



MOTIVATION CARDS

FIRST YEAR PROJECT
QUOTES AND TAKEAWAYS

WWW.FIRSTYEARPROJECT.COM

SOMETIMES YOU JUST NEED MOTIVATION
AND FRIENDLY REMINDERS
TO MAKE IT THROUGH THE DAY.
HERE ARE 30 MOTIVATION CARDS OF QUOTES AND
TAKEAWAYS FROM FIRST YEAR PROJECT
INTERVIEWS AND POSTS TO HELP WITH THAT.
PICK A CARD DAILY AND PRESS ON!

FIRST YEAR PROJECT
FOR FULL EPISODES VISIT
WWW.FIRSTYEARPROJECT.COM

CREDITS

S1 E5 | CAVE
S1 E9 | YVONNE ORJI
S1 E15 | KIANA FITZGERALD
S2 E2 | GIA PEPPERS
S2 E3 | JOZEN CUMMINGS
S2 E4 | STAY SILENT PVD
S2 E5 | TANNIS SPENCER
S2 E6 | JONATHAN JACKSON
S2 E7 | CHASITY COOPER
S2 E8 | MICHELL CLARK
S2 E9 | MELISSA OBLEADA
S2 E10 | DARIAN HARVIN
S2 FINALE | LATRELL JAMES
"THE TRUTH ABOUT OVERCOMING
TRANSITIONS IN YOUR 20S"

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NO ONE IS
EXEMPT FROM
STRUGGLE.
EMBRACE THAT.

first

IT'S ABOUT
CREATING YOUR
OWN MOMENTUM.

S2 E2

first

BEING
YOUNG IS
NOT ABOUT
AVOIDING
FEELINGS.

S2 E3

first

**STRONG PEOPLE
CAN ASK FOR
HELP TOO.**

first

KNIT YOUR OWN SAFETY NET.

S2 E6

first

DEGREES WON'T
SAVE YOU.

first

**FIND PEOPLE
WHO RESPECT
YOUR PASSIONS.**

S2 E4

first

WORK WHILE
YOU WAIT.

first

WHICH
OPPORTUNITIES
ARE TRULY
BENEFITING
YOU?

S2 E8

first

INVOLVE THE
RIGHT PEOPLE IN
YOUR STORY.

S2 E6

first

BE KIND TO
YOURSELF.

S2 E7

first

YOU HAVE THE
ABILITY TO BE
WHOEVER YOU
WANT.

S2 E7

first

TAKE A MOMENT
TO BE GRATEFUL
FOR THE MOMENT
YOU'RE IN.

S2 E7

first

EVERYONE HAS A
STORY, AND GIVING
THEM THE ABILITY
TO TELL IT IS A
QUINTESSENTIAL
RIGHT.

S2 E6

first

**BE PATIENT
WITH YOURSELF.**

S2 E9

first

NO MATTER
WHAT, YOU MUST
MAINTAIN YOUR
HUMANITY...

S2 E10

first

WHAT YOU'RE
DOING NOW,
KEEP DOING IT.

S2 E10

first

YOU'RE DOPE
AS SH*T.

S1 E5

first

CONTINUE TO
BE YOURSELF.
CONTINUE TO
GO WITH
YOUR GUT.

S2 E10

first

CHANGE IS HARD.

S2 E9

first

WHEREVER YOU
ARE IS EXACTLY
WHERE YOU NEED
TO BE.

FIRST FAVS

first

WHAT IS YOURS,
IS YOURS.

FIRST FAVS

first

WORK THROUGH THE FEAR

S2 E5

first

WORK ON THE
THINGS THAT ARE
GOING TO TAKE
YOU WHERE YOU
WANT TO GO.

S2 E8

first

I'M VALUABLE
AS F*CK.

S1 E15

first

THERE'S BEAUTY
IN BEING OTHER.

S1 E9

first

SOMETIMES THE
END IS JUST THE
BEGINNING.

FIRST FAVS

first

EXCELSIOR

EVER UPWARD

S2 SHORT

first

EMBRACE
YOUR
NOW.

FIRST FAVS

first

YOUR TIME IS
GOING TO COME.

S2 FINALE

first