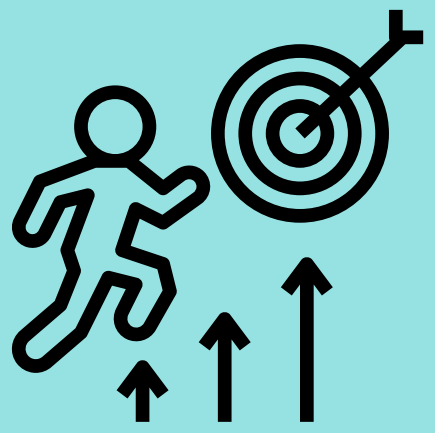


# STAY MOTIV8ED



"Your journey through college is a testament to your strength and dedication. Keep your vision clear, your goals in focus, and know that every effort you put in today is an investment in the extraordinary success awaiting you tomorrow."

by Dr. Kristie Polk

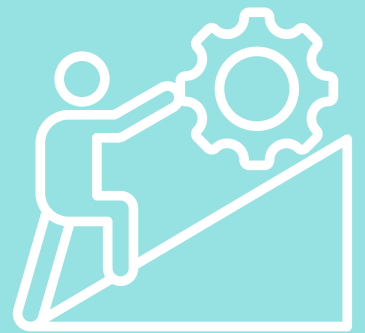
## 1 SELF-LEADERSHIP

THE PRACTICE OF UNDERSTANDING WHO YOU ARE, IDENTIFYING YOUR DESIRED EXPERIENCES, AND INTENTIONALLY GUIDING YOURSELF TOWARD THEM. IT SPANS THE DETERMINATION OF WHAT WE DO, WHY WE DO IT, AND HOW WE DO IT.



## 2 DETERMINATION

UNSHAKABLE FOCUS, DRIVE, AND RESILIENCE IN THE FACE OF ADVERSITY.

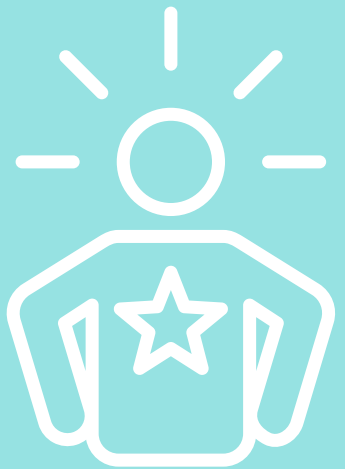


## 3 PERSISTENCE

PURSUING YOUR GOAL WITH COMMITTED FOCUS DESPITE DIFFICULTY OR DELAY.

## 4 TALENT

RAW UNTRAINED ABILITY THAT REQUIRES HARD WORK & FOCUSED EFFORT TO REACH ITS FULL POTENTIAL.



## 5 GRIT

THE DRIVE, STAMINA, AND FORTITUDE, TO PUSH THROUGH ANY CHALLENGE OR OBSTACLE UNTIL SUCCESS IS ACHIEVED.

## 6 EXECUTION

PUT IN THE WORK AND LET YOUR RESULTS TALK.



## 7 SUCCESS

THE PREDICTABLE RESULT OF HARD WORK, PATIENCE, SACRIFICE, AND LEARNING PUT INTO PRACTICE EVERY DAY.

## 8 RESILIENCE

THE CAPACITY OF A PERSON TO MAINTAIN THEIR CORE PURPOSE AND INTEGRITY IN THE FACE OF DRAMATICALLY CHANGED CIRCUMSTANCES

