

“People say that Motivation doesn’t last. Well, neither does bathing - that’s why we recommended it daily” --Zig Ziglar

Find Inspiration in every day life. We must constantly remind ourselves that we are great, we are worthy and we are Powerful beyond measure!

Do an internet search of “Inspirational Quotes”, “Inspirational Phrases”, etc. Make a list of them here. You can later write them on sticky notes, poster boards and place them around your home/office/locker room.

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