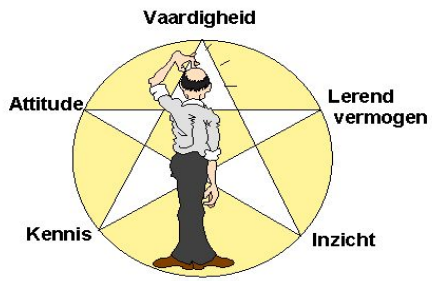


✓ Think  
✓ Plan  
✓ Act



1

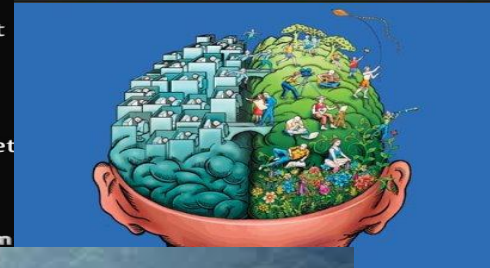


**DEDICATION:**  
When the little voice in your head says, "It's too early, dark and cold... go back to bed. Then the beastmode voice kicks little voice's ass... and you get up. And lift some shit."

Even if it falls your lot to be a street sweeper, go on out and sweep streets like Michelangelo painted pictures; sweep streets like Handel and Beethoven composed music; sweep streets like Shakespeare wrote poetry; sweep streets so well that all the host of heaven and earth will have to pause and say, 'Here lived a great street sweeper who swept his job well.'

(Martin Luther King, Jr.)

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7



3



6



**AMBITIE**  
**NOU GEWOON**  
**ALLES**

*Loesje*