

Drink plenty of water each day

Get at least 7 hours of sleep

Strength is not defined by an absence of moments of weakness, but more in our ability to overcome those moments.



Think about what you WANT.. Not about what you don't want....

Know that - Your Destiny is not by chance – it is by choice.

Say each day – “I will be generous”

Say each day – “I will have an attitude of Gratitude”

Say each day – “I will laugh at myself!”

Know that – your health & wellness means Strength training, cardio, nutrition, & overall life wellness!

Take a multi-vitamin at bedtime

MOTIV8N' U

Start your Day with Push-ups

SMILE

Say each day – “ I am phenomenal and my gifts will make a difference!”

Bragg Apple Cider Vinegar Just might change your life... I'm just saying...

The generous choice... is NEVER the wrong one.

Ask what drives you – ego... or confidence. Ego is the wrong choice.