There is nothing complicated, it only depends on how familiar you are with it The safest way to success Thoughts influence actions. is trying it one more time. Damn it, you have to kill those excuses - or they will kill you. Discipline is While you are killing time, time is killing you. greater than Misery is domfortable, Happiness takes effort. Motivation. Do it again THE BEST VERSION and again, No pain, and again. Legends aren't O = YOURS E _ 1 no gain. born, they're built. Discipline is remebering what you want. Never doubt yourself - doubt kills more dreams than failure ever will. Some people want it to happen, Behind every fear is a some wish if would happen, person you want to be. others make it happen. 18.1 You don't start training when you're in olympic form - you train to get into olympic form.