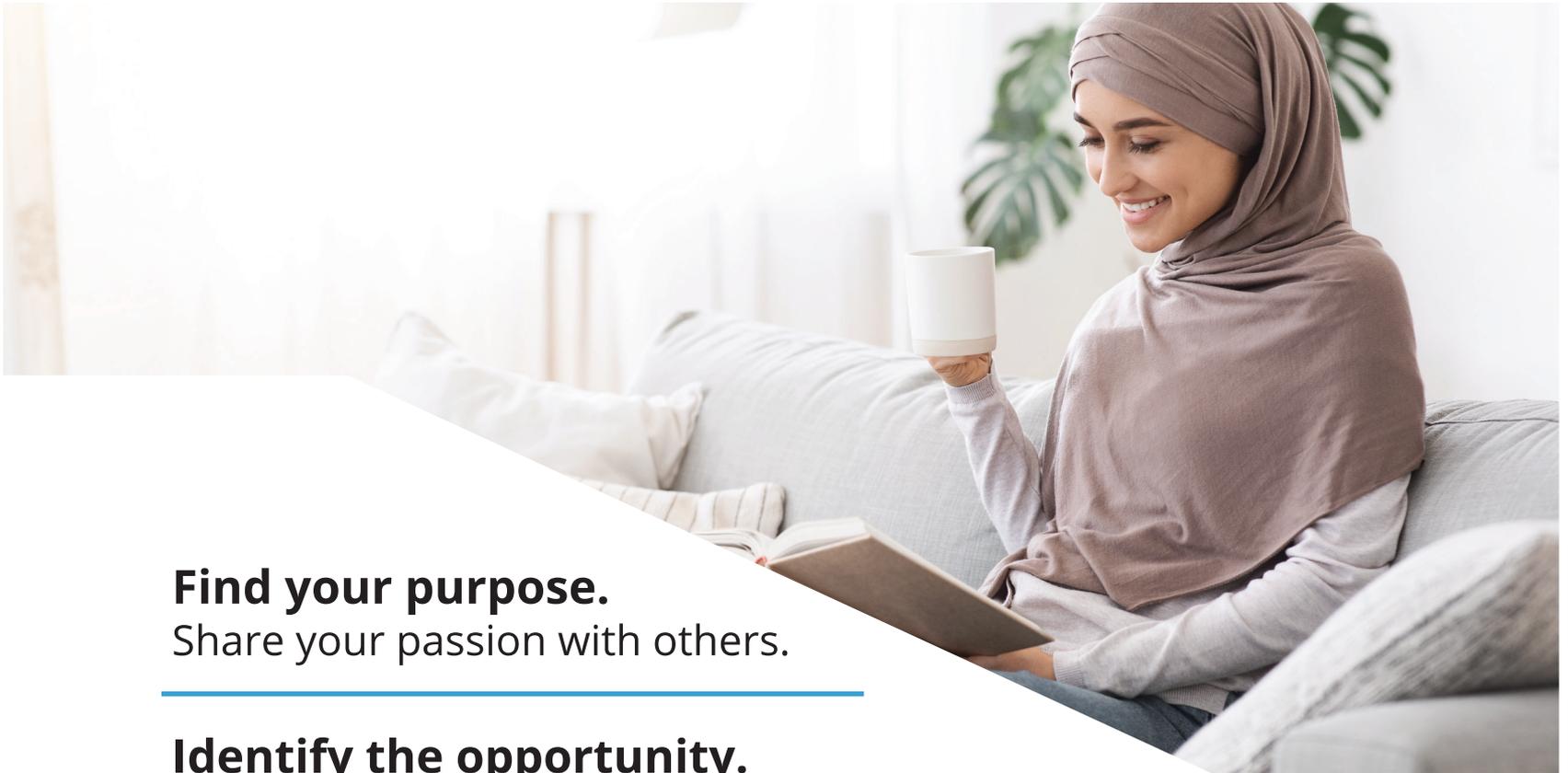


THE CHALLENGE OF **CHANGE** BUILDING RESILIENCY



Find your purpose.
Share your passion with others.

Identify the opportunity.
Look for meaning and appreciate the new beginning.

Practice gratitude and kindness.
Be thankful for the present and pay it forward.

Be kind to yourself.
Practice self-care with compassion.

Create happiness.
Make yourself a priority.