

A woman with a backpack is shown from the chest up, leaning forward and reaching out with her hands to grip a rock face. She is wearing a headband and a backpack. The background is a rocky, outdoor environment.

Nothing *worthwhile* ever happens quickly and easily.

You *acheive* only as you are determined to acheive . . . and as you *keep at it* until you have acheived.

-- Robert H. Lauer