

"The harder you work for something, the greater you'll feel when you achieve it."

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| PAIN POINTS: | | DRINK | MANTRA PRAY COMPLIMENT | LEARN CHALLANGE IMPROVE | CALI FEEDBACK EYE CONTAC |
| OPPORTUNITIES: | | STRETCH BREATH EAT | LISTEN MOTIVATE | EDUCATE PRACTICE | EXPRESS BRAINSTORN |
| IMPROVEMENTS: | | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPOR GET ADVISED |





"It's not about having time. It's about making time."

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"Success is what happens after you have survived all your mistakes."

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| PAIN POINTS: | DRINK STRETCH | PRAY COMPLIMENT | CHALLANGE | FEEDBACK EYE CONTACT |
| OPPORTUNITIES: | BREATH EAT | LISTEN MOTIVATE | EDUCATE PRACTICE | EXPRESS BRAINSTORM |
| IMPROVEMENTS: | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPORT GET ADVISED |





"An obstacle is often a stepping stone."

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| OPPORTUNITIES: | BREATH EAT | LISTEN MOTIVATE | EDUCATE PRACTICE | EXPRESS BRAINSTORM |
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"The secret of getting ahead is getting started."

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"Doubt kills more dreams than failure ever will."

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"Focus on being productive instead of busy."

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"The best way to predict your future is to create it."

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"You don't have to be great to start, but you have to start to be great."

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"Motivation is what gets you started. Habit is what keeps you going."

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| IMPROVEMENTS: | | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPORT GET ADVISED |





"Small steps in the right direction can turn out to be the biggest step of your life."

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| OPPORTUNITIES: | | BREATH EAT | LISTEN MOTIVATE | EDUCATE PRACTICE | EXPRESS BRAINSTORM |
| IMPROVEMENTS: | | RELAX | IMAGINE | SHARE | SUPPORT |



GET ADVISED

APPRECIATE



"Opportunities don't happen, you create them."

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"Success doesn't just find you. You have to go out and get it."

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"The harder you work for something, the greater you'll feel when you achieve it."

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"Great things never come from comfort zones."

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"Stay positive, work hard, make it happen."

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| IMPROVEMENTS: | SMILE | APPRECIATE | TEACH | GET ADVISED |





"Your limitation—it's only your imagination."

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"Push yourself, because no one else is going to do it for you."

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| REFLECTION | | | HEALTHY | RETUAL | |
| MENT MELL | | BODY | MIND | <u>SKILLS</u> | SOCIAL |
| WENT WELL: | | EXERCISIE WALK | MEDITATE MANTRA | READ LEARN | GREET CALL |
| PAIN POINTS: | | DRINK STRETCH | PRAY COMPLIMENT | CHALLANGE IMPROVE | FEEDBACK EYE CONTACT |
| OPPORTUNITIES: | | BREATH EAT | LISTEN MOTIVATE | EDUCATE PRACTICE | EXPRESS BRAINSTORM |
| IMPROVEMENTS: | | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPORT GET ADVISED |





"Sometimes later becomes never. Do it now."

| TODAY'S FOCUS | | | WHEN AR | T SPEAK | S |
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| PAIN POINTS: | | WALK DRINK | MANTRA PRAY | LEARN CHALLANGE | CALI FEEDBACI |
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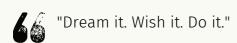




"Great things never come from comfort zones."

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| | | WALK | MANTRA | LEARN | CALL |
| PAIN POINTS: | | DRINK | PRAY | CHALLANGE | FEEDBACK |
| | | STRETCH BREATH | COMPLIMENT LISTEN | IMPROVE EDUCATE | EYE CONTACT EXPRESS |
| OPPORTUNITIES: | | EAT | MOTIVATE | PRACTICE | BRAINSTORM |
| IMPROVEMENTS | | RELAX | IMAGINE | SHARE | SUPPORT |
| IMPROVEMENTS: | | SMILE | APPRECIATE | TEACH | GET ADVISED |





"Success doesn't just find you. You have to go out and get it."

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"The only limit to our realization of tomorrow is our doubts of today."

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| OPPORTUNITIES: | | STRETCH BREATH EAT | COMPLIMENT LISTEN MOTIVATE | IMPROVE EDUCATE PRACTICE | EYE CONTACT EXPRESS BRAINSTORM |
| IMPROVEMENTS: | | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPORT GET ADVISED |





"Everything you've ever wanted is on the other side of fear."

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| OPPORTUNITIES: | | STRETCH BREATH EAT | COMPLIMENT LISTEN MOTIVATE | IMPROVE EDUCATE PRACTICE | EYE CONTACT EXPRESS BRAINSTORM |
| IMPROVEMENTS: | | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPORT GET ADVISED |





"He who has a why to live can bear almost any how."

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| IMPROVEMENTS: | | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPORT GET ADVISED |





"The mind is everything. What you think you become."

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| OPPORTUNITIES: | | STRETCH BREATH EAT | COMPLIMENT LISTEN MOTIVATE | IMPROVE EDUCATE PRACTICE | EYE CONTACT EXPRESS BRAINSTORM |
| IMPROVEMENTS: | | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPORT GET ADVISED |





"To see what is right and not do it is a lack of courage."

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"Your passion is waiting for your courage to catch up."

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| OPPORTUNITIES: | | BREATH EAT | LISTEN MOTIVATE | EDUCATE PRACTICE | EXPRESS BRAINSTORM |
| IMPROVEMENTS: | | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPORT GET ADVISED |





"Magic is believing in yourself. If you can make that happen, you can make anything happen."

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| OPPORTUNITIES: | | STRETCH BREATH EAT | LISTEN MOTIVATE | EDUCATE PRACTICE | EXPRESS BRAINSTORN |
| IMPROVEMENTS: | | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPORT GET ADVISED |





"If you are not willing to risk the usual, you will have to settle for the ordinary."

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| PAIN POINTS: | WALK DRINK STRETCH | MANTRA PRAY COMPLIMENT | LEARN CHALLANGE IMPROVE | CALL FEEDBACK EYE CONTACT |
| OPPORTUNITIES: | BREATH EAT | LISTEN MOTIVATE | EDUCATE PRACTICE | EXPRESS BRAINSTORM |
| IMPROVEMENTS: | RELAX SMILE | IMAGINE APPRECIATE | SHARE TEACH | SUPPORT GET ADVISED |

