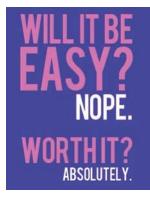




IT DOESN'T REALLY MATTER WHO I USED TO BE. ALL THAT MATTERS IS WHO I HAVE BECOME. WHEN YOU WANT TO SUCCEED AS BAD AS YOU WANT TO BREATHE THEN YOU WILL BE SUCCESSFUL

You're not going to get the butt you want by sitting on it.







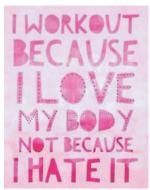


3 MONTHS FROM NOW, YOU WILL THANK YOURSELF.





DISCIPLINE
is choosing
between what
you want now
and what you
want most.













GET SLEEP EAT CLEAN DRINK WATER EXERCISE R E P E A T