



**Are there days where you feel as if all the plans you are making are not being fulfilled?**

**Are there days where it is easy to lose your way and let your focus diminish from the end goal?**

**This is where you be brave and make bold statements to live by.**

**I choose to make time for my physical, mental, and social wellbeing.**

**I choose to be better tomorrow than I was today.**

**I choose to determine my own fate through hard work and being smart in the decisions I make.**

**I will BELIEVE in myself!**