DO IT

ACTION

IS THE PRODUCER OF

CONFIDENCE

DO IT

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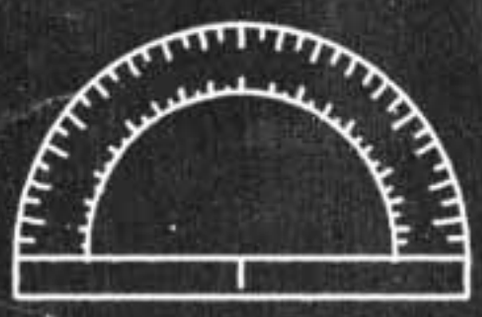
DAILY GROWTH

1ST

YOU DISCOVER THE CORRECT THINGS TO DO (THROUGH TRIALS, MISTAKES & EXPERIENCE).



2ND

YOU DETERMINE THE CORRECT TIME TO DO THESE THINGS (ON DAILY BASES).

3RD

YOU

DO IT

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Speak

RESPECTFULLY

KINDLY

& FIRMLY

TO YOURSELF

YOU ARE THE FINAL TEACHER

LIFE IS

BLACK & WHITE

WITH MANY IN-BETWEEN

DO IT

www.mover.life ©

FEARS MUST

DIE

FOR DREAMS TO

LIVE

DO IT

www.mover.life ©

IF YOU LEARN TO

ORGANIZE

PLAN & DO

THINGS ALWAYS IMPROVE WITH TIME

IF YOU DON'T

THINGS REMAIN THE SAME
(OR GET WORSE WITH TIME)

START YOUR JOURNEY NOW

DO IT

www.mover.life

IGNORANCE CAN BE

FOOLED. SUPPRESSED. DECEIVED.

INTELLIGENCE CANNOT

READ, THINK & DO MORE.

DO IT!!!

www.mover.life ©

CONSISTENCY IS SUCCESS

TO BE CONSISTENT FOR 1 MONTH IS A :

TO BE CONSISTENT FOR 6 TO 12 MONTH IS A :

TO BE CONSISTENT FOR 2 TO 5 YEARS IS A :

TO ENJOY THE FRUITS OF SUCCESS,
BE CONSISTENT & PERSISTENT.

ALL SUCCESSFUL INDIVIDUALS

DO IT

www.mover.life

SYSTEMS

ARE CREATED BY

GOD

(FOR OUR GOOD)

ADOPTED & USED BY

HUMANS (FOR OUR GOOD & BAD)

CAUSING

COMPLEXITY & CONFUSION

SIMPLICITY IS GOOD. FIND IT.

DO IT

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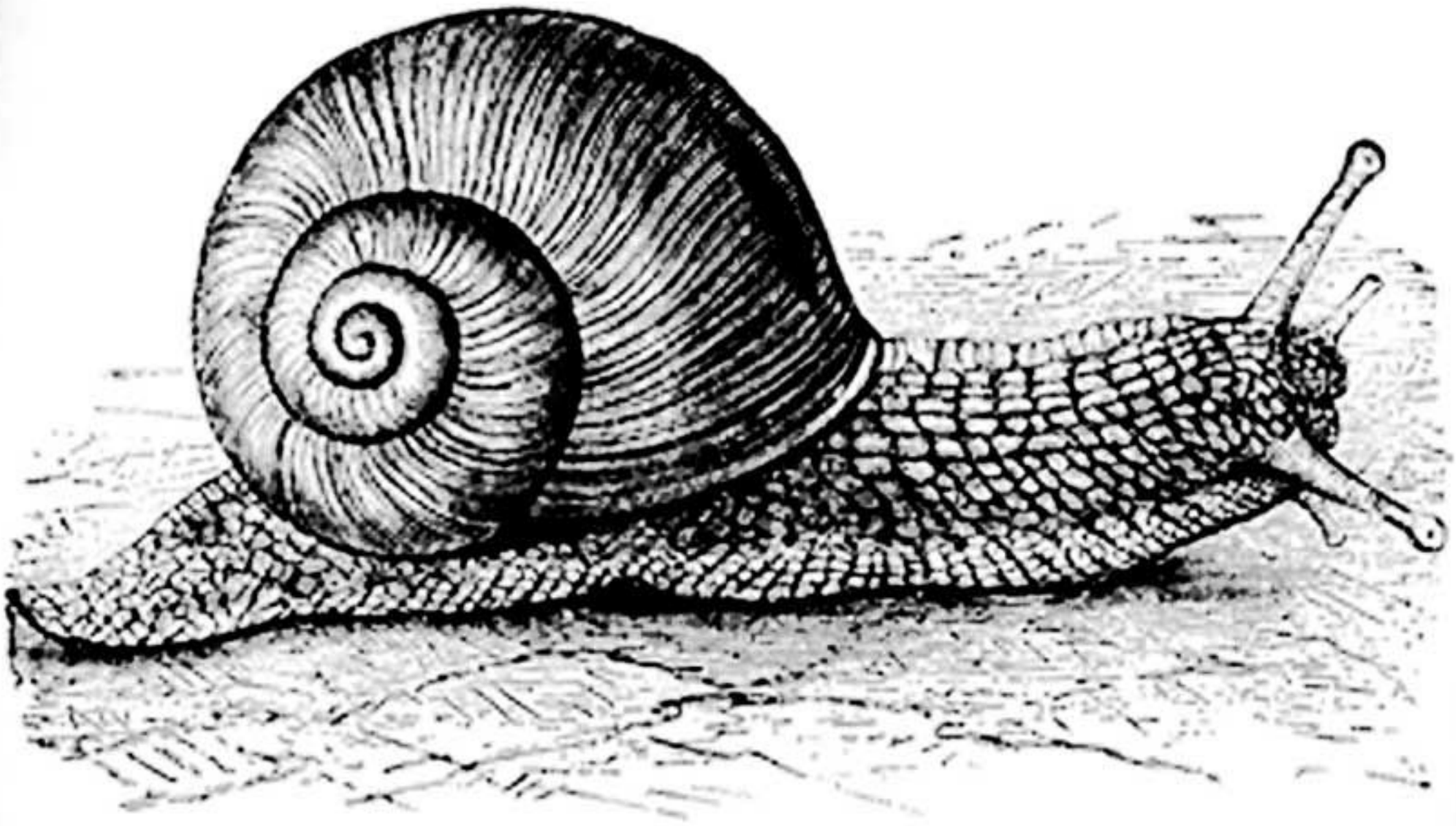
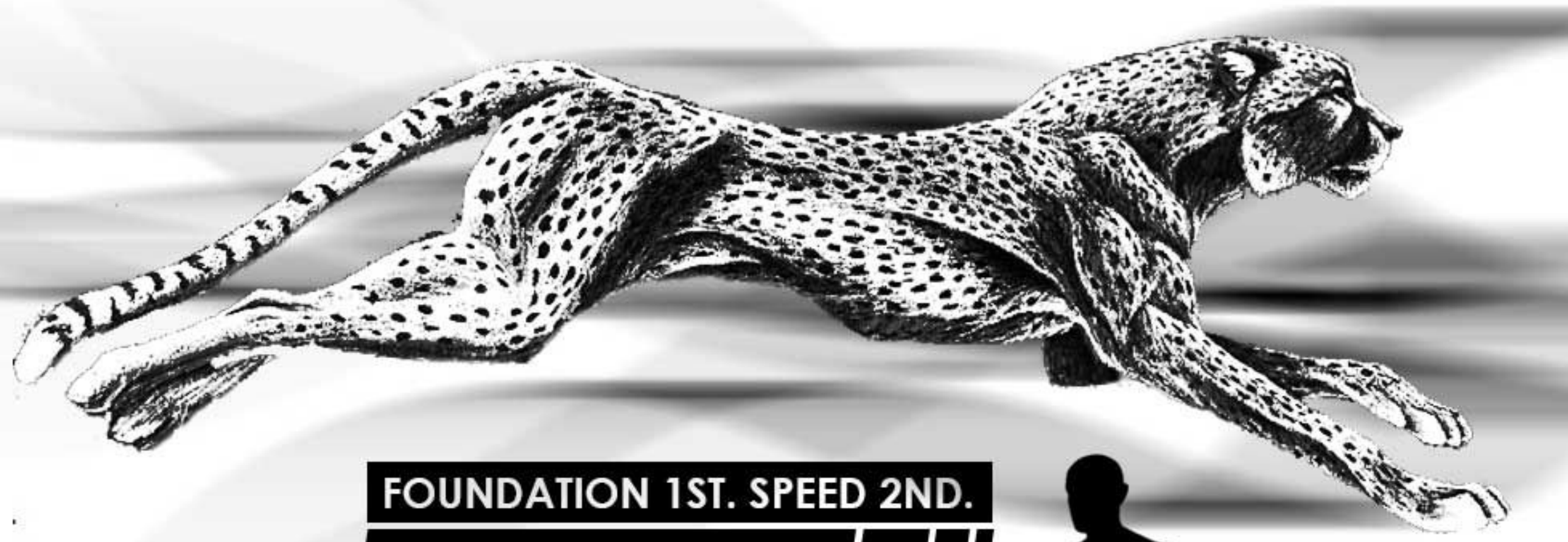
WHEN YOU START, MOVE SLOW.



EXPERIENCE, LEARN, UNDERSTAND.

THEN MOVE FAST



FOUNDATION 1ST. SPEED 2ND.

DO IT

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WASH

YOURSELF WITH YOUR

SPIRIT

YOUR SPIRIT IS THE SOURCE

DO IT

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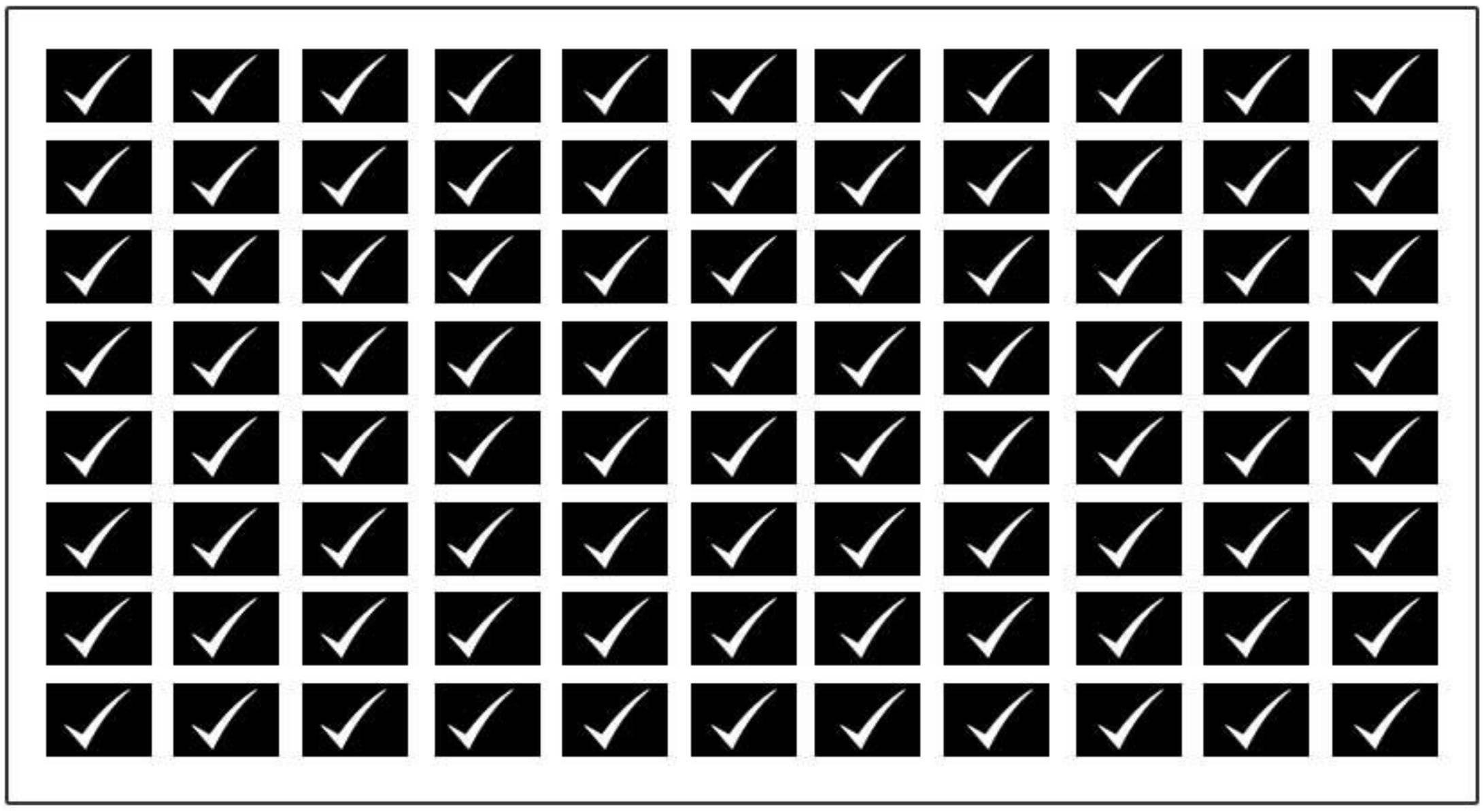
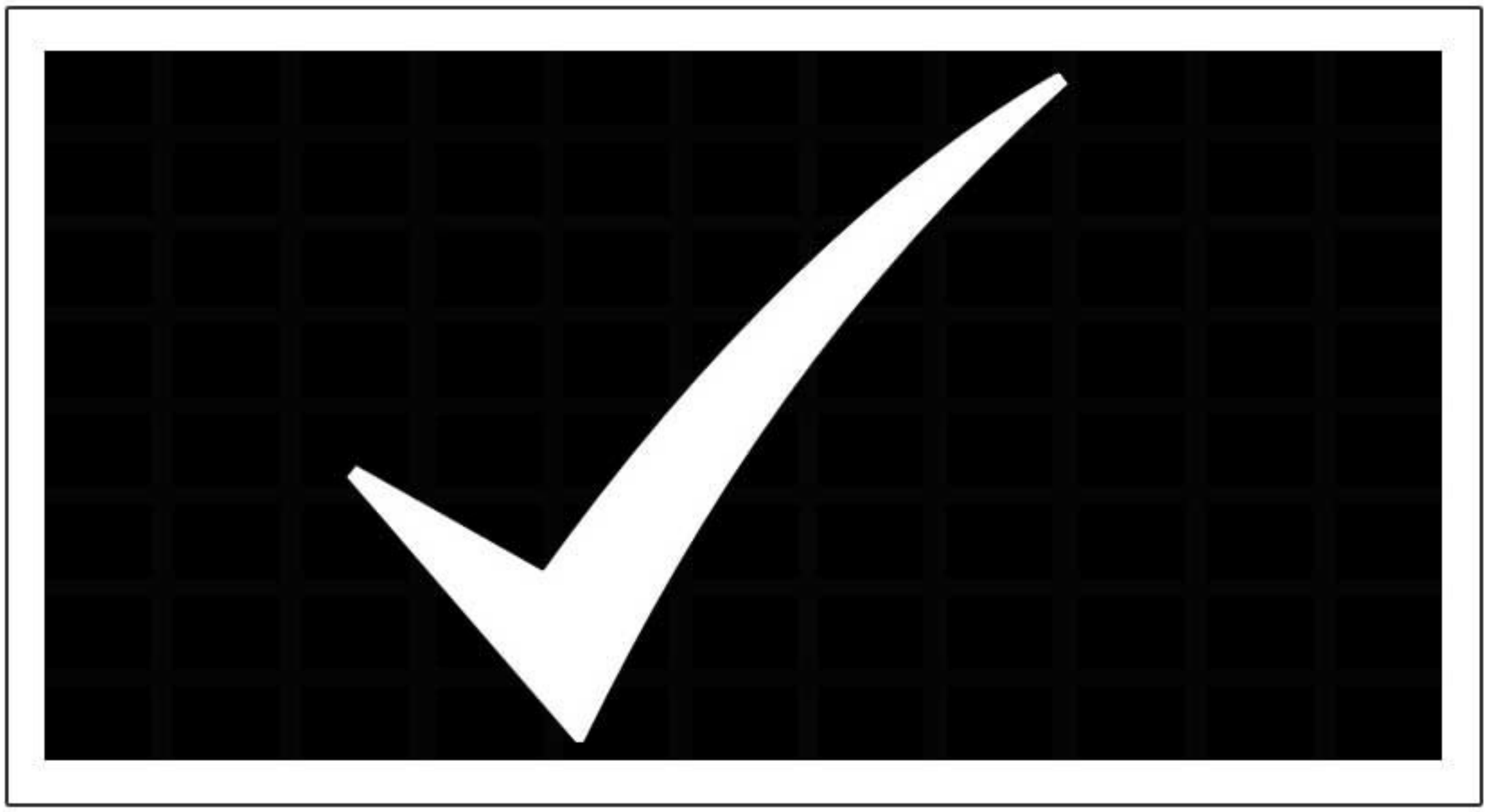
THE "SMALL STEPS" YOU TAKE EVERYDAY



ULTIMATELY CONNECT & CREATE THE "BIG STEPS" IN LIFE



DO IT

www.mover.life ©

IS POWER

FIND IT & BE EMPOWERED.

DO IT

www.mover.life ©

TO LEARN:

READ SOMETHING.

TO UNDERSTAND:

LOSE SOMETHING.

DO IT

www.mover.life ©

IF YOU ARE

UNDER PRESSURE

STEP BACK & TAKE A BREAK

CLEAR YOUR MIND, THEN MOVE.

DO IT

www.mover.life ©

YOU ARE TOO POWERFUL

(YOU'RE JUST NOT TOTALLY AWARE, YET)

DO IT

www.mover.life ©

YOU CAN NEVER BE WHAT YOU

REALLY ARE

WHEN YOUR MIND IS FULL OF WHAT YOU'RE

REALLY NOT

DO IT

www.mover.life ©

THE MOMENT YOU GET INVOLVED IN SOMETHING

IS THE MOMENT YOU BEGIN TO LOSE OR GAIN

THINK LONG-TERM. CHOOSE WISELY & CLEARLY.

DO IT

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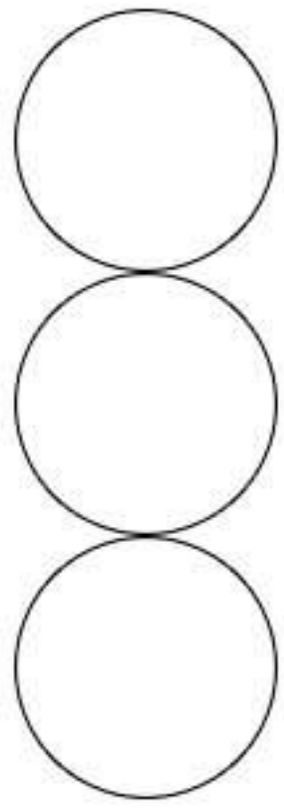
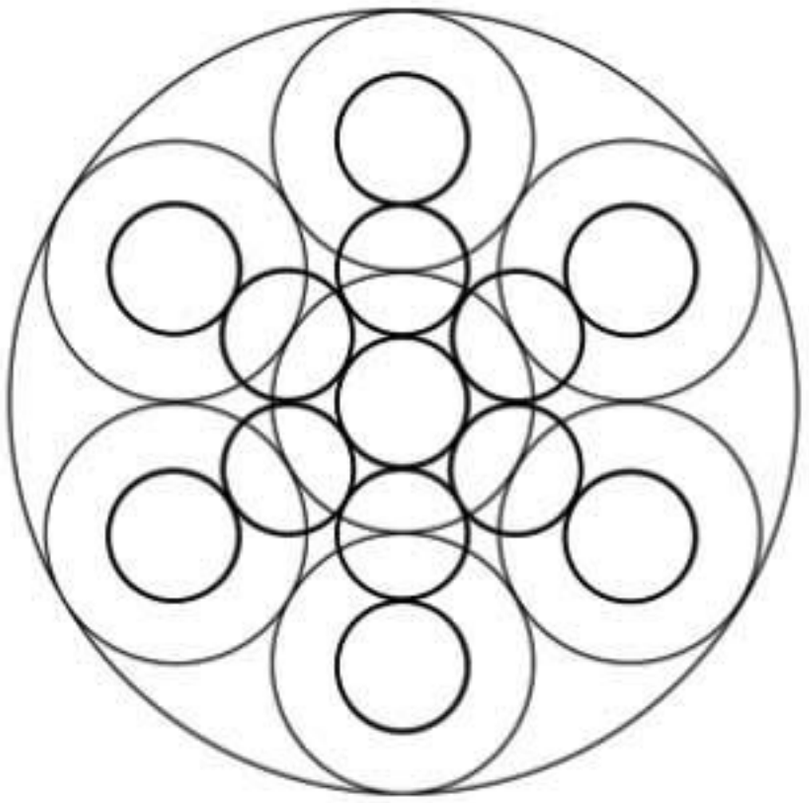
TO LIVE A BALANCED LIFE



ADAPT TO LIFE'S IMBALANCES



DO IT

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THE WISE UNDERSTAND PATIENCE

ITS POWER, LIMITS & HOW TO USE IT.

DO IT!!!

MØVER

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DO WHAT YOU **WANT**

WHEN YOU **WANT**

HOW YOU **WANT**

THEN, LEARN FROM YOUR **MISTAKES**

MOVE AS **FAST** & **FAR** AS YOU **CAN**

IT'S NOT A **TEST** IT'S A **FIGHT** TO THE **TOP**

SUCCEED AT ALL COST

BE A *MOVER*

DO IT

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FEAR IS FOR KIDS

IT'S 99.99% IMAGINARY. AVOID IT.

DO IT!!!

MØVER

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TO

IS TO

BUILD

BUILD YOUR MIND, BODY & FUTURE.

DO IT

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EVERYONE HAS AN

EDGE

BUT ONLY A FEW KEEP IT

SHARP

KEEP A SHARP EDGE

DO IT

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IF WORK DOES NOT FEEL LIKE

PLAY

YOU'RE

WORKING TO LIVE

NOT

LIVING TO WORK

LOVE YOUR WORK. OR, FIND ANOTHER.

DO IT

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BE SURE ABOUT

NOTHING

BE READY FOR

ANYTHING

LIFE FLUCTUATES. BE FLEXIBLE.

DO IT

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DO EVERYTHING TO THE

BEST

[redacted] OF YOUR [redacted]

ABILITY

TO: [redacted]

☆☆ ACHIEVE TOP RESULTS. [redacted] ☆☆

☆☆ BUILD A SOLID FOUNDATION. [redacted] ☆☆

☆☆ AVOID BLAMING YOURSELF LATER. [redacted] ☆☆

FUNDAMENTALS OF SUCCESS

DO IT !!!

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THE KEY INGREDIENT OF SUCCESS IS

DAILY + REPETITION

COMBINED WITH CONTINUOUS

IMPROVEMENT

KEEP MOVING & IMPROVING

DO IT !!!

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THE BEST THINGS IN LIFE ARE

FREE

HEALTH

FOOD

LOVE

GREAT IDEAS

CLOTHE

MIND DEVELOPMENT

TRANSPORTATION

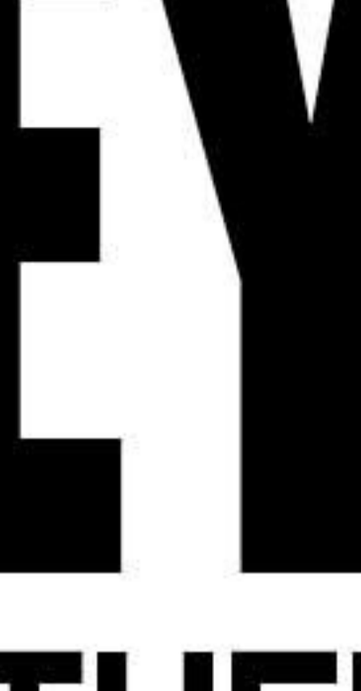
BUT, IN THIS WORLD YOU'LL NEED

MONEY

TO SUPPORT THEM

MANAGE YOUR FINANCES WELL

DO IT !!!



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"DECISION"

THE PRIME MOVER

TYPE 1: [redacted]

MADE BY PERSONAL EXPERIENCE, MISTAKES AND LESSONS.

TYPE 2: [redacted]

MADE BY TAKING OPINIONS FROM OTHERS (FAMILY, FRIENDS, PROFESSIONALS, ETC).

TYPE 3: [redacted]

"PRE-MADE" BY WHAT "THE SYSTEM" WANTS YOU TO THINK & DECIDE. TYPE 3; CAN STIR, INFLUENCE & INFILTRATE TYPE 1 & TYPE 2.

TYPE 1, IS YOUR BEST OPTION. USE IT.

DO IT !!!

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FEAR

BEFORE

ACTION IS PARALYZING

FEAR

DURING

ACTION IS BLINDING

FEAR

AFTER

ACTION IS TORMENTING

UNDERSTAND FEAR. AVOID IT.

DO IT !!!

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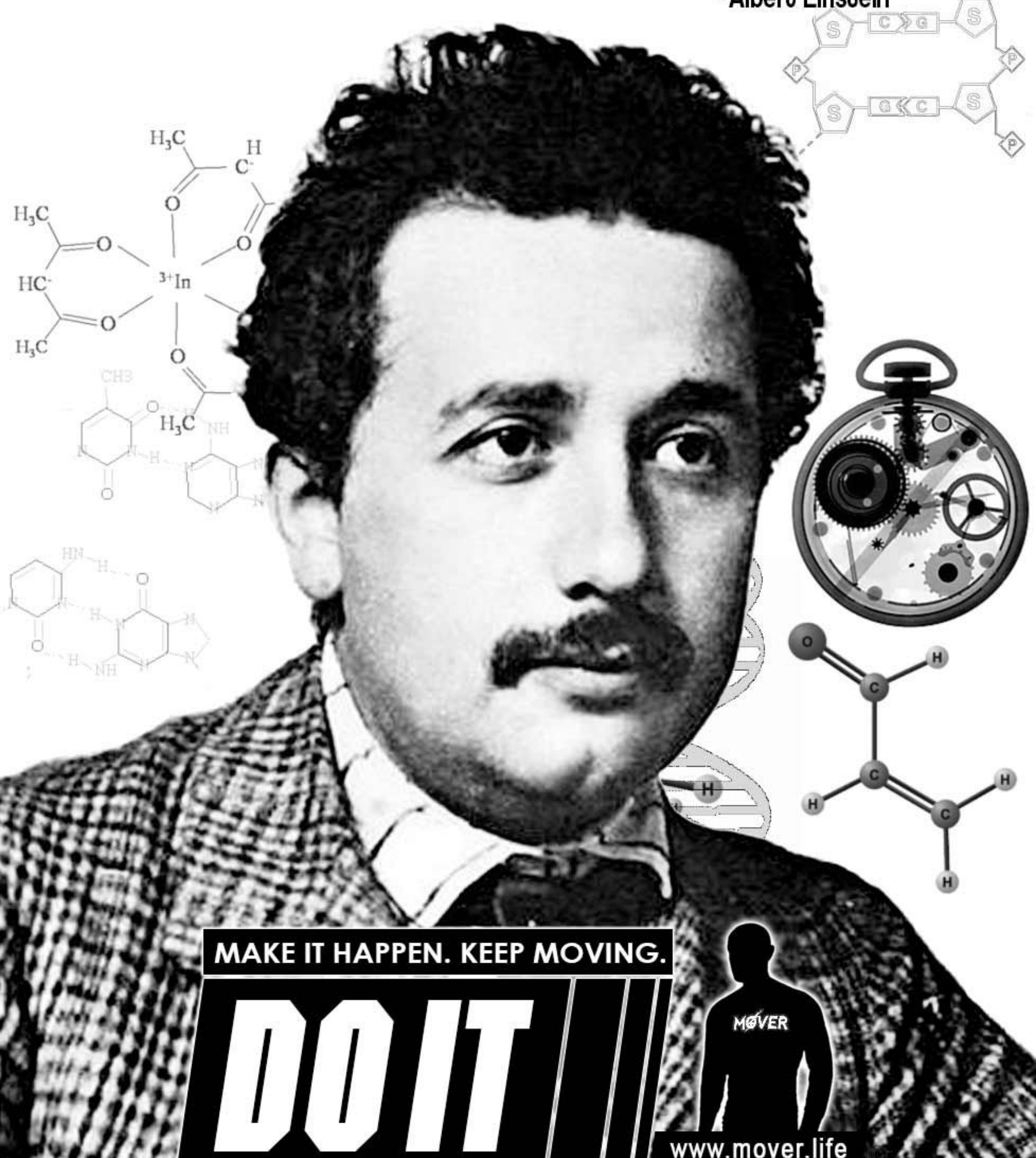
NOTHING HAPPENS

UNTIL SOMETHING MOVES

- Albert Einstein



MAKE IT HAPPEN. KEEP MOVING.

DO IT

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BEING POSITIVE IS

GOOD

EXERCISING POSITIVE IS

POWER

TRANSFORM POSITIVE TO POWER

DO IT

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DO

PRODUCTIVE THINGS NOW

TO CREATE A BETTER LATER

YOU'RE IN CHARGE

DO IT!!!

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TO BEAT FEAR
& INSPIRE CURIOSITY

GO BACK
TO YOUR CHILDHOOD

BE THE
FEARLESS & CURIOUS KID AGAIN

DO IT !!!

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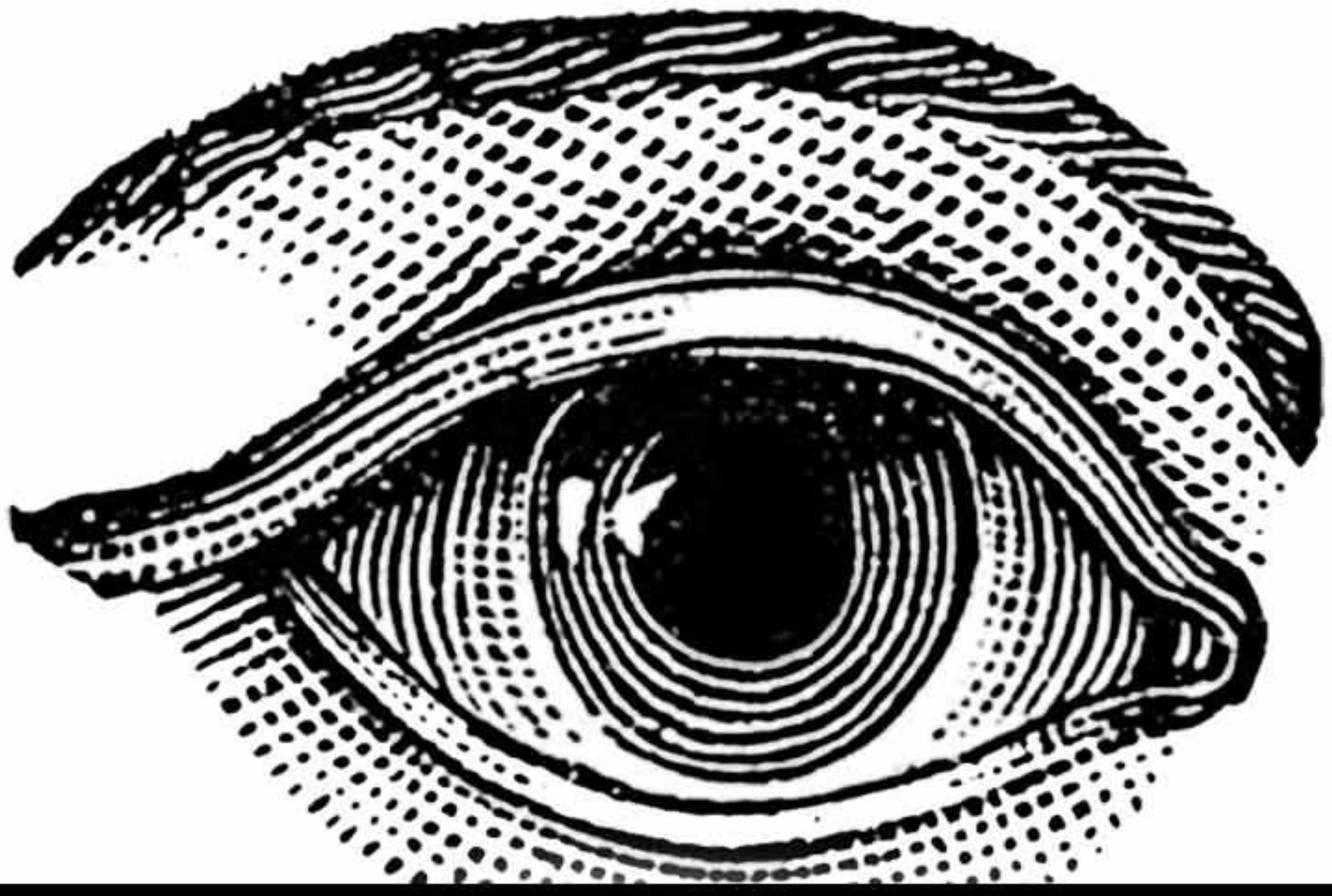
ONE



CAN LOSE EVERYTHING

IN A BLINK OF AN EYE

REMAIN GRATEFUL FOR ALL YOU HAVE

DO IT !!!

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DO NOT FOCUS ON & PRAISE YOUR PAST VICTORIES

THIS WILL DISTRACT YOU FROM CONQUERING FUTURE VICTORIES

ALWAYS

PLAN & PREPARE FOR FUTURE VICTORY

DO IT

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IF YOU CAN'T BELIEVE YOU WON'T ACHIEVE

BELIEVE IT, PLAN IT, CREATE IT.

DO IT!!!

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YOU MUST HAVE THE

NERVE

SPIRIT - COURAGE - FORCE

[redacted] TO [redacted]

SUCCEED

"BEFORE YOU SUCCEED"

THAT IS THE PRICE, PAY IT.

DO IT !!!

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WHATEVER [redacted]

PHYSICAL

THINGS YOU OWN, SLIGHTLY MATTERS

WHATEVER [redacted]

MENTAL

THINGS YOU OWN, SERIOUSLY MATTERS

BUILD A MENTAL KINGDOM 1ST, ALL ELSE 2ND

DO IT

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©

TALK

HAD NEVER OUTSHINED

ACTION

LESSEN TALK, INCREASE ACTION

DO IT !!!

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THE ULTIMATE

WINNER

IS THE

LOSER

WHO ACCEPTS THE LOSS

TURNS IT INTO A LESSON. LEARNS FROM IT.

THEN, TURNS INTO A PROFIT.

LOSE. LEARN. TRY AGAIN. WIN.

DO IT

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THE **MIND**

CONTROLS THE PERSON

THE **PERSON**

CONTROLS WHAT GOES INTO THE MIND

1 **BELIEFS**
ARE CREATED

2 **WORDS**
ARE SPOKEN

3 **ACTIONS**
ARE TAKEN

THINK, SPEAK, ACT WITH TRUTH

DO IT !!!

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SEEK & FIND

HARMONY

&

PEACEFULNESS

WITHIN YOUR MIND & HEART

PEACE OF MIND IS TRUE TREASURE

DO IT !!!

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YOU NEED

CONFIDENCE

BACKED & SUPPORTED BY

LOGIC

IN ORDER TO REMAIN

CONFIDENT

THINK LOGICAL. STAY CONFIDENT

DO IT

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KEEP YOUR CANDLE OF CURIOSITY LIT, TO KEEP YOUR MIND GROWING

READ. PONDER. GROW. PROSPER

DO IT !!!

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NEVER NEGLECT WHO
YOU *TRULY ARE* TO

IDOLIZE

SOMEONE
OR
SOMETHING

YOU ARE NOT

YOU ARE UNIQUE & EXTRAORDINARY

DO IT

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ALL

IS POSSIBLE & IMPOSSIBLE

DEPENDING ON YOUR MENTAL & PHYSICAL REACTION TO THE

SITUATION

YOU ARE THE

DESIGNER - BUILDER - LEADER

REACT PRODUCTIVELY, BUILD YOUR LIFE

DO IT !!!

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IN LIFE THERE IS TWO OF

EVERYTHING

POSITIVE	NEGATIVE
GOOD	BAD
ACTIVE	INACTIVE
+	-

THE IDEA IS NOT TO AVOID ONE OR THE OTHER, BUT TO LEARN HOW TO MANAGE BOTH STATES TO LIVE A BALANCED LIFE.

A GOOD LIFE IS A BALANCED LIFE

DO IT

©

www.mover.life

CHOOSE

& WORK WITH

THE MOST

NOBLE SIMPLE POWERFUL

THOUGHTS YOUR MIND CAN THINK OF

©

DO IT!!!

www.mover.life

RISK

WINNERS
ACCEPT IT

LOSERS
REJECT IT

TAKE RISK, LIVE A WINNER.

DO IT

©

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"DISTRACTION"

A WEAPON OF MASS CONFUSION.

BEWARE, AVOID IT & FOCUS.

DO IT !!!

©

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IT'S RIGHT TO

MAKE MISTAKES

& ADMIT THEM

TO IMPROVE YOUR DECISIONS & ACTIONS

IT'S WRONG TO

MAKE MISTAKES

& DENY THEM

TO FEEL GOOD ABOUT YOURSELF

ADMIT MISTAKES & PROSPER

DO IT

©

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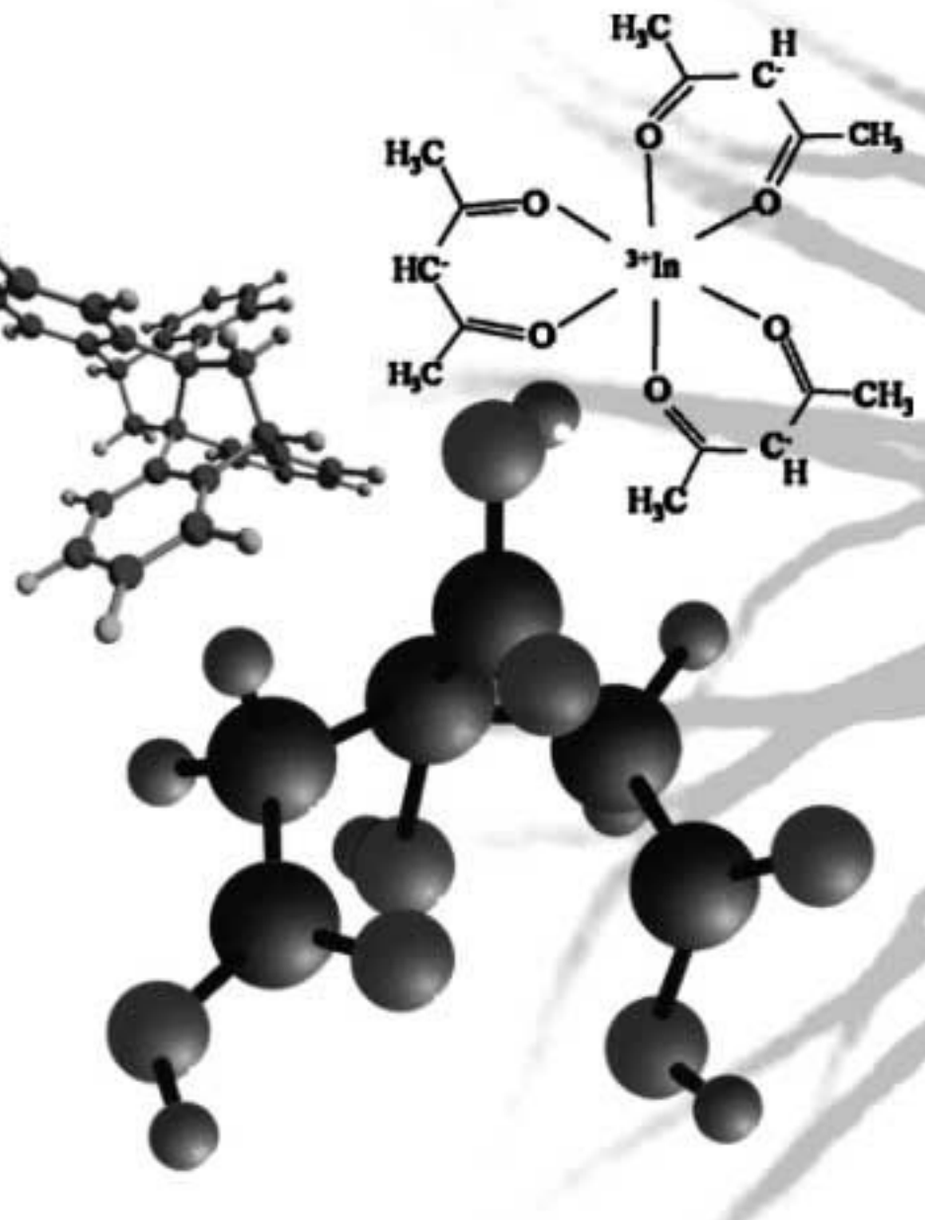
ALL THE NEGATIVE FORCES OF



PEOPLE
+
CIRCUMSTANCES
+
PHYSICAL
+
PSYCHOLOGICAL

CANNOT STOP YOU, IF YOU ENDLESSLY

FIGHT

TO FULFILL YOUR LIFE PURPOSE

FIGHT FOR IT, EVERYDAY...

DO IT

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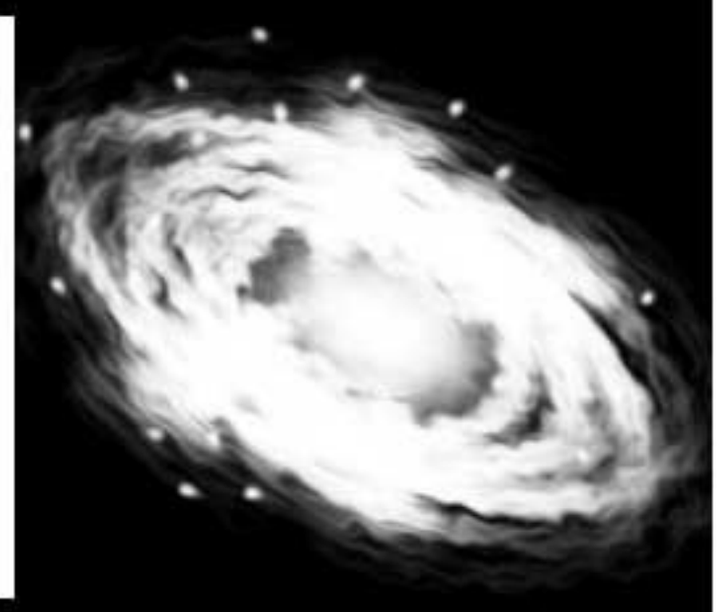
HUMANITY

BEGINNING OF TIME



WE EXIST. WE WALK.
WE SEE. WE FEEL.

NOW

WE EXIST

TO BE MISLED & MANIPULATED BY; TEMPTATIONS, PEOPLE, INCORRECT BELIEFS & FALSE IDEAS.

WE WALK

ON A PATH OTHERS HAVE BUILT & DESIGNED FOR US TO WALK ON.

WE SEE

WHAT OUR DESIRES WANT TO SEE. NOT WHAT THE MIND, LOGIC & HEART NEED TO SEE.

WE FEEL

HELPLESS, WHEN THE TRUTH IS, WE ARE MORE CAPABLE & POWERFUL THAN WE CAN IMAGINE.

THINK & REASON, TO SEE THE TRUTH.

DO IT!!!

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PEOPLE

WITH

HIGH

STANDARDS

DON'T KNOW HOW TO

GIVE UP

(EVEN IF THEY TRIED)

SET HIGH STANDARDS

DO IT

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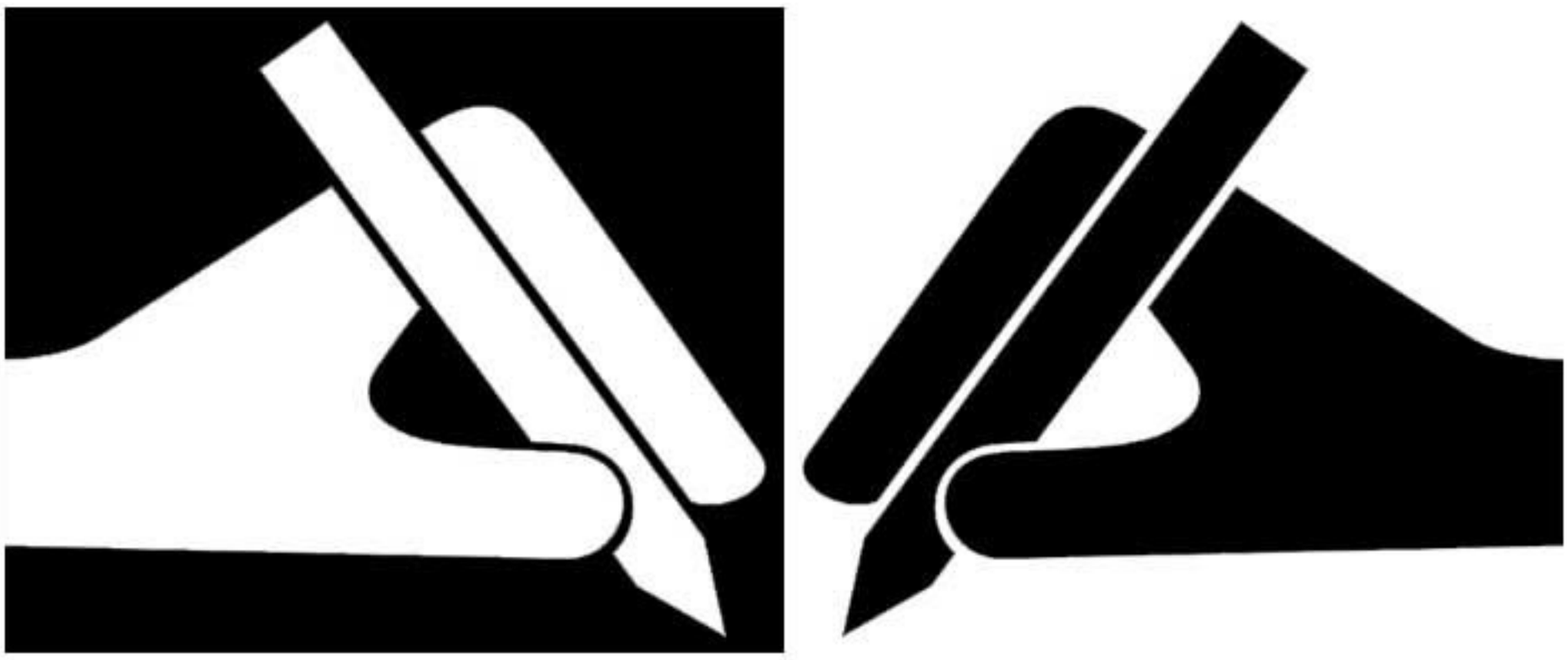
EVERY STORY HAS

TWO SIDES



USUALLY, THE ***FAKE STORY*** IS PUBLICIZED

DON'T BELIEVE EVERYTHING
YOU READ ABOUT SUCCESS

GAIN & TRUST EXPERIENCE

DO IT !!!

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REAL FREEDOM (OF ANY KIND) IS NOT GIVEN

REAL FREEDOM IS EARNED

EARN YOURS

DO IT

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LEARN TO SEE THE

Beauty

IN YOURSELF

IN ORDER TO

SEE THE *Beauty* IN

Others

DO IT

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YOUR

CONSISTENCY

IS TESTED

ONLY

WHEN YOU DON'T WANT TO

DO THE

WORK.

BE CONSISTENT

DO IT

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DOING IT

JUST FOR THE

IS

WEAK

DOING IT

FOR

PASSION

IS POWERFUL & HONORABLE

DO IT

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MORE DREAMS ARE

KILLED EVERYDAY

BECAUSE WE ALLOW PEOPLE TO

KILL THEM

FIGHT

FOR YOUR DREAM
IT'S YOUR
HAPPINESS

DO IT

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EVEN IF YOU ARE
DISCOURAGED
DO NOT STOP

PLANNING

LEARNING

&MOVING

DO IT

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REAL SUCCESS
IS NOT
LUXURY

REAL SUCCESS IS SMART + HARD

WORK
DO IT

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BUILD & BELIEVE IN YOUR SKILLS & SELF

DO IT

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THE GRASS IS

GREENER

THE BIRD SOUNDS ARE

SWEETER

WHEN ONE IS

HAPPY

BE HAPPY

DO IT

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Love

and

Knowledge

WILL ALWAYS RAISE YOU

HIGHER IN LIFE

DO WHAT YOU LOVE & INCREASE
YOUR KNOWLEDGE EVERYDAY

DO IT

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TO GAIN & KEEP

RESPECT

KEEP YOUR WORD

RELIABLE

KEEP YOUR SPIRIT

STRONG

KEEP YOUR HEART

BEAUTIFUL

DO IT

www.mover.life

HOMELESS

BUT NOT
HELPLESS OR USELESS

IT'S A

NEW DAY TO :

- CHANGE MY LIFE
- RESPECT MYSELF
- AVOID ALCOHOL/DRUGS
- ASK FOR "ANY" JOB
- MOVE & TAKE CHARGE
- RECLAIM DIGNITY & RESPECT
- LIVE BETTER, NEVER GIVE UP

PLEASE SHARE THE MESSAGE

DO IT

tbawab.com

MAKE

MAJOR DECESIONS

GO FAR

DO IT

tbawab.com