




DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE
<p>We are what we repeatedly do. Excellence, therefore, is not an act but a habit.</p> <p>Aristotle</p>	<p>How wonderful it is that nobody need wait a single moment before starting to improve the world.</p> <p>Anne Frank</p>	<p>Practice yourself in little things, and thence proceed to greater.</p> <p>Epictetus</p>	<p>Every day do something that will inch you closer to a better tomorrow.</p> <p>Doug Firebaugh</p>	<p>What progress, you ask, have I made? I have begun to be a friend to myself.</p> <p>Hecato, Greek philosopher</p>
DAY SIX	DAY SEVEN	DAY EIGHT	DAY NINE	DAY TEN
<p>If at first you don't succeed, get a bigger hammer.</p> <p>Alan Lewis</p>	<p>Energy and persistence conquer all things.</p> <p>Benjamin Franklin</p>	<p>If we all did the things we are capable of, we would astound ourselves.</p> <p>Thomas Edison</p>	<p>Don't compromise yourself. You are all you've got.</p> <p>Janis Joplin</p>	<p>To climb steep hills requires a slow pace at first.</p> <p>Shakespeare</p>
DAY ELEVEN	DAY TWELVE	DAY THIRTEEN	DAY FOURTEEN	DAY FIFTEEN
<p>I think I can, I think I can</p> <p>The Little Engine that could</p>	<p>The greatest wealth is health.</p> <p>Virgil</p>	<p>Success is the sum of small efforts, repeated day in and day out.</p> <p>Robert Collier</p>	<p>If you don't think every day is a good day, just try missing one.</p> <p>Cavett Robert</p>	



When you feel good on the inside it shows

