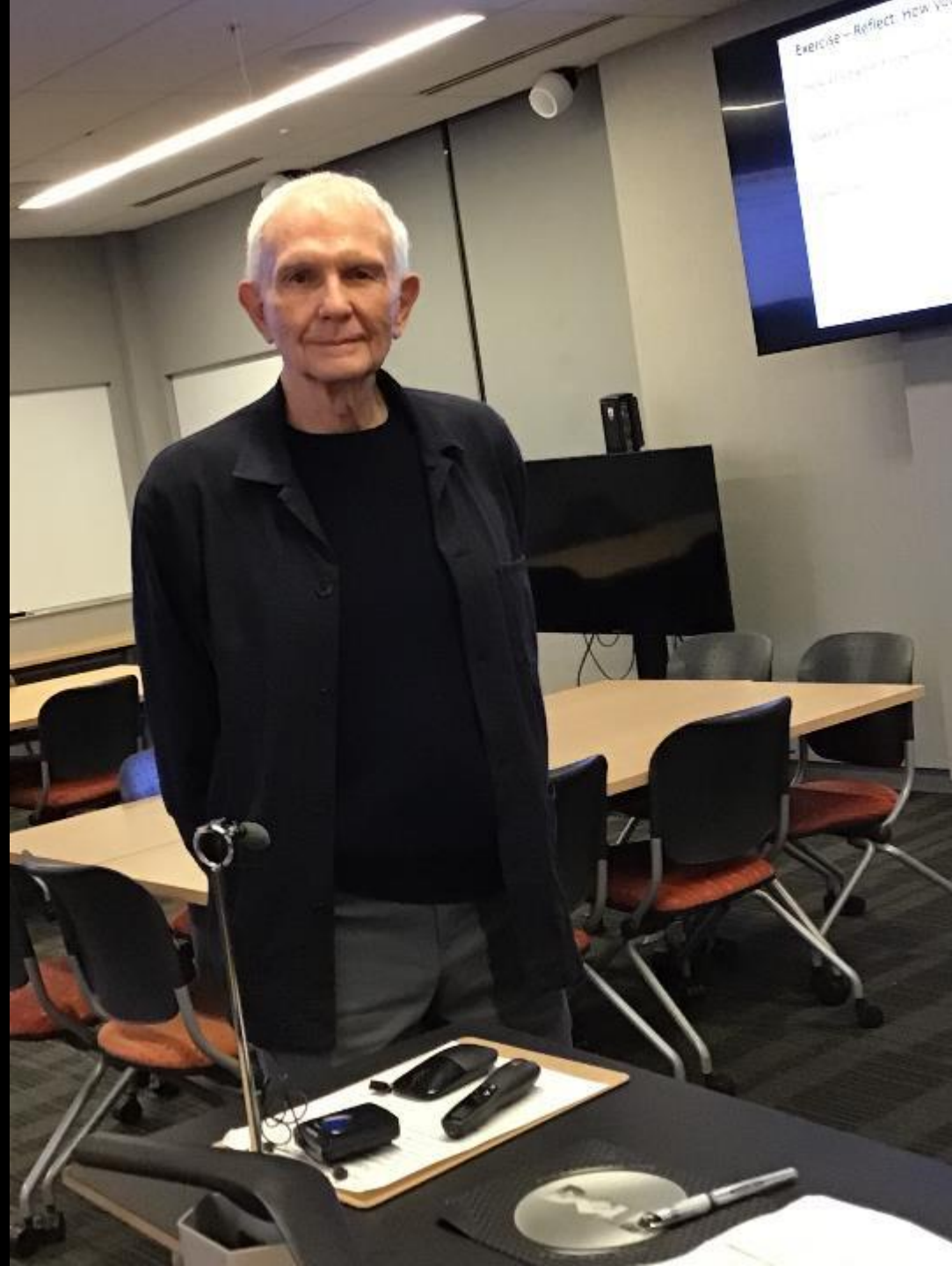








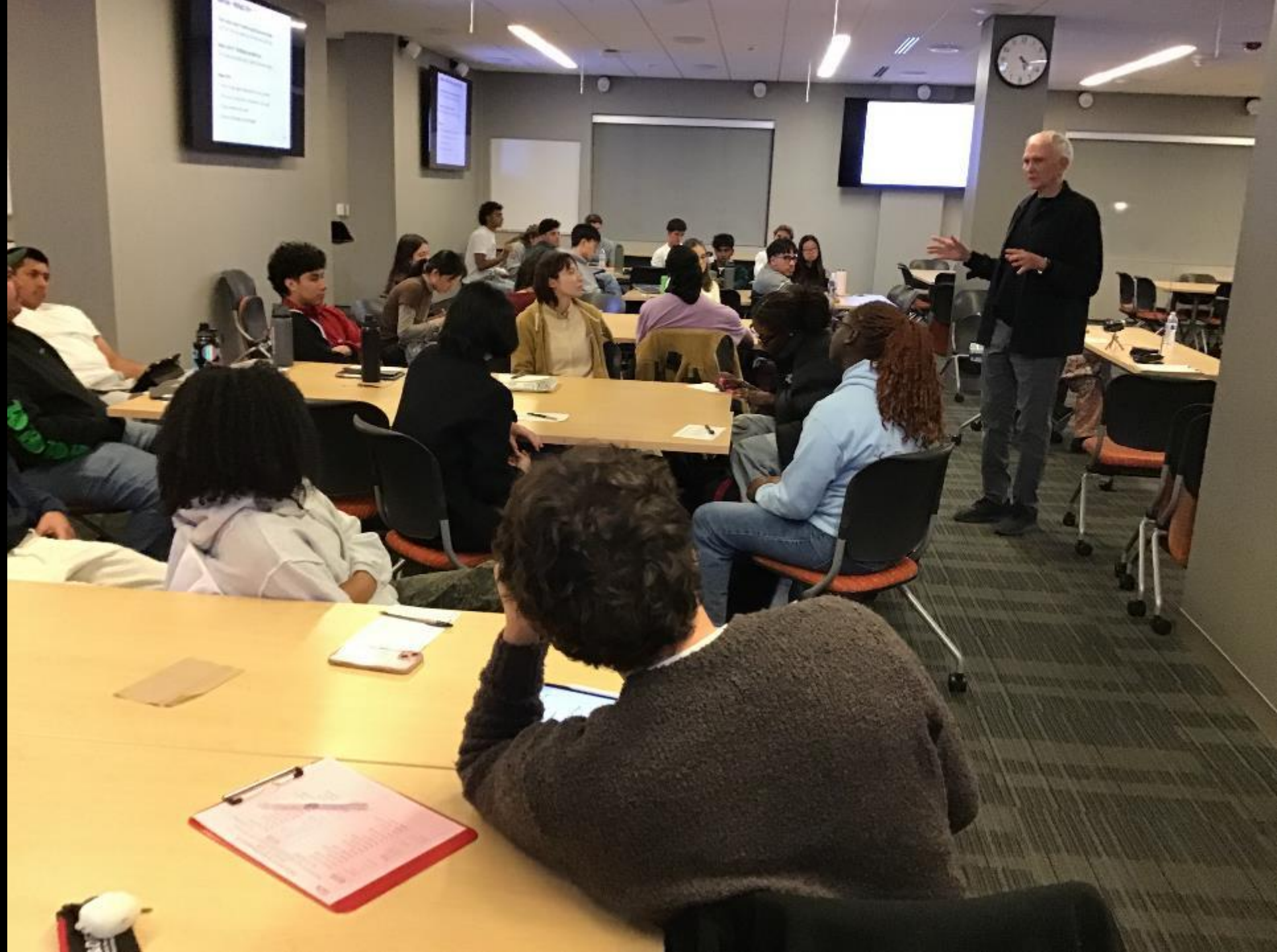


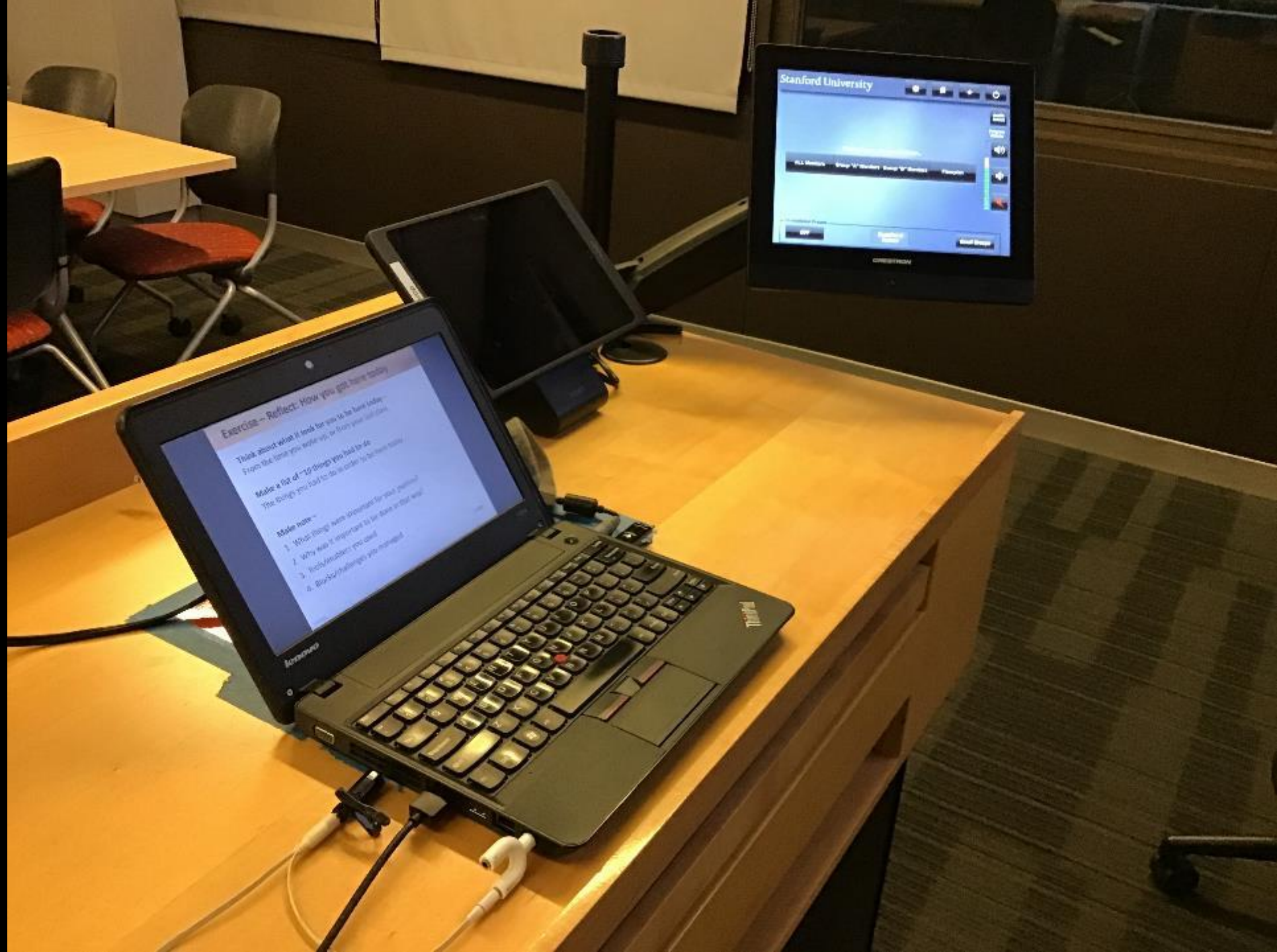












### Exercise - Reflect: How you got here today

Think about what it took for you to be here today.  
From the time you woke up, to your current situation.

Make a list of 10 things you had to do  
The things you had to do in order to be here today.

Make note -

1. What things were pleasant for you?
2. Why was it important to be here in the end?
3. Reflect on the challenges you managed.
4. Reflect on the challenges you managed.

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