

# Mental Health Moment

Presented by the Counseling Department



## Hard Work vs. Good Luck



Hard work and determination are essential skills to be a successful young adult in society. Whether you join the work force, the military, or choose to continue on to college after graduation, hard work will be a friend forever. As we near Spring Break, then prepare for the end of our school year together, we must remain steadfast in our pursuit towards achieving personal and academic goals. We cannot put all of our hope in good luck because that would be putting all the power in someone else’s hands. We must work towards our goals, with a strong support system, wisdom, and persistence. Each person deserves to feel proud of themselves and the effort they’ve put forth in their daily pursuits. Choose wisely, use your precious time with intention, and invest in your future. You, and you alone, will reap the rewards of your efforts or suffer the consequences if you choose otherwise. Read on for more inspirational quotes about perseverance, hard work, grit, and dedication. You will be wholly inspired after you’ve read them! Snap a pic of your favorite quote and share on your social media accounts to uplift others and encourage them to be more!

Truly,

Your Counseling Team

There is  
*no magic*  
to achievement.  
It’s really about  
*hard work, choices*  
and *persistence.*  
—MICHELLE OBAMA

INSTAGRAM: @MICHOBAMA

TODAY'S QUOTE:

***"If you push through that feeling of being scared, that feeling of taking a risk, really amazing things can happen"***

— MARRISA MAYER

DREAMWITHHARSHA.COM



Working hard becomes a habit, a serious kind of fun. You get self-satisfaction from pushing yourself to the limit, knowing that all the effort is going to pay off.

GRACIOUSQUOTES.COM

Scan the code to take a copy:



“A DREAM DOESN'T BECOME REALITY THROUGH MAGIC; IT TAKES SWEAT, DETERMINATION AND HARD WORK.”

- COLIN POWELL  
ITSALLYOUBOO.COM

YOU'VE GOT 3 CHOICES: GIVE IN, GIVE UP, OR GIVE IT ALL YOU'VE GOT

— COMPETE EVERY DAY.COM —



“

Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come.

— DWAYNE JOHNSON

GRACIOUSQUOTES.COM

“

You can't cheat the grind, it knows how much you have invested, it won't give you anything you haven't worked for.

GRACIOUSQUOTES.COM

“

The harder you work for something, the greater you'll feel when you achieve it.

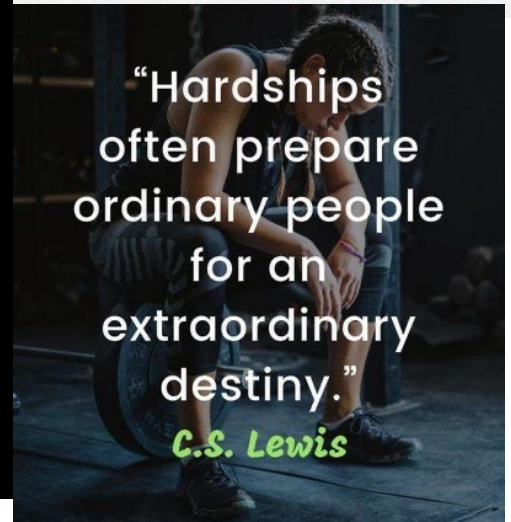
GRACIOUSQUOTES.COM

WAKE UP WITH *Determination* GO TO BED WITH *Satisfaction*

www.livingwithlaney.com

The pain of self-discipline will never be as great as the pain of regret

caseyolivia



“Hardships often prepare ordinary people for an extraordinary destiny.”

C.S. Lewis