

General Motivation

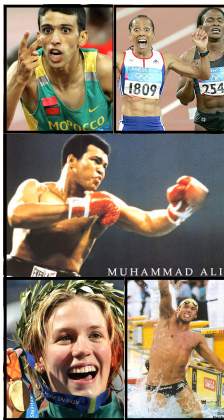


**Be Your Best
Potential**
is what you may be
capable of doing

Motivation
directs what you do

Attitude
determines how well you do

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Believe in Yourself

Believe in yourself, and in your dream
though impossible things may seem.
Someday, somehow you'll get through
to the goal you have in view.
Mountains fall and seas divide
before the one who is in his/her stride
takes a hard road day by day
sweeping obstacles away.
Believe in yourself and in your plan;
say not—I cannot—but, **I can**.
The prizes of life we fail to win
when we doubt the power within

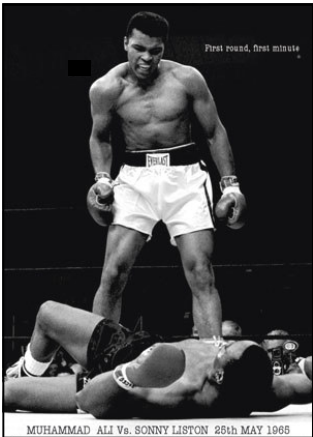
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What have you done today



To make yourself feel proud?

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North West Athletics

If I think I am beaten, I am;
If I think I dare not, I don't
If I like to win, but think I can't,
It's almost certain I won't.

If think I'll lose, I've lost;
For out in the world we find,
Success begins with a person's will,
It's all in their state of mind.

If I think I'm outclassed, I am;
I've got to aim high to rise;
I've got to take chances, to give my all,
If I'm ever to win the prize.

Life's battles don't always go,
To the stronger or faster person,
But sooner or later the person who wins,
Is the person, who believes they can !!