Start with your brain, finish with your heart

To reach greater heights I’m attitude training

Quitters never win and winners never quit

Finish what you start

Don’t count the days

Make the days count

There are no shortcuts

Perseverance is more is more important than speed

You’re better than you think you are

Listen to everyone and follow no one

Be somebody nobody thought you could be

Affliction produces endurance

Endurance produces character

Character produces hope

And hope never disappoints St Paul

Today I will do what others won’t

So tomorrow I can do what others can’t