SPECIAL EVENTS THIS WEEK:

"Be true to your work, your word, and your friends."

—John Boyle O'Reilly

"Physical strength can never permanently withstand the impact of spiritual force."

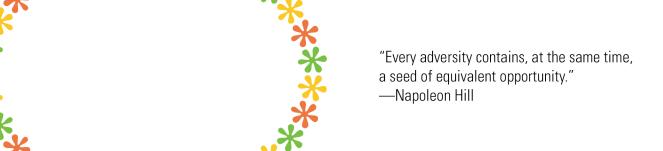
Self Efficacy 1 2 3 4 5 6 7 8 9 10

—Franklin D. Roosevelt

"The fight is won or lost away from witnesses behind the lines, in the gym, and out there on the road, long before I dance under those lights." —Muhammad Ali

"Setting goals is the first step in turning the invisible into the visible."

into the visible."
—Tony Robbins



"To conquer frustration, one must remain intensely focused on the outcome, not the obstacles."

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—T.F. Hodge