A Way With Words
DO THE F*CKING WORK

DO THE THING YOU’VE BEEN AFRAID TO DO

LEAVE YOUR MARK

Jamie MacDowell

Do the F*cking Work in Color

Do the Thing in Color

Leave Your Mark in Color
LIVE LOVE LAUGH

MAKE YOUR LIFE COUNT
Ambition
Noun
A strong desire to achieve, requires determination and hard work.

Execution
Noun
Have a plan, make it happen.
GREATNESS
NOUN
COMES FROM THE HEART, MIND AND SOUL.

GRIT
NOUN
COURAGE AND RESOLVE, STRENGTH OF CHARACTER.
PATIENCE

NOUN

STAYING CALM AND STILL WITH DIFFICULTIES AND CHALLENGES.
LIMITLESS
NOUN
INFINITE POSSIBILITIES, NO LIMIT TO WHAT YOU CAN ACHIEVE.

PATIENCE
NOUN
STAYING CALM AND STILL WITH DIFFICULTIES AND CHALLENGES.
PERSISTENCE
NOUN
PERSEVERANCE, TENACITY, DETERMINATION, RESOLVE.

SUCCESS
NOUN
A RESULT THAT BRINGS HAPPINESS.
LEAVE YOUR MARK
LEAVE YOUR MARK

MAKE YOUR LIFE COUNT
DO THE F*CKING WORK

DO THE THING YOU’VE BEEN AFRAID TO DO
To Do List

Start
Go hard
Focus
Courage
Risk
Fail
Breathe
Patience
Perservere
Execute
Succeed

IT WILL TAKE TIME
IT WILL REQUIRE DEDICATION
IT WILL REQUIRE WILL POWER
YOU WILL NEED TO MAKE HEALTHY DECISIONS
IT REQUIRES SACRIFICE
YOU WILL NEED TO PUSH YOUR BODY TO THE MAX
THERE WILL BE TEMPTATION
BUT I PROMISE YOU THIS
WHEN YOU REACH YOUR GOAL
IT WILL HAVE BEEN
WORTH IT

Jamie MacDowell
Worth It on Black

Jamie MacDowell
To Do List on Black
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SUCCESS
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A RESULT THAT BRINGS HAPPINESS.
CHOOSE
COMPASSION

CHOOSE
EMPATHY

CHOOSE
KINDNESS

CHOOSE
TOGETHERNESS
Choose Compassion

Choose Courage
Choose Empathy in Color

Choose Gratitude in Color
Choose Hope in Color

Choose Kindness in Color
BE BOLD
Be Bold in Color

BE CURIOUS
Be Curious in Color

BE KIND
Be Kind in Color
EQUALITY
JUSTICE
PEACE
PURPOSE
HOPE
ACTION
EQUALITY
JUSTICE
PEACE
PURPOSE
HOPE
ACTION

RESPECT
HUMILITY
EMPATHY
COMPASSION
LOVE
GRATITUDE

JMD117583
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Equality Justice in Color

JMD117590
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Respect Humility in Color
LIVE LOVE LAUGH

MAKE YOUR LIFE COUNT
DO GOOD

STAY POSITIVE

BREATHE

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Do Good in Color

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Stay Positive in Color

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Breathe in Color
Choose Compassion

Choose Courage

Choose Empathy

Choose Gratitude
Choose Hope
Choose Kindness
Choose Togetherness
Choose Unity
DO GOOD

EVERYTHING IS POSSIBLE

JUST BREATHE

STAY POSITIVE

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Do Good

Everything is Possible

Just Breathe

Stay Positive
Be Curious
Be Kind
Be Bold
Equality
Justice
Peace
Purpose
Hope
Action

Respect
Humility
Empathy
Compassion
Love
Gratitude
ALL ARE WELCOME HERE

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IT WILL HAVE BEEN
WORTH IT

START
GO HARD
FOCUS
COURAGE
RISK
FAIL
BREATHE
PATIENCE
PERSERVERE
EXECUTE

WORTH IT

SUCCED

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Worth It

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To Do List