

**Self-belief is an essential ingredient of success**

Setting and stating goals you are seeking requires courage ... remember, it's not bragging if you can do it



**To achieve  
first  
you must  
believe**

[www.nwaswimaths.com](http://www.nwaswimaths.com)



**Pain  
is temporary  
Pride  
is  
forever**

[www.nwaswimaths.com](http://www.nwaswimaths.com)