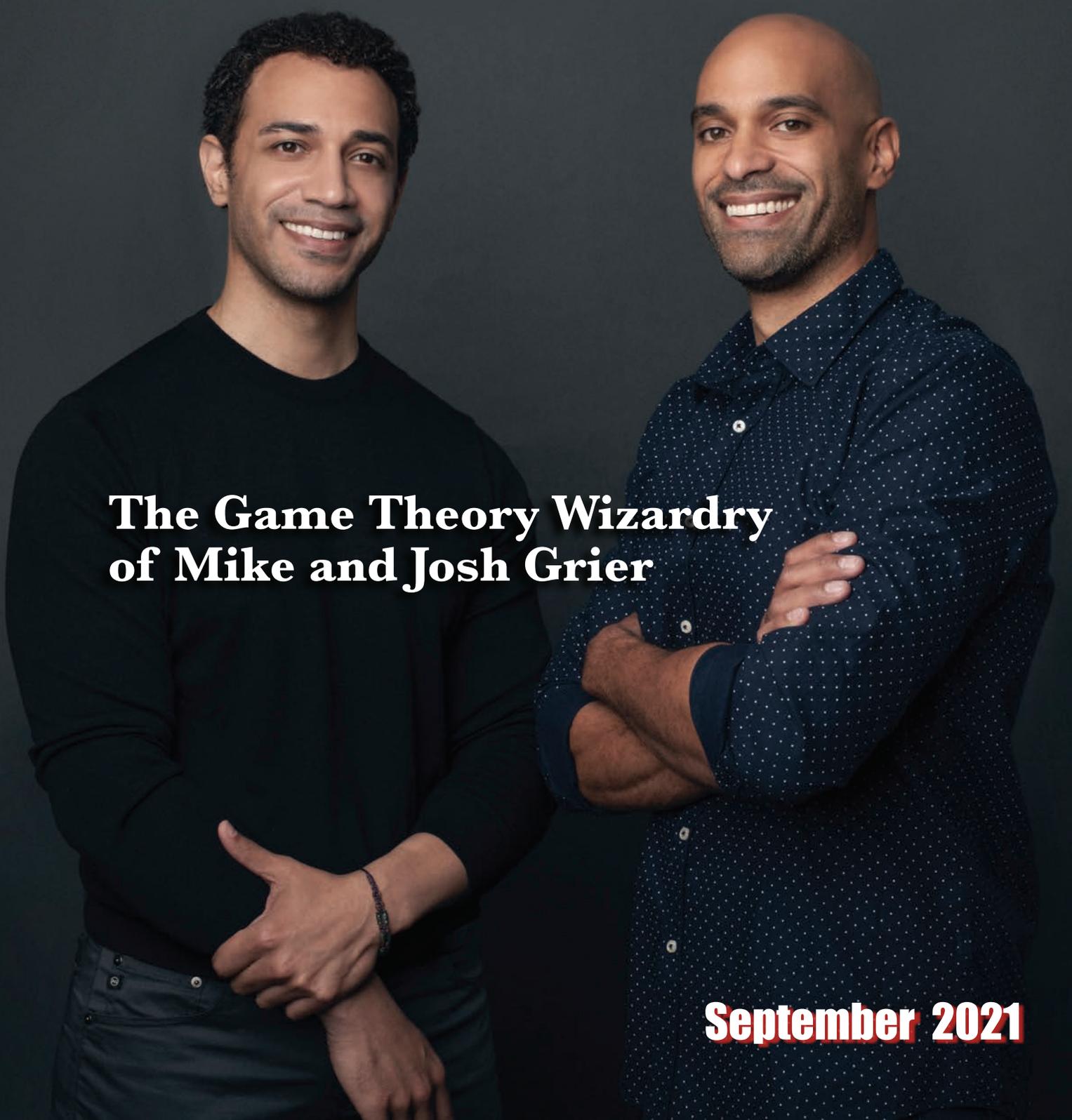


# SoulVision<sup>®</sup>

M A G A Z I N E



**The Game Theory Wizardry  
of Mike and Josh Grier**

**September 2021**

EDITORS NOTE

# BK Fulton



Photo courtesy of BK Fulton

| “God is in the details. Make great art.”

It was cool to find out that my 2021 Producers Guild of America (PGA) class includes the legendary Dolly Parton. She’s one of my favs and now I get to call her my PGA classmate. How cool is that! When we started SoulVision Magazine, we set out to show the beauty and excellence in all of humanity. We continue to push forward, completely excited about the possibilities before us.

In this issue, we keep the magic going with a cover story on game theory wizards Mike and Josh Grier, the founders of Ember Lab, an independent animation, digital, and gaming studio. We catch up with filmmakers Tremayne Johnson and Mario Jackson, multi-hyphenates Keats and Chavon Hampton, and detail the craftsmanship of watch strap maker David Richards. We also highlight the important work of RPAA’s Greater Richmond Wolf Trap program and give you a hearty dish from chef April Shepperson. Finally, we pay homage to one of the greatest NBA players of all time, the late Kobe Bryant.

God is in the details. Make great art.

Follow BK Fulton on [Instagram](#) and [Twitter](#). To learn more about Soulidify Productions, visit their website [soulidify.com](#) and follow them on [Facebook](#), [Instagram](#), and [Twitter](#).

| “When we started SoulVision Magazine, we set out to show the beauty and excellence in all of humanity.”

CELEBRITY

# The Game Theory Wizardry of Mike and Josh Grier



*Brothers Mike and Josh Grier are the co-founders of Ember Lab, an independent animation, digital, and gaming studio. Photo by Luke Fontana.*

| “Find what speaks to you.”

It was June 11, 2020, and Sony would be showcasing their lineup for the PlayStation 5. At the 27 minute mark, two new faces appear on the screen. They were the faces of brothers Mike and Josh Grier, co-founders of Ember Lab, an independent animation, digital, and gaming studio. They were there to introduce the world to *Kena: Bridge of Spirits*, a new gaming platform for the console. It was surreal seeing themselves in the showcase. It surprised their family and friends too. “My phone blew up with messages from people I hadn’t talked to in a while like, ‘I saw you on the PlayStation 5 showcase,’” Josh explains. “Most people didn’t know we were working on Kena, but no one was expecting our faces to be up there.”

## *The Game Theory Wizardry of Mike and Josh Grier (continued)*



*Childhood photo of Josh and Mike Grier with their little brother Daniel in Paris. From left: Mike, Daniel, and Josh Grier. Photo courtesy of Ember Lab.*

Back in the 90s, Orlando, Florida, wasn't quite as densely populated as it is today. Mike recalls when they would play around in the woods around their neighborhood and shoot hoops in their yard. They lived around dirt roads and meadows. They were surrounded by magic and wonder. Their dad was an executive for Disney's theme-park operations. "Our dad worked for Disney for a long time and worked his way up into management over the years," Mike says. "We got a sneak peek of how the parks were operated and what was possible when you had the right team."

When Josh was six and Mike was four, their family moved to Paris, France, for 18 months. Their dad was tasked with opening Euro Disney. It was during this time that the two brothers bonded over shared experiences. "Oftentimes, we didn't speak the language, so a lot of that bonding involved watching animated films and playing video games, like the old classic *Zelda* game from Nintendo," Josh says. These games and the experience of living abroad influenced the kind of naturalistic and environmental elements found in their work. "Everything we do has a lot of texture," Josh says. "We create fantastical characters, but we try to give them a realistic spin, whether that is in lighting or the art style."

"I hope people connect with the story and the themes of the game as much as the gameplay," Mike says

In the 2000s, their father would become vice president of Tokyo Disney. During this time, Josh was studying business and economics at Northwestern and Mike was still in high school. This was years before he would go on to study film at Chapman University. The family lived in Tokyo, Japan, for three years. Living in Tokyo sparked Mike's creativity and influenced the creative choices behind *Kena: Bridge of Spirits*. *Kena* was in development long before it was revealed at Sony's PlayStation 5 showcase. Josh and Mike founded Ember Lab in 2009. Josh is the chief operating officer and Mike is the chief creative officer. The team at Ember Lab cut their teeth creating ad campaigns for the MLB, Coca-Cola, and KFC. These ads illustrated Ember Lab's ability to create beautifully rendered animated ads for a global audience. But their greatest success story came in the form of a short animated film, *Majora's Mask – Terrible Fate*, that paid homage to the classic *Zelda* games. It went viral. As of this writing, it has over 10 million views on YouTube. So when it came to pitching to companies, Ember Lab was at an advantage. Sony was among a list of companies that fell in love with what the team was doing. They partnered with Sony in October of 2017. "We started development on the PlayStation 4 platform and they gave us the opportunity to jump to PlayStation 5," Josh says. "They are pretty committed and passionate about fostering creative teams like ours who are doing this kind of work."

The main character in their game is Kena, a young spirit guide, who travels to an abandoned village to find a sacred mountain shrine. She is aided in her quest by spirits and adorable black creatures known as the Rot.

## *The Game Theory Wizardry of Mike and Josh Grier (continued)*



*Kena takes a moment to meditate in the forest to increase her focus and power. Photo courtesy of Ember Lab.*

The Rot assists Kena in battle, platforming, and other actions that are required for players to progress through the game. The Rot are with Kena until the end. The game's Asian female protagonist was an easy choice for Ember Lab. "Diversity is natural for us," Josh explains. "We have always planned for a unique lead character that gamers haven't seen before. We try to be authentic no matter what we do." Mike adds that the storytelling is relatable. "The storytelling themes and the human connection and narrative are universal," Mike says. "It deals with people struggling with loss or struggling with a mistake they made and the desire to reconcile it. I hope people connect with the story and the themes of the game as much as the gameplay." Mike hopes that the game will create the same strong bond that he and his brother had when playing games. "It was a way for us to connect as siblings and I think part of the goal of making this game is to supply that sort of connection," Mike says.

"I think a lot of people in our community have the potential but don't have the access or the exposure of knowing someone who is the industry," Josh says.

With the buzz surrounding Ember Lab's new game, Mike and Josh are dealing with the growing pains of operating a bigger company. Despite this, they operate Ember Lab like a family. "As you become bigger, collaboration and effective communication become even more important," Josh says. "Building a team unit and an atmosphere where everyone feels they can communicate effectively and have their voice heard was important to us."

In a moment of vulnerability, Mike says he struggles with what many creatives struggle with: he second-guesses himself more than he should. "I find that it is best to follow my gut and do what I think is good and true," he says. As the Ember Lab team grew, Mike says it was a challenge to articulate those creative ideas and get everyone on the same page. "As a creative director, it is just a matter of listening to your team and then making the best decision," he says.



*Kena approaches an activated shrine deep inside a cave. The glowing carvings on the rock depict an ancient wisdom lost to time. Photo courtesy of Ember Lab.*

Because they grew up with a father who was in the creative industry, the two brothers went into the industry with their heads held high. "We talked about it before, but for us, a lot of what we have gotten is based on opportunity, and seeing people like us in positions that we aspire to is critical," Josh says. However, it was a little surprising to see that there were only a handful of people who looked like them in gaming design. They want this

## *The Game Theory Wizardry of Mike and Josh Grier (continued)*



*Kena faces off against a tough enemy before she can cleanse a corrupted sprout. Photo courtesy of Ember Lab.*

to change. “I think a lot of people in our community have the potential but don’t have the access or the exposure of knowing someone who is in the industry,” Josh says. Mike adds that they have inspired those closest to them to the possibility of working within the gaming industry. “When we talk to our cousins, it is like wow. They didn’t think it was a possibility before,” he explains. “They didn’t think this is a career path that they could take.”

For those who would like to tap into the industry, Josh suggests keeping yourself busy with projects of your own. “Even if there is no budget, getting our hands dirty and getting in there and learning the tools through a project is something that we have found has helped us,” Josh says. “That struggle of learning the tools on your own makes you strong when those doors are opened to you.” He also advises those interested in game building and design to make connections within the industry. “Talking to someone about their experience is just really valuable,” he says. “We get people reaching out to us all the time and while we may not always be able to give everybody what they want, we always try to respond and give as much feedback as possible. Don’t feel afraid to reach out and ask people for help,” Mike adds that talking to community managers on social media is a path to build that connection. “It is a bit of a tough nut to crack,” Mike admits. “But I would say there are so many avenues and different skill sets involved in making games. Find what speaks to you.”

While their primary focus is Kena, Josh says they will hold off on a sequel. “I don’t know if we will do a direct sequel next,” Josh says. “It may be another IP, in the same style—in terms of gameplay and the story-driven experience.” However, the duo is interested in exploring the world they created in Kena in different creative mediums. “Kena and the universe we built has a lot of storytelling potential,” he says. “So exploring and taking it into a more linear experience like a TV show or film is a possibility.”



*Photo by Luke Fontana*

*To learn more about Josh and Mike Grier’s Ember Lab, visit their [website](#) and follow them on [Facebook](#), [Instagram](#), and [Twitter](#).*

# Chavon Hampton: A Quadruple Threat



*Photo by Guido Venitucci*

## | “Dream to inspire.”

In the early years of elementary school, Chavon Hampton’s older sister was auditioning for the musical Bill Rauch’s *Medea/Macbeth/Cinderella*. Off to the side, Chavon was busy singing to herself when Bill Rauch noticed and asked if she could audition. Her mom insisted that she was too young, but Rauch wanted to see what she could do with the material. He was so impressed that he gave her a role in the all-female company of *Medea*. She would play one of *Medea*’s sons alongside her older sister. The play’s opening night made such a great impression on Chavon that she created a vision board to convince her parents to let her pursue a career in the performing arts. Their only request was that she keep good grades. “I thought, ‘yeah I can do that,’” she says. Today, she is a dancer, singer, actress, and model or as she describes, “a quadruple threat.”

## Chavon Hampton: A Quadruple Threat (continued)



Photo by Alvin Furlow

After graduating from ACES Educational Center for the Arts (ECA) in New Haven, Connecticut, Chavon went on to attend the American Musical and Dramatic Academy (AMDA) where she obtained a degree in musical theatre. From there, she has performed all over the world. “I performed *Dream Girls* in Korea,” she says “We were the first all-black company to perform there. I was one of the first women to perform live in Saudi Arabia.” Back home in New Haven, Connecticut, she coaches two all-female dance teams. Chavon advises her dancers to find their own path and voice. “I say before they try to be like me, they have to first find out what they have to offer because they might teach me something,” she says. “It has been a privilege. It has always been a dream of mine to inspire young girls.”

Beyond musical theater, Chavon has had success in commercial work. Her latest work is a commercial for Skillshare, an online education platform. Her long-term goal is to have a career in TV and film. “TV and film are my end goals because I want to be able to have a personal life,” she explains. “With musical theater, you are always auditioning or always on the road. TV and film are like, ‘Here is a set time and this is how long we will need you.’ Then you

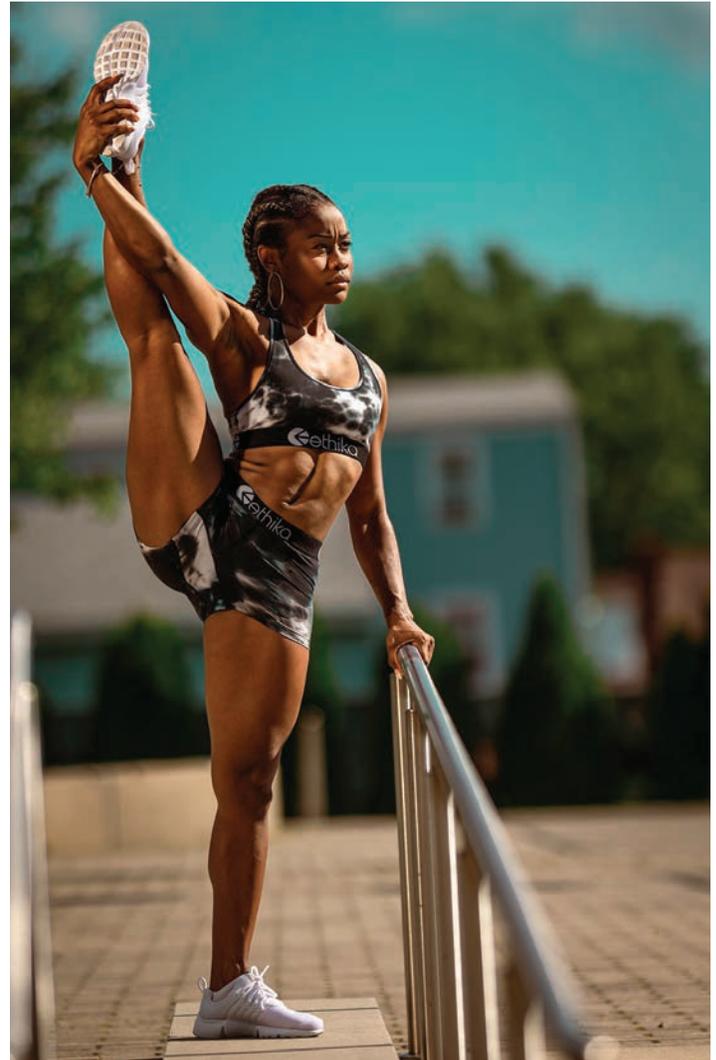


Photo by Tyrell Reid

are done.” Chavon will star as the lead in the short film *Crotilda*. It is based on the real-life story of Celia, a 19-year-old slave who was found guilty of first-degree murder after killing her master in self-defense after he sexually abused her for years. She says the short film will be a modern take on the story and will bring awareness to the intergenerational trauma of slavery. As she continues her artistic journey, Chavon looks to give back to her community so that those from a similar background can have a safe space to study, learn, and understand the arts.

To learn more about Chavon Hampton, you can follow her on [Instagram](#).

# Keats Can Do Anything



*Photo by Slingshots Photography*

## | “Decide how you are going to create.”

Keats’ talents are broad and wide—rapping, music writing, music production, video editing, acting, directing, dancing, beatboxing, clothing design, and a savvy business sense. Being multi-hyphenated is a must for artists today. He grew up in a household of entertainers and creatives. “Everyone in my immediate family was a musician,” he says. “I had an inherent thirst for creation. My home environment encouraged artistic creation. It was up to me to decide how to create.” His creative output is heavily influenced by Donald Glover, Dave Chappelle, and Kevin Hart. He is also inspired by young internet content creators CalebCity and RDCWorld. “I felt as if they were my peers,” he says. “I like to create similar videos in my own way.”

## Keats Can Do Anything (continued)



Photos by Larry Brown

With over 35.8 million likes and 1.7 million followers as of this writing, Keats has found a youthful and engaged audience on TikTok. “Videos on TikTok are spread throughout the internet and promoted organically through other social media apps, so if you have a hit on TikTok there is a great chance it will permeate throughout the internet through other mediums,” he explains.

One of Keats’ more interesting recent projects is *Pirate Heist*. It is a science fiction independent short film where mainstream social media apps work with illegal “pirate” websites to rescue a program from digital FBI custody. It was inspired by his “If internet pirates were real” series on TikTok. Keats acted as 15 characters and edited, wrote, directed, and scored the film with his own music.

“I needed to show everyone the depth of my abilities because Keats is so much more than a 60-second skit maker,” he says. Currently, Keats is working on a new album called *Cotton Money*. It is also what he calls his merchandise. “The title acts as a double entendre, paying homage to my ancestors who were slaves in the cotton fields,” he says. He plans to create more screenplays for the big screen and to eventually get on the road to meet his legions of fans. Just like those who influenced him, he is not afraid to step outside of the box and do more than what is expected of him.

To learn more about Keats, visit his [website](#) and follow him on [TikTok](#), [Instagram](#), and [Twitter](#).

MEDIA-MUSIC-STAGE

## Tremayne Johnson & Mario Jackson: Friends Make Movie Magic Together



*Tremayne Johnson and Mario Jackson. They are producers of the short film *Julio*. Photos by Dexter D. Cohen.*

### | “Protect your vision.”

Tremayne “Treezy” Johnson and Mario Concepcion Jackson are both filmmakers residing in the Hampton Roads area of Virginia. The two men have different approaches to the art of cinema but they work in a collaborative space that harbors harmony and balance. Tremayne is a ‘facilitating film producer,’ and Mario is a cinematographer. “My job is to ‘facilitate’ and nurture ideas from ‘seed’ to ‘sale,’ Tremayne explains. “It is also my philosophy as a producer that artistic expression is one of the most valuable commodities human beings can actualize.” Mario compares his evolution in cinematography to one of a journeyman. “My journey came through the grip and electric department,” he says. “Working in the grip and electric department has taught me a lot about leadership, teamwork, and both creating and shaping light.” His tools are lighting, camera composition, among other filmmaking techniques. Cinematography is the art of making motion pictures.

The two filmmakers are currently finishing post-production on the short film *Julio*. The story revolves around Alondo. He is visited by his deceased father, Julio, on his 23rd birthday. The twist is that 23 was around the same age Julio transitioned from Earth. “The film speaks to the limited history many young brothers and sisters have of

## Tremayne Johnson & Mario Jackson: Friends Make Movie Magic Together (continued)



Mario Jackson discusses a shot with Tremayne Johnson on the set of the upcoming short film *Julio*. Photo by Dexter D. Cohen.



From left: Producers Mario Jackson and Tremayne Johnson, director Marlon Hargrave, and producer Cetre Pegues on the set of *Julio*.

the generations that came before them, specifically in their own families,” Tremayne says. The short is a proof of concept for a feature-length production. The feature-length version revolves around Alondo becoming obsessed with his father’s unsolved murder, twenty years after it happened. “The film addresses topics like generational trauma, adolescence in the absence of guidance, and self-actualization,” he says. “It’s a coming-of-age story wrapped in a murder mystery.”

Separately, they are working on several projects. Tremayne is working on *Recovery Chain* and *304*. *Recovery Chain* is about a father reconciling a broken relationship. *304* explores the complexities of sex



Mario Jackson and Tremayne Johnson. Photo by Dexter D. Cohen.

workers and takes an “honest look” at the industry from various perspectives, including giving voice to the victims of prostitution. Mario is currently working on *Forgotten Man*. “I can’t say much about the project, but it is something great to be a part of,” he says. Tremayne hopes they both can continue having the financial means to support filmmakers. “There are many stories to be told and many qualifying artists who can tell these stories from a compelling perspective,” he says. “They just need a place to call home so they can unpack and create without bounds. I’m ready to make a home for them.”

To learn more about Tremayne Johnson, follow him on [Instagram](#) and [Twitter](#). To learn more about Mario Jackson, follow him on [Instagram](#).

BUSINESS

## David Richards: Mixing Leather & Soul



*Photos by Sidekick Studios*

| “Put your soul into your craft.”

Watch strap maker David Richards relocated to Bedfordshire, a rural county in the East of England, after living in London for many years. “London is so much fun but it has a shelf life, and I think that expired for me,” he admits. “I lusted for some green space, a garden, and somewhere local to walk my dogs.” He enjoys the woodlands just a few minutes away from his house, the ability to hit the golf course and ride his bike with his friends through the woods.

David Richards owns The Strap Tailor, a small independent British watch strap business selling handmade leather

## David Richards: Mixing Leather & Soul (continued)



Photo by David Richards

watch straps. Growing up, he saw his grandfather tinker with and build watches. He would then give them to David, who collected the watches. His grandfather's love for watches influenced his passion for the craft tremendously. This is why he launched The Strap Tailor in 2018.

"I get to share my passion with other horology friends around the world and create great products for them," he says. "I put my soul into every interaction and into every product. I like to think that comes across to my customers, many of whom have been with me from day one and continue to work with me. I feel this is testament to the passion we share in the same hobby."

David looks to expand his business. "The challenge with running a business selling bespoke products is capacity," he says. "You can reach a ceiling where inbound orders exceed capacity. I have ambitions for my brand to be a

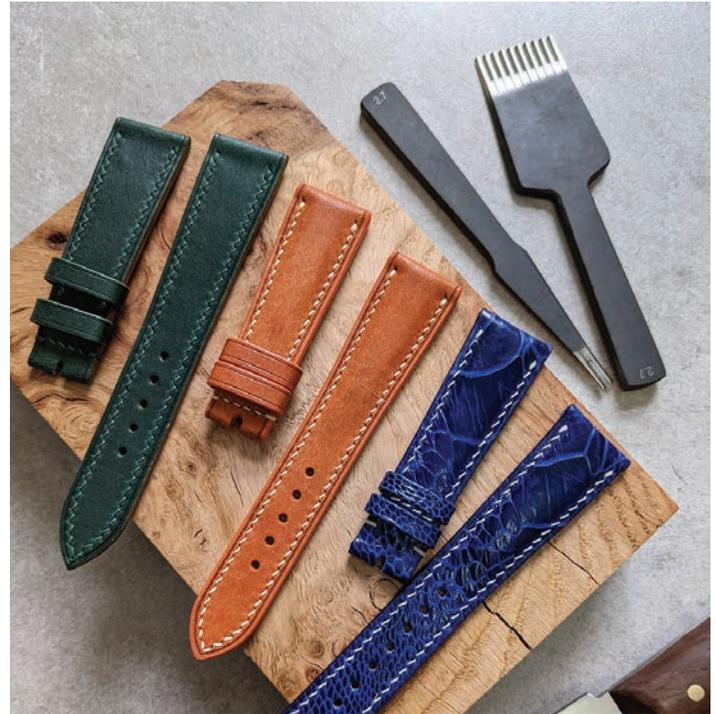


Photo by David Richards

legacy, something I can always look on fondly and be proud of." To expand, David looks to build on his current team. After all, he understands the need for rest. "I have taken one week off in one and a half years and that's hardly sustainable," he admits. Along with expansion, David looks to work with other strap makers who are just as passionate about the craft as he is. "Talent in the small leather goods world is in short supply," he says.

To learn more about David Richards and The Strap Tailor, visit their [website](#) and follow them on [Instagram](#).

CHEF'S CORNER

# Chef April Shepperson



“Succulent tender lamb chops that are a break from the traditional, featuring a sweet and spicy glaze that adds the perfect finish. A client and family favorite!”

## Lollipop Lamb Chops with Basil Ginger Glaze

**Course:** Dinner

**Cuisine:** American Fusion

**Prep time:** 2 hours

**Cook time:** 50 minutes

**Total time:** 2 hours 50 minutes

**Serving size:** Yields 7-8 lamb chops/2 people



## Ingredients

- 1 frenched bone-in lamb rib rack
- 1 tbsp pink Himalayan salt or kosher salt
- 1 tbsp whole black peppercorns
- 3 cloves peeled garlic, chopped fine
- 1/4 cup + additional 2 tbsp for cooking – olive oil blend
- 2 tbsp (marinade) + 2 tbsp (glaze) fresh chopped basil leaves (chopped very fine)
- 2 tbsp hoisin sauce
- 2 tbsp + 1 tsp peeled and minced fresh ginger
- 2 tbsp plum sauce
- 2 tbsp soy sauce
- 2 tbsp red wine vinegar

## Preparation

1. Once the lamb is removed from the packaging, rinse off then pat dry with a paper towel.
2. If there is excess fat, trim it off with a sharp knife. Set aside. Blend either with a hand held blender or a mortar and pestle. Blend the 1/4 cup oil, salt, peppercorns, garlic, half of the fresh basil leaves, and 1 teaspoon of fresh ginger to create the marinade.
3. Rub the entire rack with the marinade.
4. Place the lamb into a large Ziploc bag along with any additional marinade and seal as airtight as possible. Let sit for at least 1 hour to 1 day.
5. Preheat your oven to 400 degrees. Heat a pan large enough to fit the entire lamb rack on medium-high heat. Once hot, add 2 tablespoons of oil and then add the lamb rack.
6. Sear on all sides then place the seared rack into the oven and roast for 20-25 minutes for medium or desired doneness.
7. Once cooked to your liking, remove from the oven, and allow the rack to rest at room temperature for at least 5-10 minutes before cutting into chops.
8. Whisk together the remaining ingredients in a mixing bowl. Pour glaze over individual lamb chops.

**Restaurant Information:** *Chef April Shepperson has worked in the culinary world for many years, from leadership positions with Norwegian Cruise Line to both private and corporate-owned restaurants and hotels and resorts. Chef April's recent venture as Chef Proprietor of Gourmet to Go allows her the autonomy to collaborate privately with clients to create catered events and give her clients the opportunity to embrace a healthier lifestyle through her meal planning. In addition to her private collaboration with clients, chef April continues to create weekly Sunday dinners that give locals something to look forward to, while reclaiming time with their families.*

You can follow Gourmet to Go on [Facebook](#).

COMMUNITY

## RPAA's Greater Richmond Wolf Trap: Exposing Youth to the Diversity of the Arts



*Jennifer Maddux, director of education & community engagement of RPAA. Photo by Kim Lee Schmidt.*

| “Deepen our youth’s connection to the arts.”

The Richmond Performing Arts Alliance (RPAA) works to give artists in the greater Richmond area a platform and voice. “We support the artists of today through the cultivation of diverse arts experiences,” says Director of Education & Community Engagement Jennifer Maddux. “We nurture the artists of tomorrow through programming and educational experiences that deepen their connection to the arts and provide spaces for the arts to thrive by supporting Richmond’s premier historical venues.”

Its educational program, Greater Richmond Wolf Trap, began in October 2018 when RPAA became the 19th affiliate of the Wolf Trap Institute for Early Learning through the Arts. “These residencies engage children in active learning through music, drama, puppetry, and dance to enhance their skills in emergent literacy, problem-solving,

## *RPAA's Greater Richmond Wolf Trap: Exposing Youth to the Diversity of the Arts (continued)*



*Greater Richmond Wolf Trap Teaching Artist Teri Buschman and Richmond Public Schools Early Childhood Educator Cedell Jenkins lead preschool students through an arts-integrated activity in the classroom. Photo by Tom Topinka.*



*Greater Richmond Wolf Trap Teaching Artist leads an arts-integrated literacy lesson by becoming one of the characters in a book. Photo by Tom Topinka.*

group awareness, and even STEM—science, technology, engineering, and mathematics,” Jennifer explains. Since 2018, the program has grown exponentially. The program began with five teaching artists with residencies in 20 classrooms. It has grown to 20 teaching artists from different backgrounds—actors, musicians, storytellers, dancers, music therapists, and puppeteers. It has also tripled its number of residencies in the classroom. “Even in the midst of a global pandemic, we were able to serve 70 early childhood educators virtually,” Jennifer says. “Since we are typically in classrooms working side by side with the teachers, we were unsure how our teachers would feel about a virtual residency. The feedback was overwhelmingly positive.”

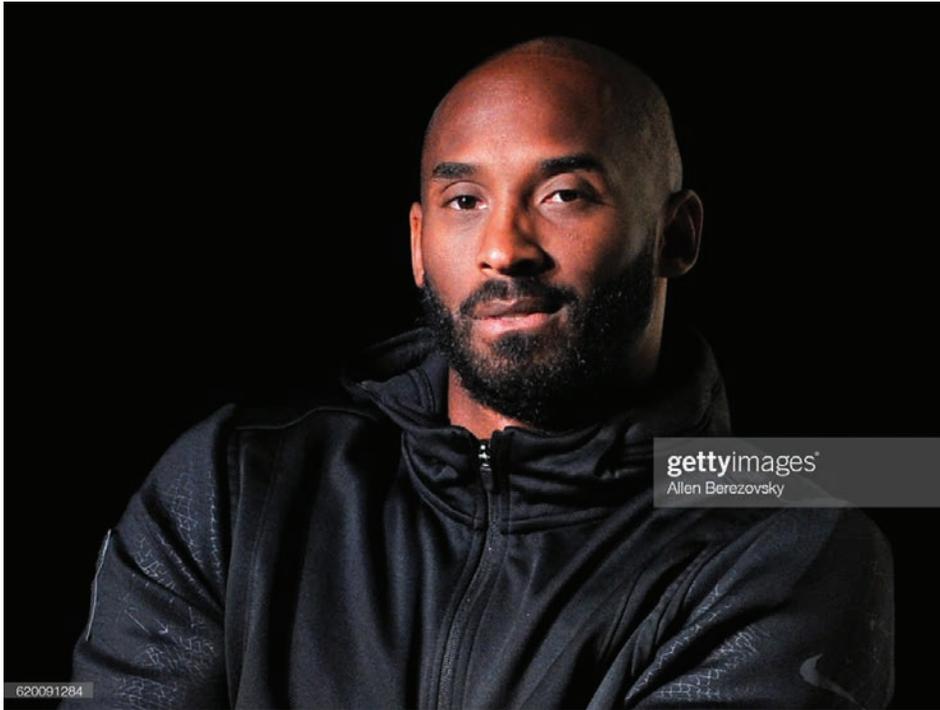
In September, Greater Richmond Wolf Trap will be serving all of the pre-K classes in Richmond Public Schools and Henrico County Public Schools. Jennifer says that

means over 150 classrooms and around 300 educators. Greater Richmond Wolf Trap also will host Family Involvement Workshops and share free video content with families and the community. Family Involvement Workshops are led by Greater Richmond Wolf Trap’s teaching artists. “The workshops bring young children and their siblings, parents, and caregivers together through shared arts experiences,” Jennifer says. “They introduce young children to a variety of simple yet effective arts-based literacy activities they can conduct with their children at home, in the car, or even in line at the grocery store.” With programs like Greater Richmond Wolf Trap, our children are more prepared to create their own creative footing in the world.

*To learn more about RPAA’s Greater Richmond Wolf Trap and for access to their video library, visit their [website](#).*

## LIVING LEGENDS

# Kobe Bryant



*By Miles Richardson*

Kobe Bryant wasn't just a superstar basketball player. He was a humanitarian. Basketball was simply the means Kobe used to inspire people. Every time Kobe stepped onto the basketball court, he lit a fire under every human soul that watched him play, averaging 25 points per game over his 20-year career.

Despite Kobe's five NBA championships, he wasn't just about winning, but also being the absolute best

person he could be. He never made excuses or accepted any of life's limitations, and through his work ethic, he managed to uplift millions. Kobe Bryant instilled in others the importance of having the "Mamba" mentality and made it clear that this wasn't reserved for athletes, but for any human being on God's green earth who had a dream.

After coming into the NBA as an underrated rookie, and rising to hall of fame status, capturing two NBA Finals MVPs, 18 all-star game

selections, and becoming recognized as one of the top 10 greatest basketball players of all time, Kobe became a wellspring of motivation. Whether you were a kid from the inner city, a war veteran with an amputated limb, or a miserable person working a job you hated, Kobe made you believe that there was a better life for you. Kobe Bryant once said, "The most important thing is to try and inspire people so that they can be great at whatever they want to do." Mission accomplished Kobe, rest up.

**"I have self-doubt. I have insecurity. I have fear of failure. I have nights when I show up at the arena and I'm like, 'My back hurts, my feet hurt, my knees hurt. I don't have it. I just want to chill.' We all have self-doubt. You don't deny it, but you also don't capitulate to it. You embrace it."**  
**- Kobe Bryant**