



Inspiration from Successful Athletes



“Think of all the girls who could become top athletes but quit sports because they’re afraid of having too many defined muscles and being made fun of or called unattractive. “

- Serena Williams

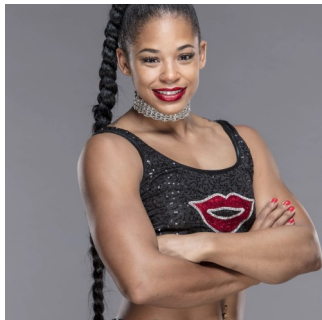
“Don’t be afraid of failure. This is the way to succeed.”

– LeBron James



“I was struggling with college but went back home to develop new goals and I got back on track”

- Bianca Belair



“My height doesn't define my skill set. To be a great quarterback, you have to have great leadership, great attention to detail and a relentless competitive nature - and I try to bring that on a daily basis.”

-- Russell Wilson



“Don't carry around the hurtful words that others say. Drop them. They are not yours to keep. They belong only to those who said them.”

— Ibtihaj Muhammad

