

# 100%



HOW WILL YOU KNOW WHEN YOU'VE PUT IN YOUR BEST EFFORT?

WHEN DO YOU FIND IT EASY TO GIVE 100%?

WHAT FEELINGS DO YOU THINK YOU WILL FEEL WHEN YOU'VE DONE THIS?

WHEN DO YOU FIND IT DIFFICULT TO GIVE 100%?

WHAT DO YOU THINK HELPS YOU TO GIVE 100% IN EVERYTHING YOU DO?