

RESILIENCY:  
WHEN YOU FALL,  
YOU GET BACK UP

— OUR —  
CULTURE  
IS CAUGHT IN  
COMPARISON

ATTITUDE  
— OF —  
GRATITUDE

RENAME  
— THE —  
GRIND

— GREAT —  
OUTCOMES  
DON'T HAPPEN  
OVERNIGHT  
THEY HAPPEN  
OVER TIME

RENAME  
REFRAME  
REMAIN

# THE GRIND

DAILY SHIFT  
— YOUR —  
PERSPECTIVE  
IN ORDER TO  
SEE PROPERLY

RICH WILKERSON, JR.  
#GLS21



FAILURE  
— IS NOT —  
FINAL,  
— IT'S —  
FORMATIVE

VICTORY IS  
ACTUALLY ABOUT  
THOSE WHO GO  
THE LONGEST

ANYTHING  
GREAT COMES  
W/A GRIND

"THE  
SILVER  
MEDAL  
SYNDROME"

HOW WE  
— STEWARD —  
THE MUNDANE  
MOMENTS IS WHAT  
CREATES THE  
MEMORABLE ONES

REMAIN