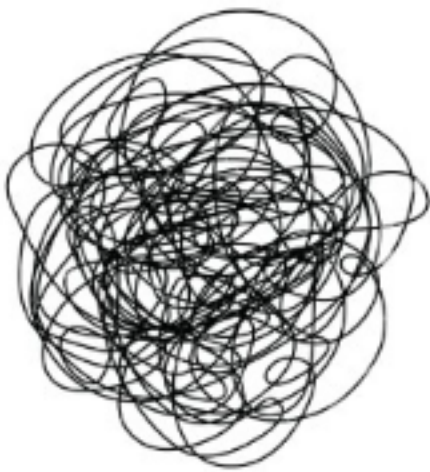
T

F

S

S





a misunderstanding



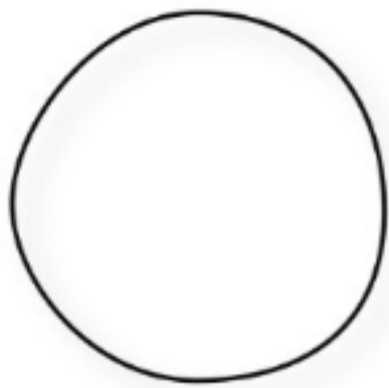
after communication



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what you give you receive



better done



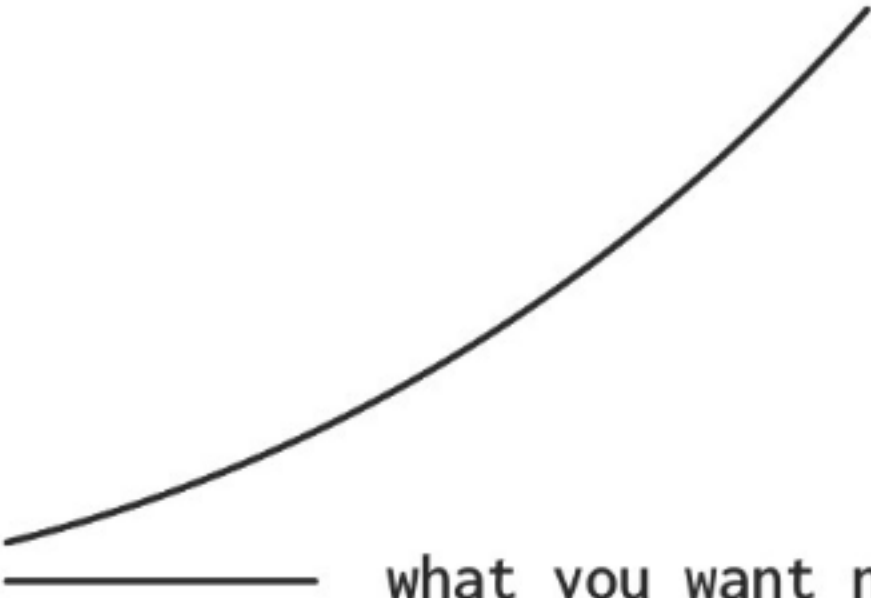
than perfect



discipline is  
choosing between

and what you  
want most

what you want now

A diagram consisting of two lines that originate from a single point on the left. The lower line is a straight horizontal line extending to the right. The upper line is a smooth curve that starts at the same point and arches upwards and to the right, ending at a higher vertical position than the horizontal line.





Teach yourself how to fail properly

