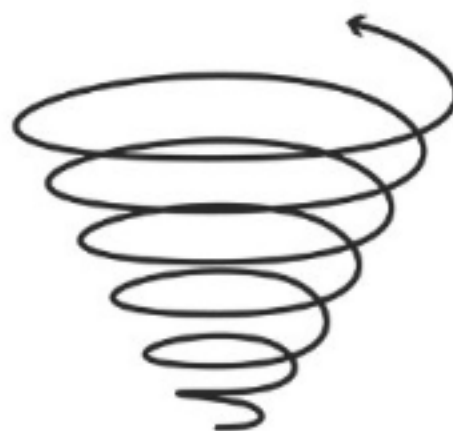


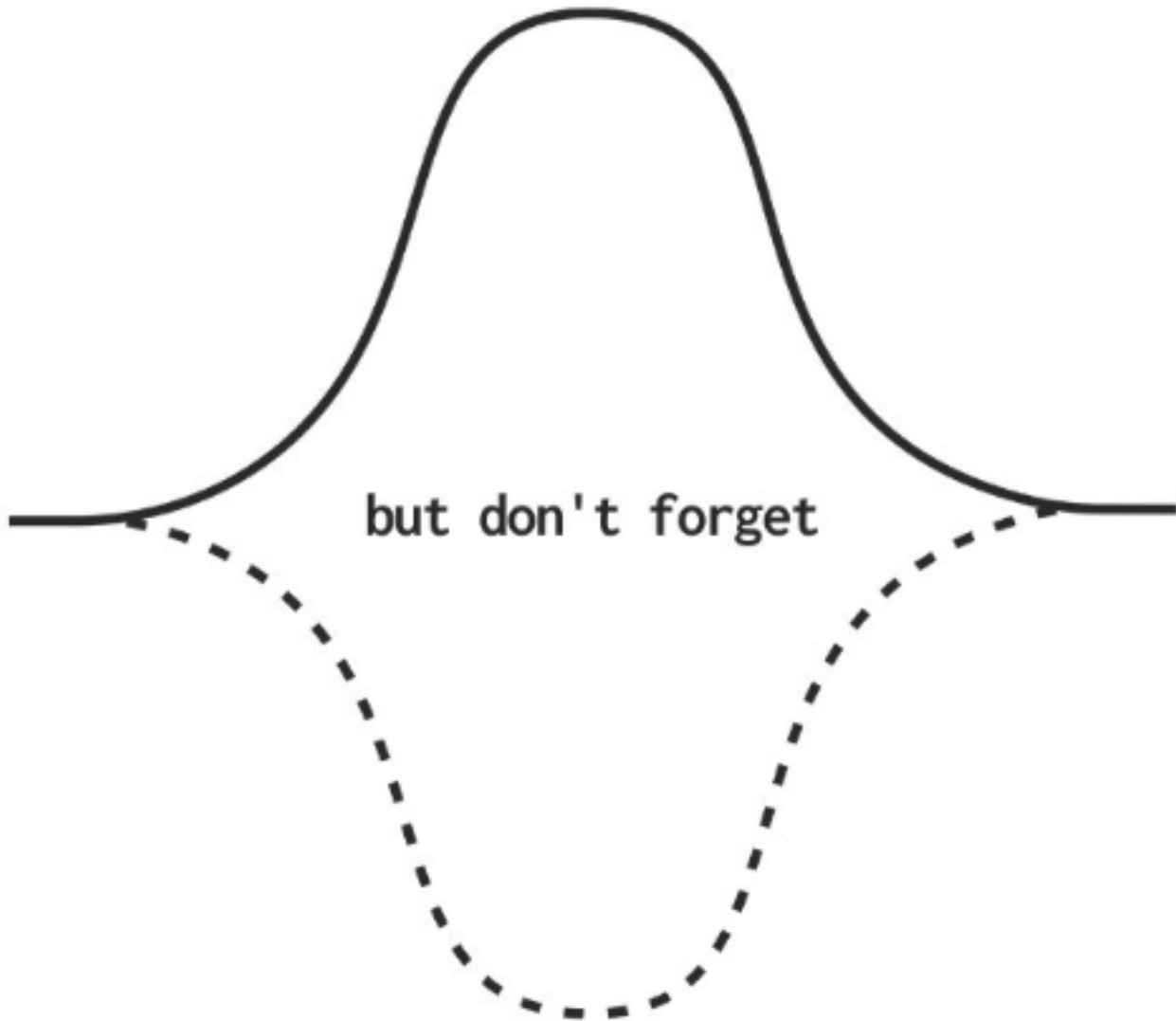


don't spiral



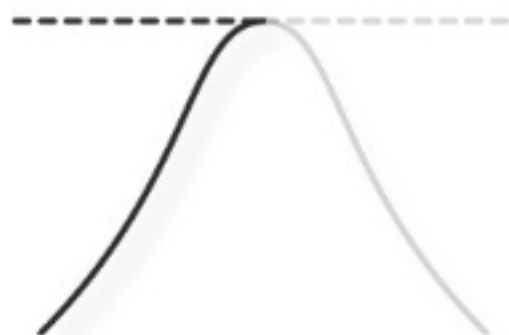
evolve

work as hard
as you can



but don't forget

to rest with the
same intensity



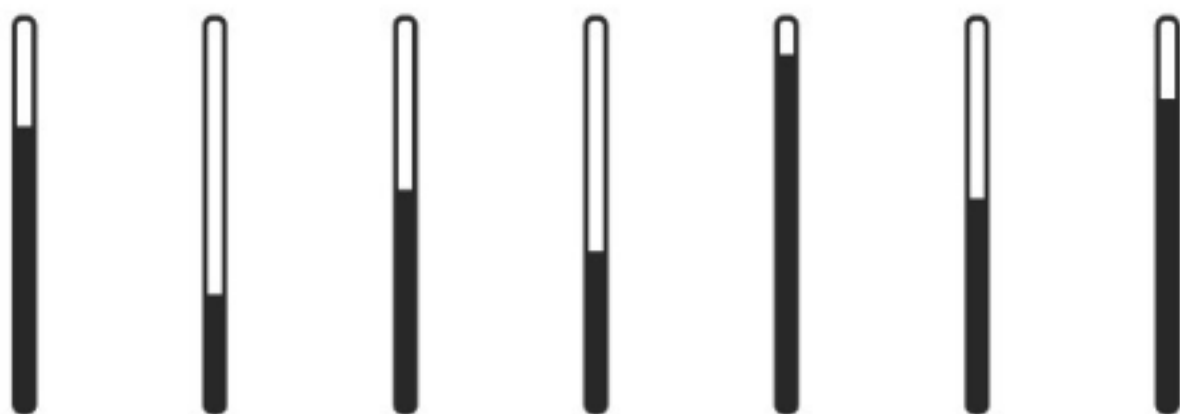
"I can't do it"



"I can do it"

The sky is not the limit.
The mind is.

Your best will look different every day.



M

T

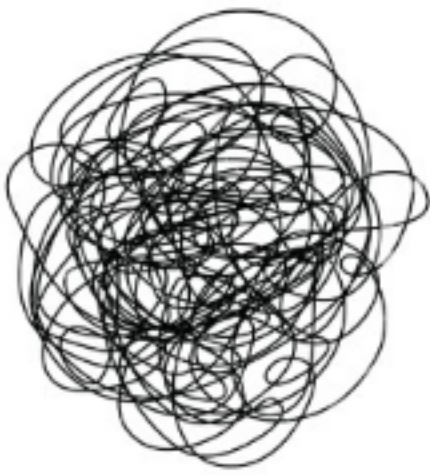
W

T

F

S

S



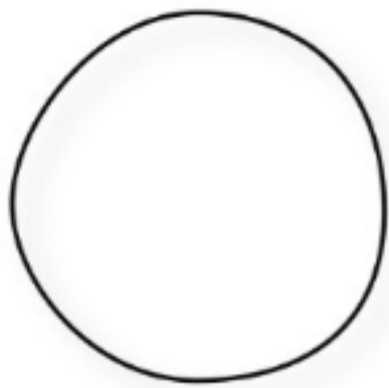
a misunderstanding



after communication



what you give you receive



better done



than perfect

discipline is
choosing between



what you want now



and what you
want most



Teach yourself how to fail properly

