

Do not be lukewarm. Be humble, but be hungry.

Love wrestling with all you mind, body, and spirit and treat your teammates like you would yourself. This is what that looks like.

- **Be Present** - There is only one time that is important, now! Your power is found in this moment.
 - **Focus**; Be intentional in the things you do; do things with a goal and purpose
 - Prioritize your commitments so you can maximize your time
 - Don't let what has happened to you in the past dictate what will happen in your present; forget about what "should" happen
 - See your circumstances as opportunities to learn and grow; stop making comparisons

- **Be Persistent** - Success is the sum of small efforts, repeated day in and day out.
 - **Desire** to be great; Take risks; challenge your comfort zone
 - Be relentless; there will be obstacles; view failures as a part of the path to success
 - Recognize that hard work is necessary; nothing worthwhile is ever easy
 - Sacrifice will be required; there is strength in giving up certain things

- **Be Patient** - Trust the process. Your time is coming. Just do the work and the results will handle themselves.
 - **Embrace** the hard work that leads to success; hard work pays off
 - Realize that patience is a form of action; it is a skill that must be developed
 - Respond to change; things do not always go the way you have in mind
 - Rewards will not be immediate; sow seeds today for an uncertain time of harvest

- **Be Positive** - Whether you think you can or you think you can't, you're right.
 - **Surround** yourself with those who lift you higher; lift up those around you; a good tree only bears good fruit, a bad tree only bad fruit
 - Progress is often imperfect; be realistic and know life is complex; do not let mistakes derail you, stay the course you have set for yourself
 - Concentrate on the things you have, not the things you don't have
 - A positive outcome requires a positive vision; view opportunities as difficult and difficulties as opportunity

"Sometimes fear does not subside and one must choose to do it afraid."