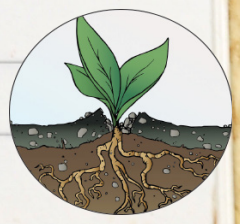
Rock Bottom Resilience #6

What are some strategies you can use to keep hope alive when times are tough? Write your ideas and make a plan to thry them the next time you are faced with a difficult challenge