

## How Do You Think

If you think you are beaten, you are;  
If you think you dare not, you don't!  
If you'd like to win, but you think you can't,  
It's almost certain you won't.

If you think you'll lose, you're lost;  
For out in the world we find  
Success begins with a fellow's will;  
It's all in the state of mind!

If you think you're outclassed, you are;  
You've got to think high to rise.  
You've got to be sure of yourself  
Before you'll ever win the prize.

Life's battles don't always go  
To the stronger or faster man;  
But sooner or later the man who wins  
Is the person who thinks he can!

- Robert Frost

***Here's to your soul elevation!***



Your Kick Ass Coach,

Joy Leng

*'My dearest Joy, thank you for making me into a beautiful phoenix when I most needed a change. You are one of the most amazing woman I know who would want to make another woman **feel empowered and beautiful regardless of age or size.**' – Charlotte Lee (May 2013)*