



**“Do or do not.
There is no try.”**

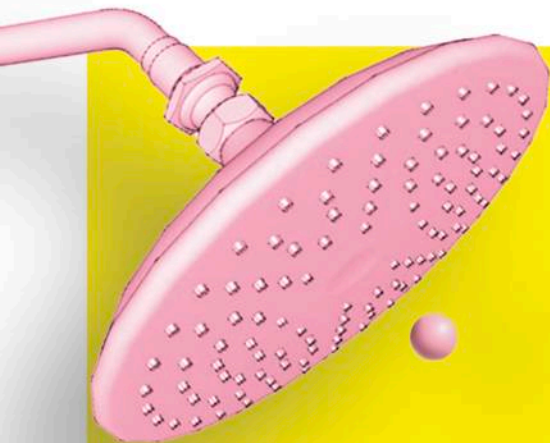
- Yoda, from Star Wars,



**“Whatever
you do,
always give
100 %.**

**Unless you're
donating blood.”**

- Bill Murray



**“People often say
that motivation
doesn't last.**

**Well, neither does
bathing - that's
why we
recommend it
daily.”**

- Zig Ziglar

