

COLOUR ONE SPACE FOR EACH TIME YOU SUCCESSFULLY  
MAKE ONE SMALL CHANGE FOR ANIMALS.



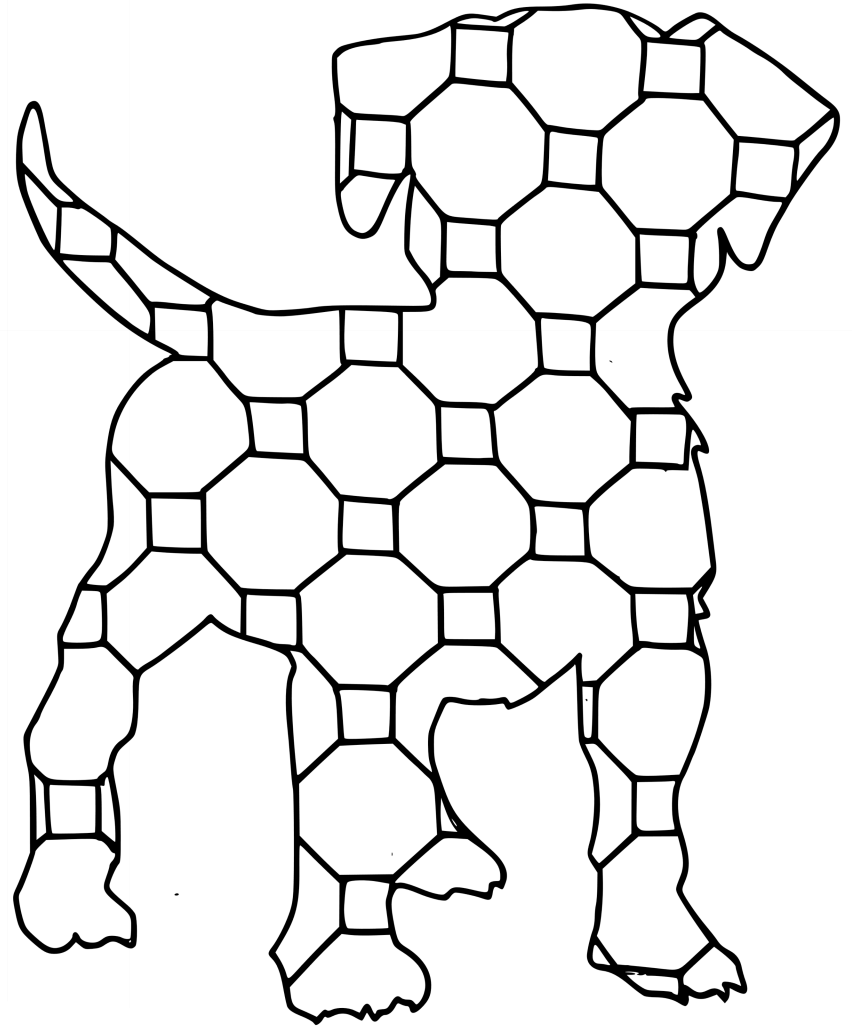
*We are what we  
repeatedly do.*

Excellence, then,  
is not an act,  
but a habit.

- Aristotle

*Motivation* is what gets you started.  
*Habit* is what keeps you going.

- Zig Zigler



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