

“Change is the essence of life.

Be willing to surrender what you are for what you could become.”

-Unknown

**It does not matter
how slowly you go
as long as you**

**do
not
stop**

-Confucius

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“Strength does not
come from physical
capacity.

It comes from
an indomitable will.”

-Mahatma Gandhi

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“Success is never final,
failure is never fatal.
It’s courage that
counts.”
- John Wooden

NEVER
GIVE
UP

believe



WHAT’S YOUR FRUITION?

You never know how strong you are, until being strong is the only choice you have.

*“They can conquer
who believe
they can.”*

-Ralph Waldo Emerson

“Go confidently in the direction of your dreams.

Live the life you have imagined.”

- Henry David Thoreau

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