

ONE DAY AT A TIME

BELIEVING IN YOURSELF

STANDING FOR WHAT YOU BELIEVE IN, REGARDLESS OF THE ODDS AGAINST YOU, AND THE PRESSURE THAT TEARS AT YOUR RESISTANCE, MEANS COURAGE.

KEEPING A SMILE ON YOUR FACE, WHEN INSIDE YOU FEEL LIKE DYING, FOR THE SAKE OF SUPPORTING OTHERS . . . MEANS STRENGTH.

STOPPING AT NOTHING, AND DOING WHAT'S IN YOUR HEART, YOU KNOW IS RIGHT, MEANS DETERMINATION.

DOING MORE THAN IS EXPECTED, TO MAKE ANOTHER'S LIFE A LITTLE MORE BEARABLE, WITHOUT UTTERING A SINGLE COMPLAINT, MEANS LOYALTY

GIVING MORE THAN YOU HAVE, AND EXPECTING NOTHING, IN RETURN, . . . MEANS SELFLESSNESS.

HOLDING YOUR HEAD HIGH, AND BEING THE BEST YOU

KNOW YOU CAN BE WHEN LIFE SEEMS TO FALL

APART AT YOUR FEET, FACING EACH DIFFICULTY

WITH THE CONFIDENCE THAT WILL BRING YOU

BETTER TOMORROWS, AND NEVER GIVING UP,

MEANS CONFIDENCE.

*JACK*