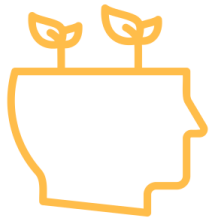


The HARD STUFF might be the GOOD STUFF

IMPROVE • GROW • LEARN • STRENGTHEN • BUILD



How do I grow
from this
experience?



What did I learn
from this
experience?



What might
improve
because of
having faced
this challenge?



What muscle
did I
strengthen?