



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.





EVERY
ACCOMPLISHMENT
STARTS WITH
THE DECISION
TO TRY.



3 MONTHS FROM NOW, YOU WILL THANK YOURSELF.

IN LIFE, YOU HAVE

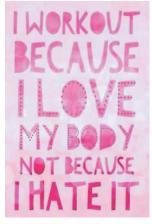
3 CHOICES

GIVE UP, GIVE IN, OR

GIVE IT YOUR ALL!



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









DON'T GIVE UP
WHAT MOST
WANT IN LIFE
FOR SOMETHING
STHINK
YOU WANT
KOVA



GET SLEEP EAT CLEAN DRINK WATER EXERCISE REPEAT