

- DO LISTEN (*Let this **FUEL** me*)
- HEART & FIRE (*Where's my **HEART**) (What's my **FIRE**)*)
- CONFIDENCE (*I **TRULY** believe in my abilities*)
- DRIVE (*What is my **WHY***)
- RESILIENCE (*I will not **STOP, QUIT or GIVE IN***)
- STAND YOUR GROUND (*I truly **BELIEVE IN MYSELF***)
- COURAGE (*I **CAN** do anything*)
- KNOW YOUR LIMITS (***DESTROY THEM** - I can accomplish anything with time*)

Coach Christian Vitale 248-766-2118