

# Keep Moving

“Keep moving, for it may well be that the greatest song has not yet been sung, the greatest book has not been written, the highest mountain has not been climbed. This is your challenge! Reach out and grab it...we must keep moving. If you can't fly, run; if you can't run, walk; if you can't walk, crawl; but by all means keep moving.”

**Martin Luther King, Jr.**

Spelman College rally in Sisters Chapel

**T**here will be days when things are going your way and you feel so good you think you can fly.

There will also be days where your best effort results in a crawl and that's OK, too, because you're still moving forward.

Today, remember the goal is to do the best you are capable of doing at this moment. It isn't about speed and it isn't about keeping up with anyone else. It's about focusing on your process and making progress.

*Win Your Day!*

**Steve Gilbert**