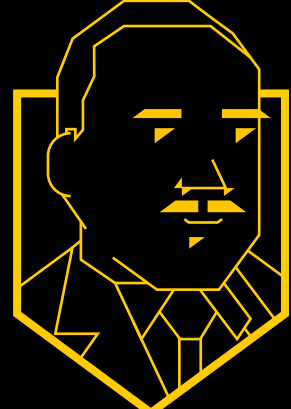


HOW TO MOVE FORWARD.

Step 1:

GET INSPIRED



“ If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward. ”

- Martin Luther King Jr

“ You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along. ”

- Eleanor Roosevelt



“ Sometimes obstacles can be overcome by going around them, and other times patient efforts will eventually yield to a solution. ”

- Bruce Lee

DAILY HABITS TO GET MOTIVATED



EXERCISE



READ



SLEEP



LAUGH



DRINK WATER



MEDITATE



LISTEN TO MUSIC

Step 2:

SET A GOAL



Step 3:

GET MOVING!

“ A journey of a thousand miles begins with a single step. ”

- Lao Tzu

