



**WHAT IF I TOLD  
YOU THAT YOU  
WILL GET BETTER  
IF YOU PRACTICE.**

**—MORPHEUS, THE MATRIX**



**HARD WORK BEATS  
TALENT WHEN TALENT  
DOESN'T WORK HARD.**

—TIM NOTKE, COACH



A photograph of a sunset over the ocean. The sun is a bright, glowing orb in the upper center, partially obscured by a circular cutout in the image. The sky is a gradient of orange and yellow. The ocean is dark blue with white-capped waves. A large, prominent wave is in the foreground, its crest curving towards the left. The text is centered over the middle of the image.

**SOMETIMES YOU WIN,  
SOMETIMES YOU LEARN.**

—JOHN C. MAXWELL, AUTHOR





**WHAT WE THINK,  
WE BECOME.**

—THE BUDDHA





FAILURE IS NOT THE  
OPPOSITE OF SUCCESS; IT'S  
PART OF SUCCESS.

—ARIANNA HUFFINGTON