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## FROM SOWETO TO WORLD STAGE

**KITTY PHETLA, AWARD-WINNING BALLERINA**

'Luck's got nothing to do with it. It's the amount of work you do - and it's not about hard work and sweating, it's the kind of work you do in your mind, because the mind sends a message to the body. And yes, there are a lot of frustrations on a daily basis, because we strive for perfection - and as you know, perfection doesn't exist.'

Kitty features in Adrian Steirn's *21 Icons*, a collection of narrative portraits and short films dedicated to celebrating South Africans who have effected positive change.

[WWW.MBLIFE.CO.ZA/21ICONS/21-ICONS-KITTY-PHETLA](http://WWW.MBLIFE.CO.ZA/21ICONS/21-ICONS-KITTY-PHETLA)

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