

HALAMAN MOTO DAN PERSEMBAHAN

I'm blessed and I thank God for every day for everything that happens to me. *Lil Wayne*

“Try not to become a person of success, but rather try to become a person of value”

Albert Einstein

“Is not the strongest of species that survive, nor the most intelligent, but the one most responsive to change.” *Charles Darwin*

It's Not About Perfect

It's About Effort

And When You Bring That Effort Every Single Day

That's Where Transformation Happens That's How Change Occurs

– Jillian Michaels –

THIS FINAL PAPER IS DEDICATED FOR MY MOM, MY DAD, MY BROTHER, MY SISTER, AND PEOPLE WHO LOVE ME. THANK YOU FOR TRUSTING ME AND SPARING THE TIME TO HANDLE EVERYTHING I NEED. THANK YOU SO MUCH FOR ALWAYS LOVING ME, SUPPORTING ME, CARRYING ME, AND PRAYING FOR ME. LOVE ALL OF YOU!!!