



*"Self-mastery is doing those things we should do and not doing those things we should not do. It requires strength, willpower, and honesty."*

~ James E. Faust



*“Respa is the personal mastery system for developing self-discipline, maintaining composure, and personal control in one’s life. It’s the backbone upon which enlightenment, integrity, and personal control are developed and maintained.”*

*~ Roger Anthony*