

How do you stay motivated?

- **Start with small accomplishments** - Making your bed every morning builds discipline and momentum for tackling bigger challenges throughout the day.
- **Teamwork and respect are essential** - Success requires help from others, and you should measure people by their heart and determination.
- **Embrace failure and adversity** - Life will be unfair and you will fail often, but these setbacks build the inner strength and resilience needed for success.
- **Take calculated risks and face your fears** - Progress requires stepping outside your comfort zone, taking bold action, and refusing to back down from challenges.
- **Never give up, especially in the darkest moments** - When times are toughest, you must be at your best because one person's hope and determination can inspire.



This is an extract from the full speech which can be viewed here:
<https://www.youtube.com/watch?v=TBuIGBCF9jc>