



# Be a quitter like me.

**Quit whining**

**Quit blaming others**

**Quit procrastinating**

**Quit dating the TV set**

**Quit being average**

**Quit making excuses**

**Quit wishing it would happen and *make* it happen**

**The Black Belt Speaker**

**Kyle Eastham**

3512 Meadowbrook Dr  
Midwest City OK 73110  
405.201.1350

**[Kyle@KyleEastham.com](mailto:Kyle@KyleEastham.com)**

*Helping people succeed through Black Belt principles*