When you focus on the good, the good gets better.

Challenge

Two things you control: your attitude + your effort.

Challenge

Think about what could go right.

Challenge

Stay close to people who feel like sunshine.

Challenge

Don't expect to see a change if you don't make one.

Challenge

Be brave enough to be bad at something new.

Challenge

Your direction is more important than your speed.

Challenge

Brow through what you go through.

Challenge