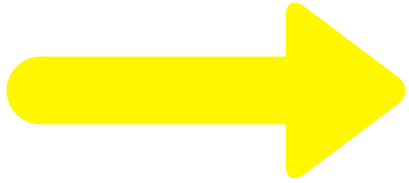


Bathroom

Reminders



INSTRUCTION PAGE

1

Print

2

Cut p.2 in half and place on the bathroom mirrors. (Note: you may have to print multiple copies of JUST p.2)

3

In each of the bathroom stalls (throughout the entire school) tape a reminder on the inside of the stall door or over the urinal. The goal is to see the reminder while you are ... you know...

4

Try not to repeat any motivational quotes in the same bathroom and make sure to include at least one quote from each category in each bathroom.

FOUR CHOICES

1

say it out loud

2

determination

3

attitude

4

perseverance

AdrienneBulinski.com



look in the
mirror...
that's your
biggest
competition

FOUR CHOICES

1

say it out loud

2

determination

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attitude

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perseverance

AdrienneBulinski.com



look in the
mirror...
that's your
biggest
competition

A QUOTE BY
NELSON MANDELA

say it out loud

**it always seems
impossible
until it's done**

A QUOTE BY
ADRIENNE BULINSKI

say it out loud

dream
loud

A QUOTE BY
ROBIN SHARMA

say it out loud

**words can inspire
and words can destroy,
choose your words well**

A QUOTE BY
UNKNOWN

say it out loud

**Everything
you've ever wanted
is one step
outside your
comfort zone**

A QUOTE BY
UNKNOWN

say it out loud

**be sure to taste your words
before you spit them out**

A QUOTE BY
ADRIENNE BULINSKI

say it out loud

**dreams should make you
UNCOMFORTABLE
otherwise they belong
on your to-do list**

A QUOTE BY
ADRIENNE BULINSKI

say it out loud

**be brave
to be you**

A QUOTE BY
BILL DAVIS

determination

**where you start in life
doesn't have to dictate
where you end.**


A QUOTE BY
MALCOLM
MUGGERIDGE

determination

**never forget only
DEAD FISH
swim with the stream**

A QUOTE BY
UNKNOWN


determination



**if you want something
you've never had,
you've got to
DO SOMETHING
you've never done**

A QUOTE BY
UNKNOWN

determination



**giving up on your goal
because of one setback
is like slashing your other three tires
because you got one flat**

A QUOTE BY
MARVA COLLINS

determination



success
doesn't come to you
YOU GO GET IT

A QUOTE BY
UNKNOWN

determination

repeat this:
i can.
i will.
end of story.

A QUOTE BY
AUDREY HEPBURN

attitude

**nothing is impossible,
the word itself says
I'M POSSIBLE!**

A QUOTE BY
LISA HAYES

attitude

**be careful
how your are talking to yourself
because you are listening**

A QUOTE BY
ADRIENNE BULINSKI

attitude

**positive people are
positively
going places**

A QUOTE BY
GEORGE ROSEL

attitude

**are you going to have a good day?
or
are you going to have a bad day?
(it's a choice)**

A QUOTE BY
MANDY HALE

attitude

**A GREAT ATTITUDE
becomes a great day
which becomes a great month
which becomes a great year
which becomes a great life**


A QUOTE BY
UNKNOWN

attitude

**you cannot
tailor-make the situations in life
but you can tailor-make
the attitudes
to fit those situations**

A QUOTE BY
WAYNE GRETSKY

attitude



**you miss
100%
of the shots
you don't take**

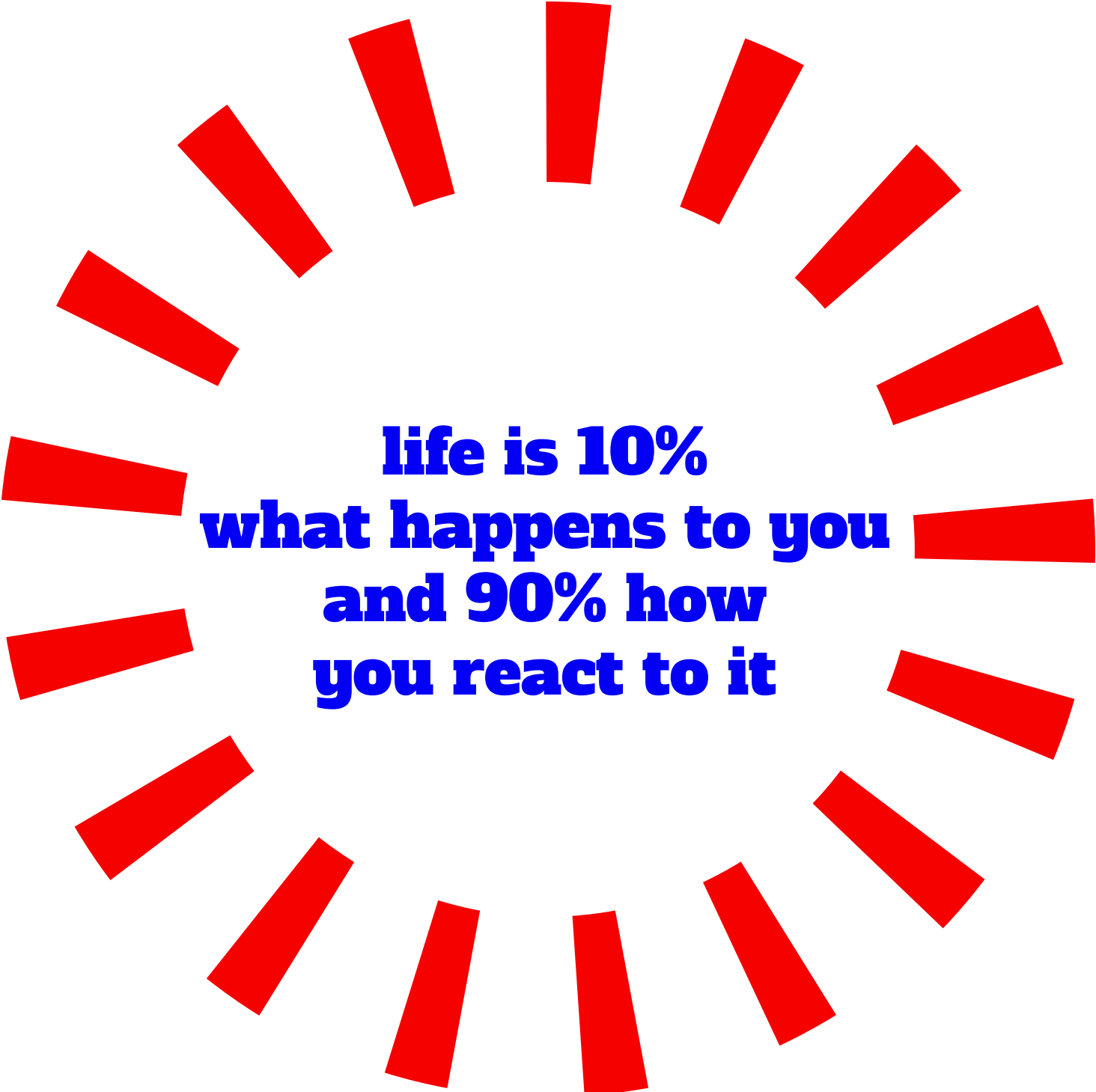
A QUOTE BY
UNKNOWN

attitude

**starve your distractions
feed your focus**

A QUOTE BY
CHARLES SWINDOLL

perseverance



**life is 10%
what happens to you
and 90% how
you react to it**

A QUOTE BY
ROBERT BULINSKI

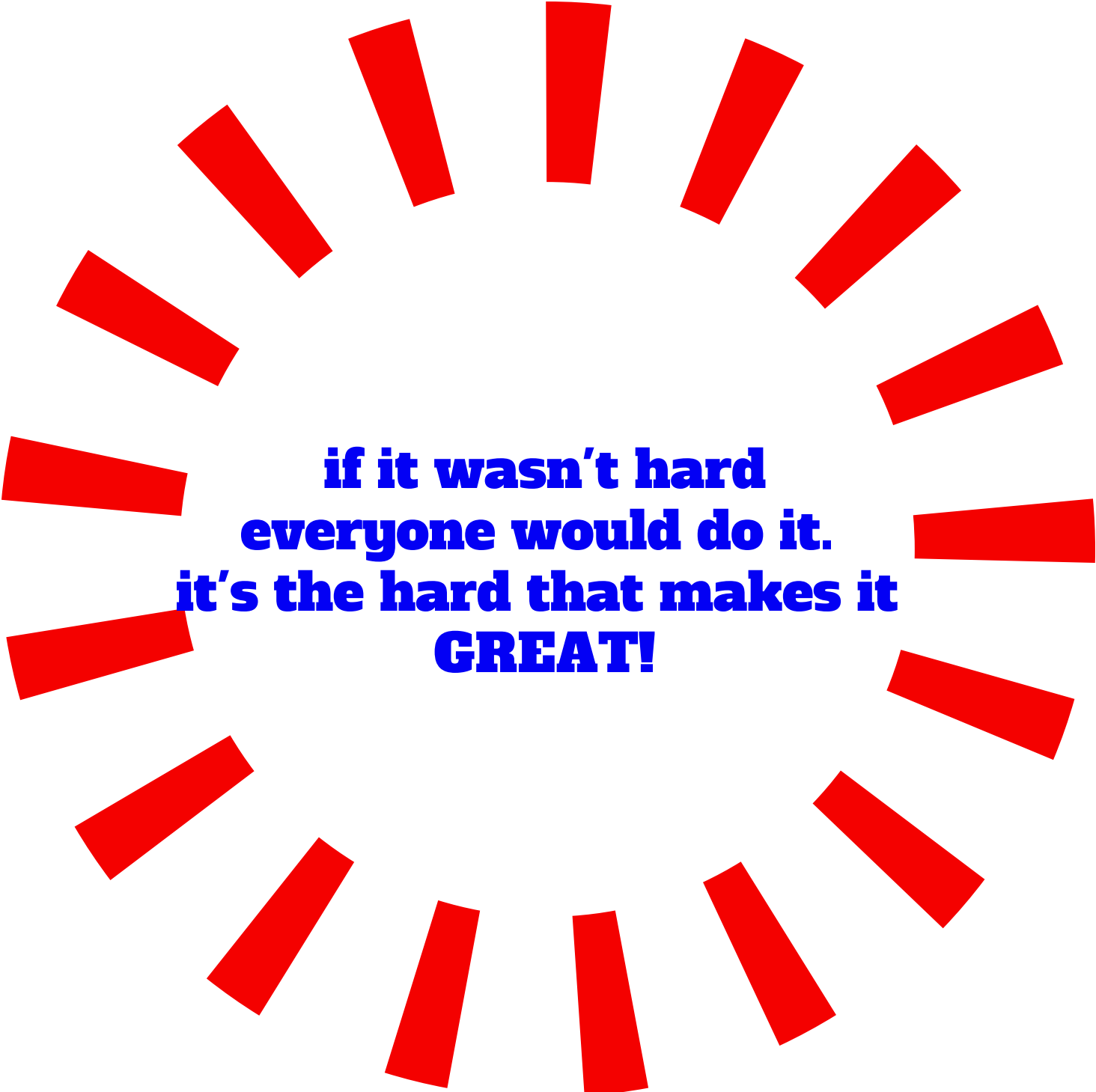
perseverance



**there are a lot of rocks
on the road to becoming
a rock star**

A QUOTE BY
TOM HANKS

perseverance



**if it wasn't hard
everyone would do it.
it's the hard that makes it
GREAT!**

A QUOTE BY
ABRAHAM LINCOLN

perseverance

**success is going
from failure to failure
without losing your
enthusiasm**

A QUOTE BY
ALFRED ADLER

perseverance



**follow your heart
but take your brain with you**

A QUOTE BY
JIM WATKINS

perseverance

**a river cuts through a rock
not because of its power
but because of its
persistence**

A QUOTE BY
NEWT GINGRICH

perseverance

**perseverance is
the hard work you do after
you get tired of doing
the hard work
you already did**