



Our standards are what define us

“ We are not the highest version of ourselves which we can imagine.
We are the lowest version of ourselves which we can accept.

Understand that you will do nothing to achieve your dreams but
fight like hell to not breach your standards. As humans we will do
more to not lose something than we will to gain it.

If you want to achieve your dreams and goals you must turn them
into irrefutable standards.

-Sam Ovens