



Get more of what you want and less of what you don't, both personally and professionally.

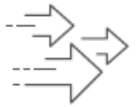
Stress

"You have to remember that the hard days are what make you stronger. The bad days make you realize what a good day is. If you never had any bad days, you would never have that sense of accomplishment!"

-Aly Raisman



STEPS TO SUCCESS



PERSONAL PLAN

Stressful events in our lives can make us stronger and teach us more than we ever imagined.

Reflect on a past stressful situation that you experienced. Write down the lessons you learned from it that made you become stronger.

Now reflect on a current stressor in your life. How can you face it head on and tackle it? What positive takeaways have or can come out of it? Write this down as well.



No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.