




“THE BEST WAY
TO PREDICT
YOUR FUTURE IS
TO CREATE IT.”
-UNKNOWN

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**"EACH NEW DAY IS A NEW
OPPORTUNITY TO
IMPROVE YOURSELF.
TAKE IT. AND MAKE THE
MOST OF IT." -UNKNOWN**

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**“Have a clear vision of your future,
and take action every day to move
towards it. You deserve it!”
-Damien Thomas**



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“THE GREATEST WEAPON AGAINST STRESS IS OUR ABILITY TO
CHOOSE ONE THOUGHT OVER ANOTHER.” –WILLIAM JAMES



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