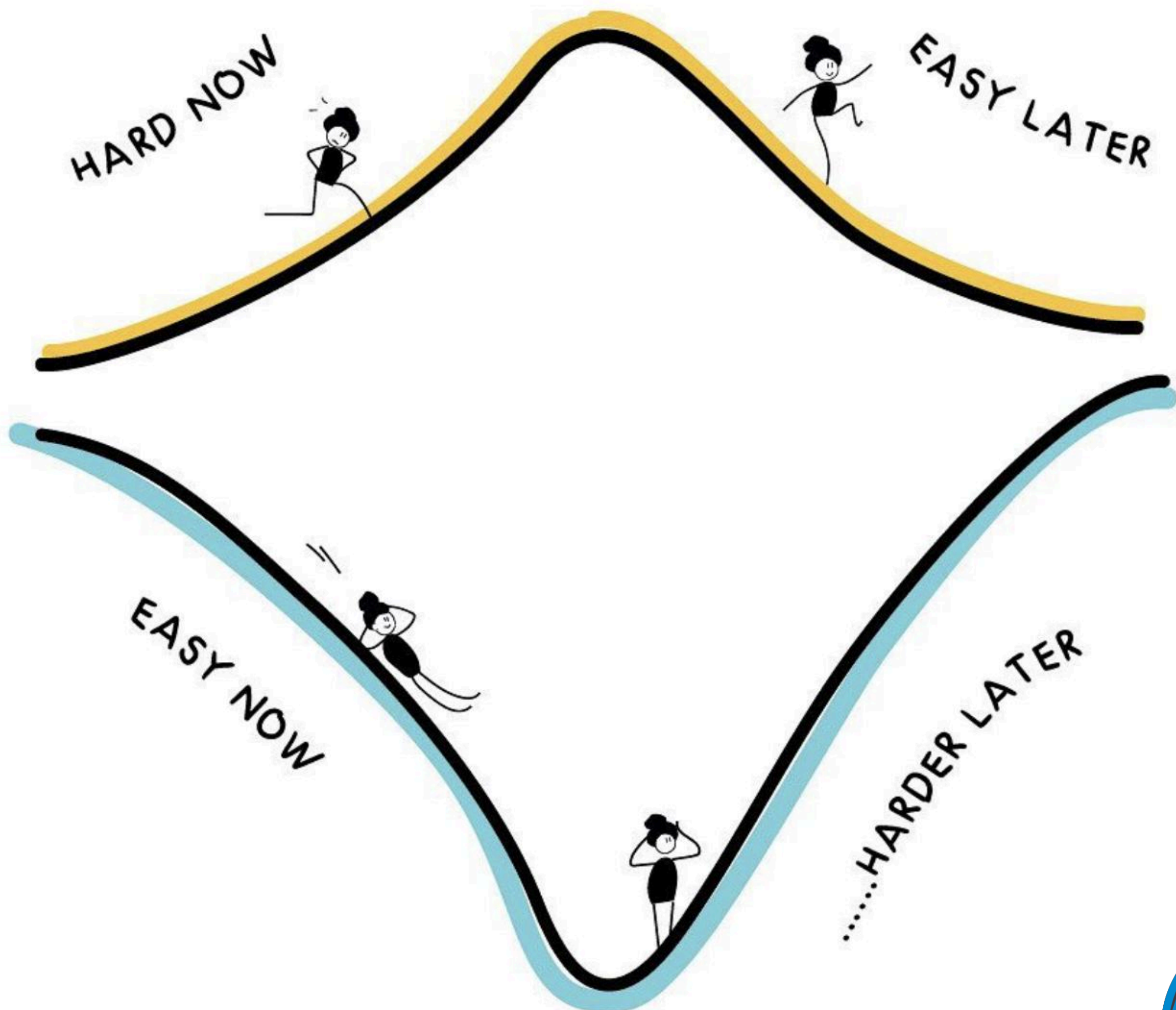


# CHOOSE YOUR HARD



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IT'S NOT A MATTER OF INTENSITY

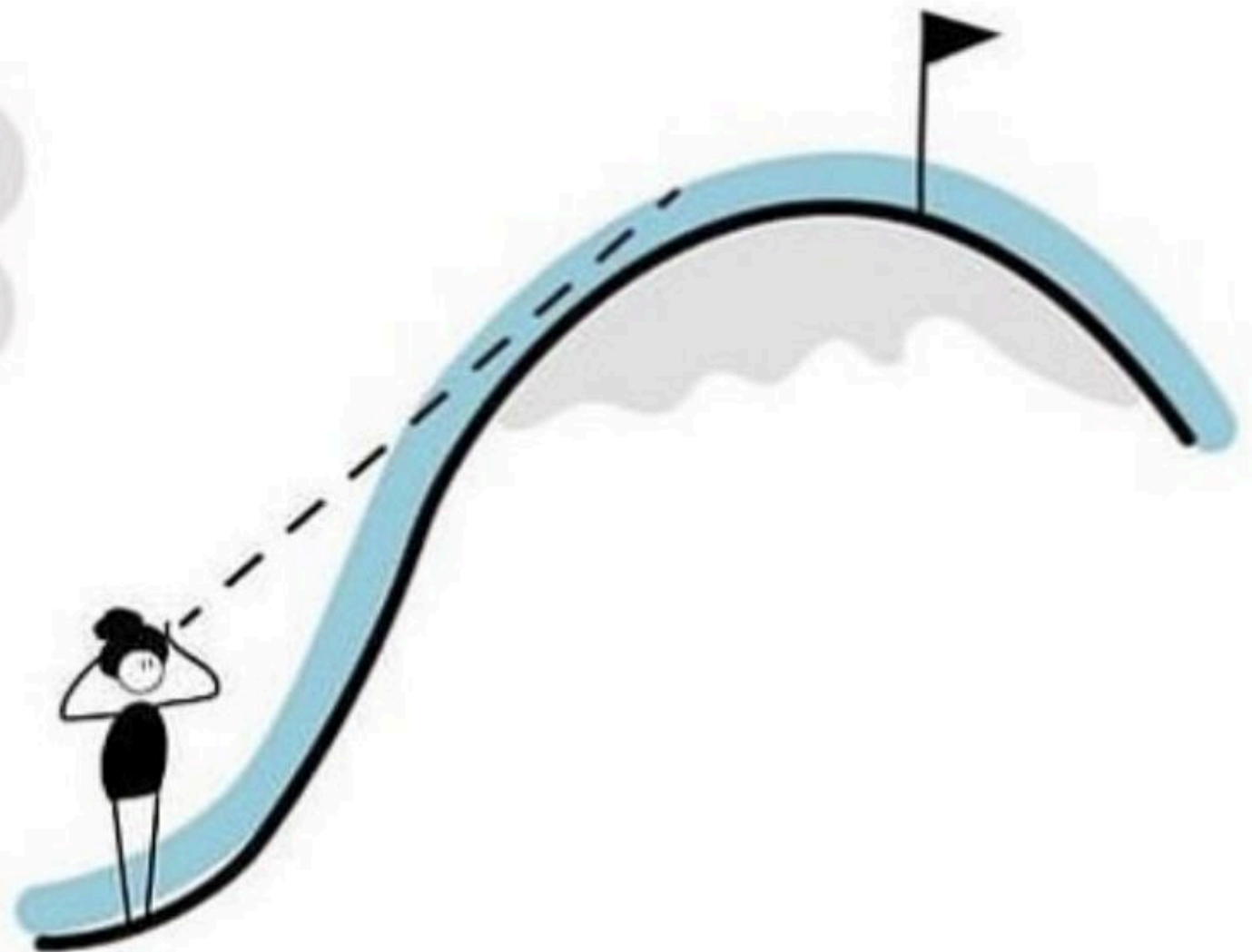
BUT CONSISTENCY



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WHEN THE ROAD AHEAD  
SEEMS HARD AND LONG



LOOK BACK TO SEE HOW  
FAR YOU HAVE COME

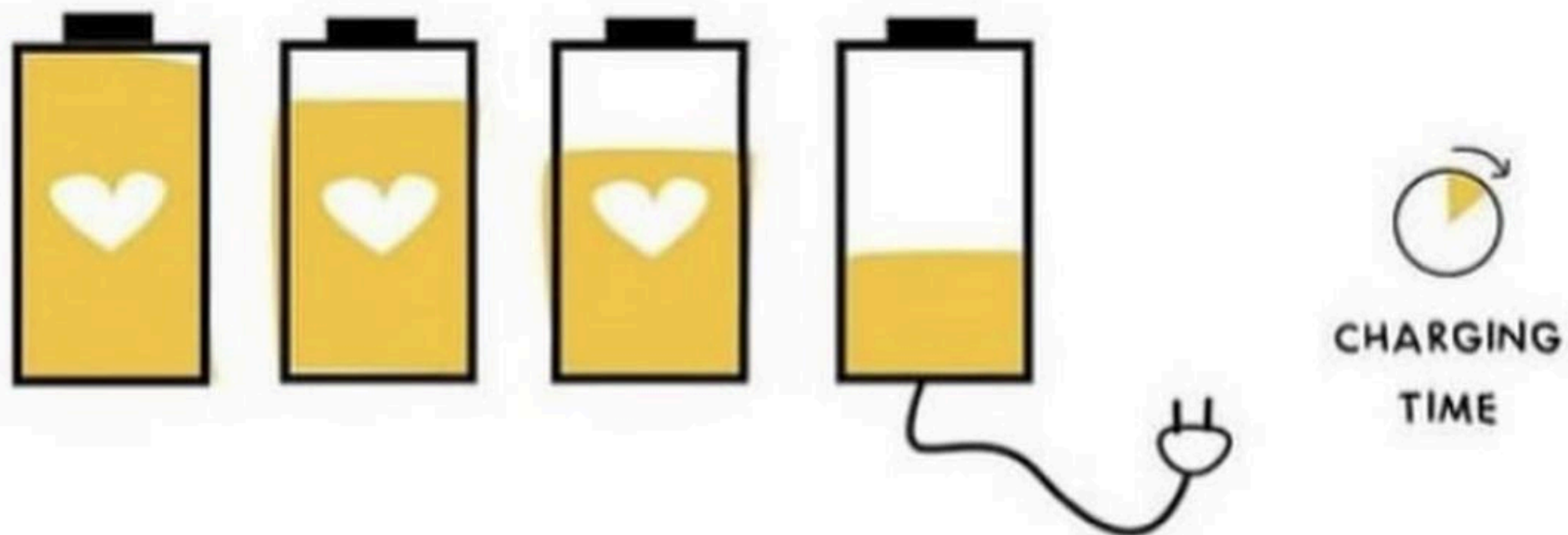


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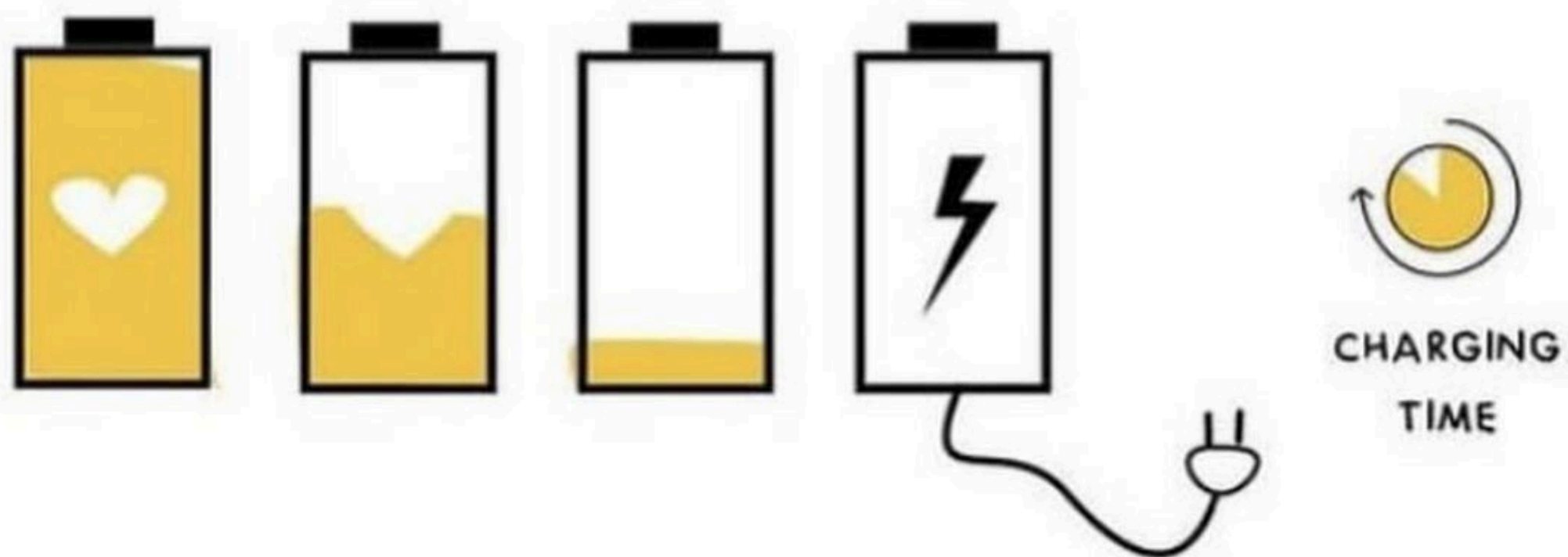


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## WHEN WE SHOULD TAKE A BREAK



## WHEN WE ACTUALLY TAKE ONE



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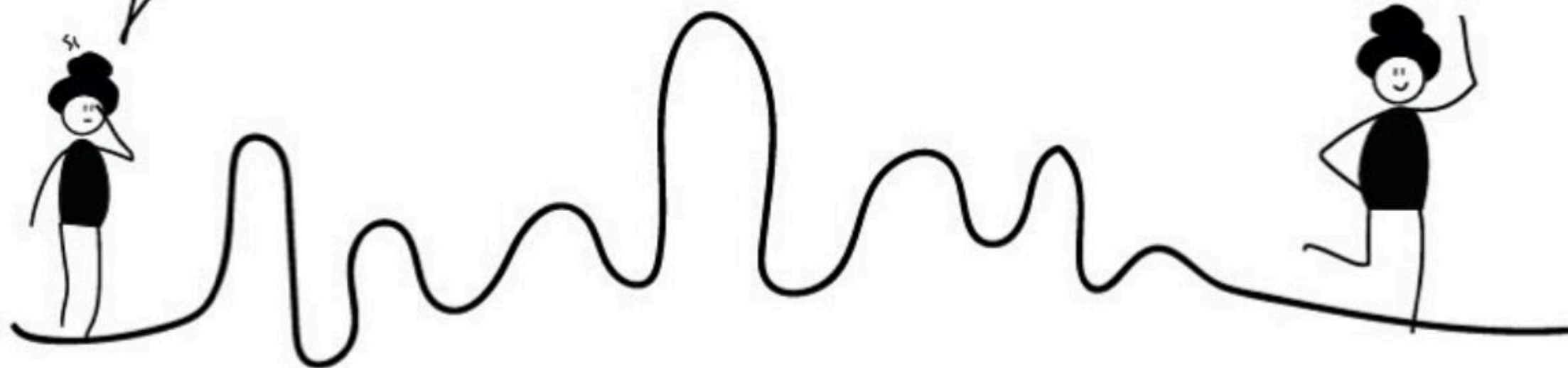
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NOW

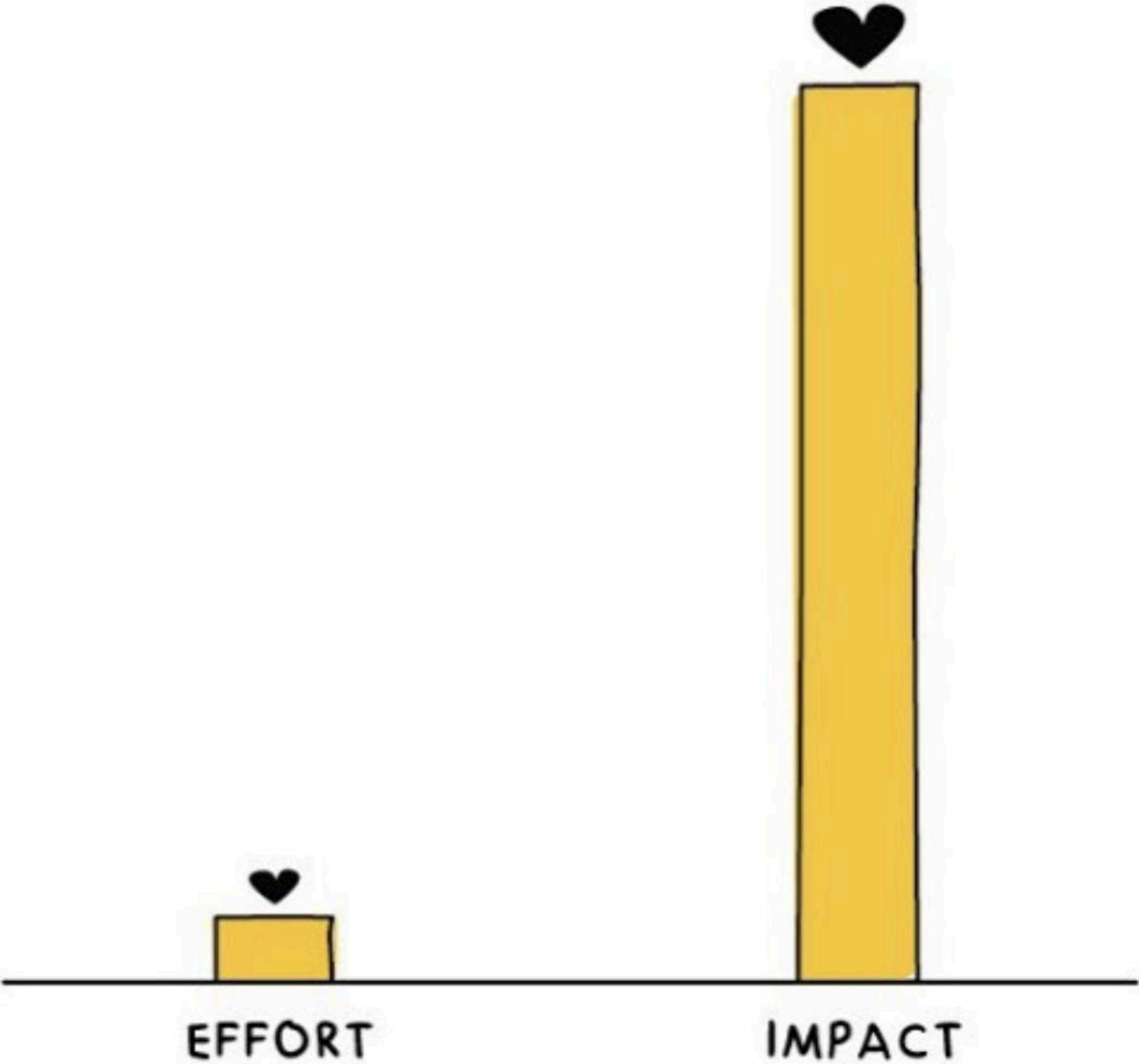
IN A YEAR

THIS IS  
POINTLESS

I AM GLAD  
I DID IT



ACT OF KINDNESS



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WE CAN NOT CONTROL  
THE WEATHER



BUT WE CAN CONTROL  
HOW TO PREPARE



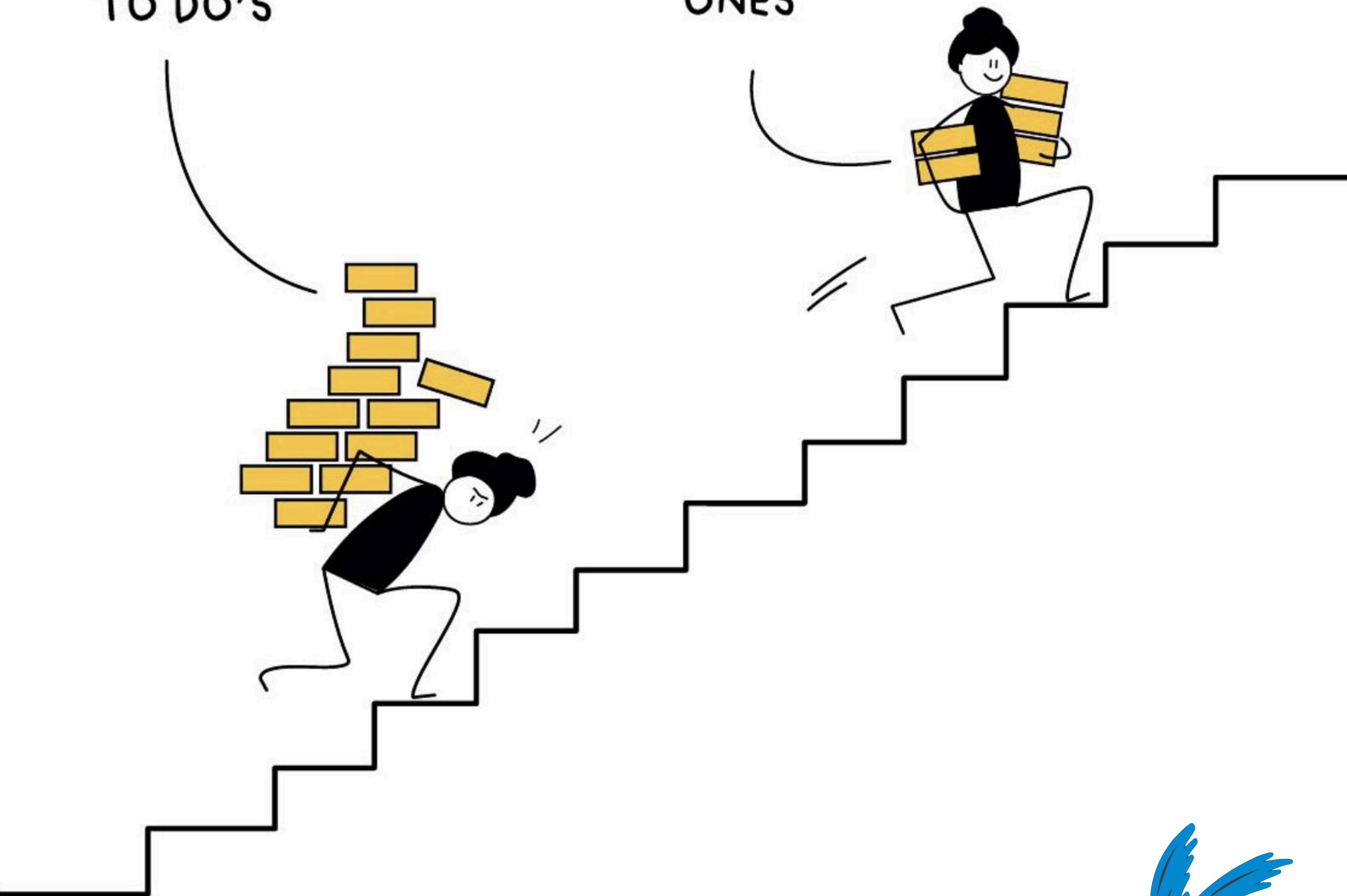
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TODAY'S  
TO DO'S

THE IMPORTANT  
ONES

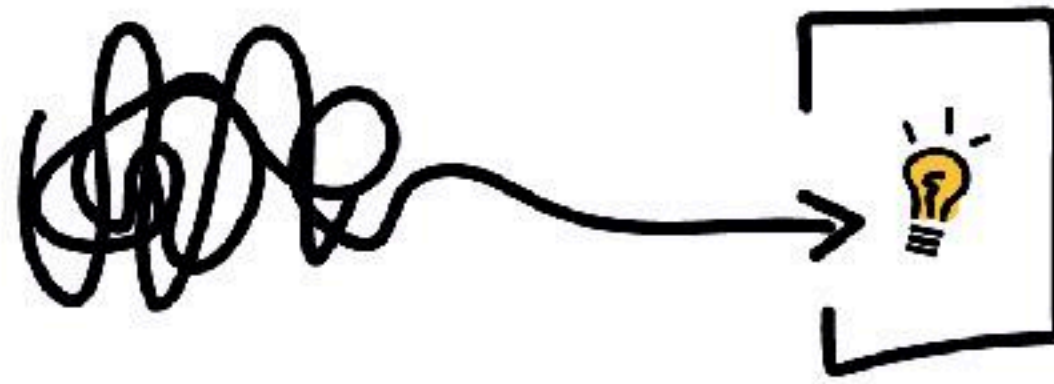


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