



Thriving in Uncertain Times



Ups and Downs

It's MY time, it's MY journey

I am everything
I need to begin

The valley is MY gift

MY peak is waiting

I am always in
transition

- Understand how to accept the reality of life...Ups and Downs
- Never let it settle to a flat line
- Live by design, not default

I own up to a truth

MY fear holds me down

The path out starts
by going in

I Say "yes"

MY triumph is a peak