	Do one thing every day that scares you. — Eleanor Roosevelt	
1		

A GOAL
WITHOUT
A PLAN
IS JUST A
WISH

TIME IS NOT
REFUNDABLE,
USE IT WITH
INTENTION.

3

slow progress is better than no progress. Stay positive and never give up.

4

Act like the person you want to become.

5

You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.

-Darren Hardy

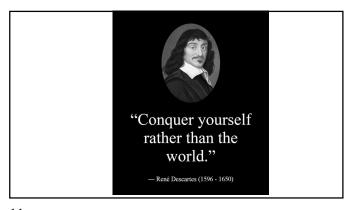
Being happy
is a very personal thing
and it really has nothing
to do with anyone else.

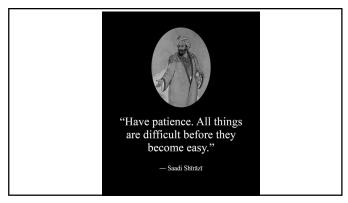
"Old ways won't open new doors."

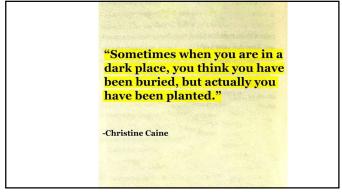
8

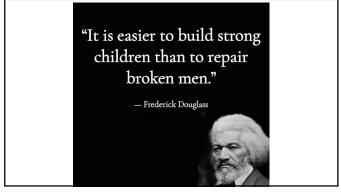
When you start taking care of yourself, you start feeling better, you start looking better, and you attract better. It all starts with you.

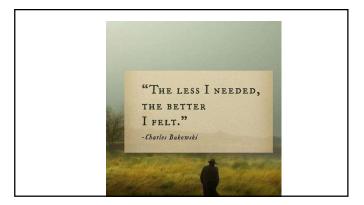
Stupid is the	
nan who alway	ys
remains the	
same."	
oltaire	

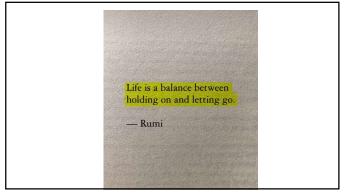


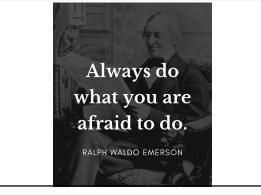












17

IT'S GOING TO HAPPEN BECAUSE I'M GOING TO MAKE IT HAPPEN.

The only thing I'm committed to right now

is bettering myself.

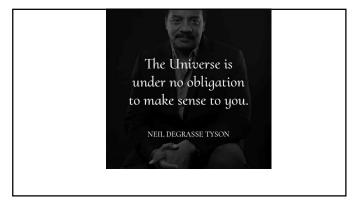
19

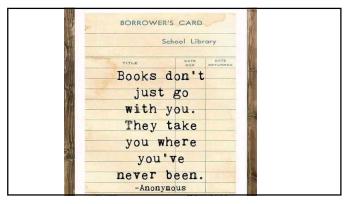
I found this deep quote:
"Sometimes you think that you
want to disappear but all you really
want is to be found."

This hit me real hard.

20

If you want to understand how to fix a problem in the world, you have to ask who is profiting from the problem. Not who is suffering from it.





23

"Life is short. Spend it with people who make you laugh and feel loved."

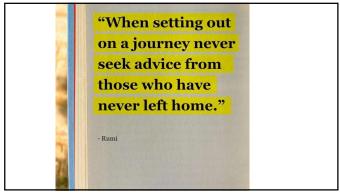
Give. But don't allow yourself to be used. Love. But don't allow your heart to be abused. Trust. But don't be naive. Listen. But don't lose your own voice.

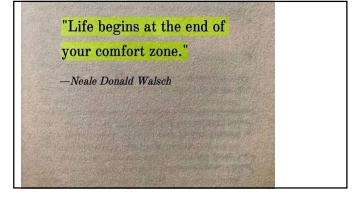
25



26

"Change is hard at first, messy in the middle and gorgeous at the end." -Robin Sharma

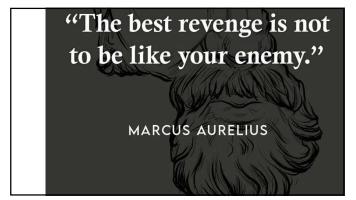




Don't wait.
The time will
never be just now.

— Napoleon Hill

Difficulty is what wakes up the genius.
— Nassim Nicholas Taleb



32

I found this deep quote:
"Sometimes you think that you
want to disappear but all you really
want is to be found."

This hit me real hard.