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“The will is a powerful ally and desperate enemy. When not subdued by self-control, it becomes a tyrant of selfishness. Under the yoke of self-control however, it is a driving force of perseverance.”

- Vanderlinden, Natasha

“Doing what is expected is boring. Go beyond mediocre and aim toward excellence!”

- Vanderlinden, Natasha

“Discipline is denying the favored choice in pursuit of a higher goal.”

- Vanderlinden, Natasha

Mastery of Self: A noble aim, impossible to grasp perfectly. The Hero: self, the embodiment of diligence. The Enemy: self, its laziest form of me. The struggle: continual. I cannot win, for I lack the strength to best my quality. However, by God's mercy, I'm enabled to make right choices and partake in all-encompassing Victory.

- Vanderlinden, Natasha

What I say must be under constant scrutiny. It is not enough to silence hurtful speech; I must endeavor to train this wiliest of muscles to enrich the lives of others.

- Vanderlinden, Natasha

On occasion, I derive great satisfaction from imagining my destructive powers onto such things as lamp posts, trees, and piles of leaves.

- Vanderlinden, Natasha

DdEEterMI-NAAAAAtion: The process is painful, draining, and provides no ultimate guarantee. It is only for the stout of heart; the brave, the true . . . and those who have no alternative but to succeed.

- Vanderlinden, Natasha

Self-control in emotion is most difficult to master. Refusing the dictatorship of capricious emotion, I have found that the ability to exhibit the right emotion often resides with acting on the hard choice.

- Vanderlinden, Natasha

Responsibility is the ability to give a response, that is, an answer for what I have or have not done. Essentially, responsibility means maturity.

- Vanderlinden, Natasha

You are the President of the United States, sir. Whether by innate character, the oath you took to defend the Constitution, or the weight of history that falls upon you, I believe you to be an honorable man, sir.

Gates, people don’t believe that stuff anymore.

They want to believe it.

- Cage, Nicholas

We will either find a way, or make one.

- Hannibal

High achievement always takes place in the framework of high expectation.

- Kinder, Jack

Let us, then, be up and doing, with a heart for any fate; still achieving, still pursuing, learn to labor and to wait.

- Longfellow, Henry Wadsworth

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