RETIREMENT 30-DAY COUNTDOWN

30	You are unstoppable	28	27	26
You		Stay	Keep	You're a
got this		determined	going strong	warrior
25	24 Give it your all	23	22	21
One step		Making great	Never	Keep moving
at a time		progress	give up	forward
20	19	18	17	16
Push	New day	Your effort	Believe in	Give it all
through it	new strength	will pay off	yourself	you've got