

is something There within me that can CONQUER anything. Nothing is impossible because I'M POSSIBLE. I will take care of my BODY and my MIND because they are essential to my WELL-BEING. I will never give up but only LOOK UP. Even if I'm not perfect, I will SUCCEED if I TRY MY BEST. If I fall, I will only get back up. I am STRONGER than I was yesterday. I am SMART. I am FIERCE. I am **DETERMINED** I am UNSTOPPABLE.