



## TOP 10 MOTIVATIONAL MANTRAS

1. [When you think about quitting, remember why you started.](#)
2. [It's never too late to become what you might have been.](#)
3. [There are no shortcuts to anything worth doing.](#)
4. [Progress, not perfection.](#)
5. [You are so much stronger than you think.](#)
6. [Small changes make a big difference.](#)
7. [Be better than you were yesterday.](#)
8. [You never fail until you stop trying.](#)
9. [Don't wish for it, work for it.](#)
10. [Whether you think you can or you can't, you are right.](#)