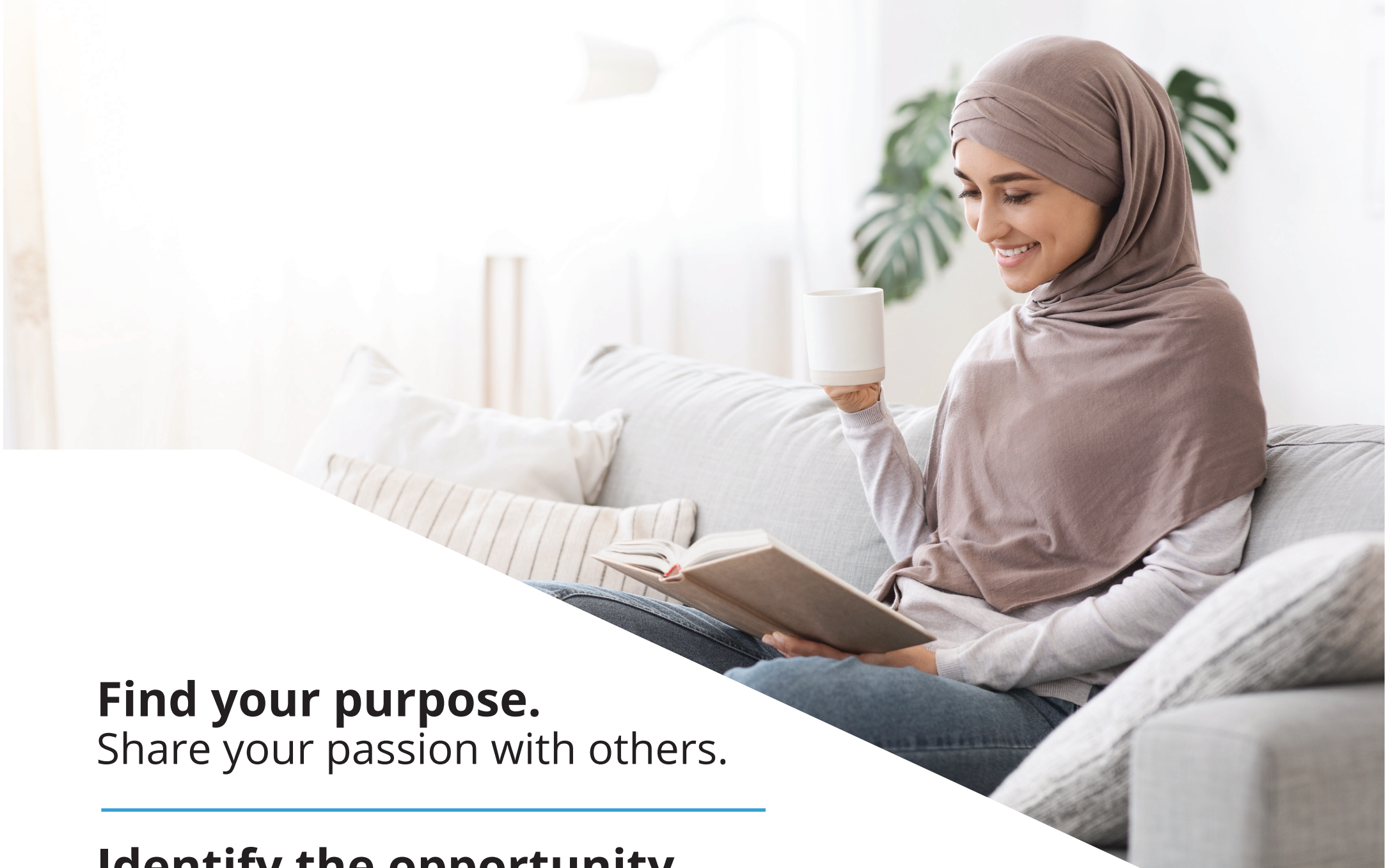


# THE CHALLENGE OF **CHANGE** BUILDING RESILIENCY



**Find your purpose.**  
Share your passion with others.

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

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

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

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**Create happiness.**  
Make yourself a priority.