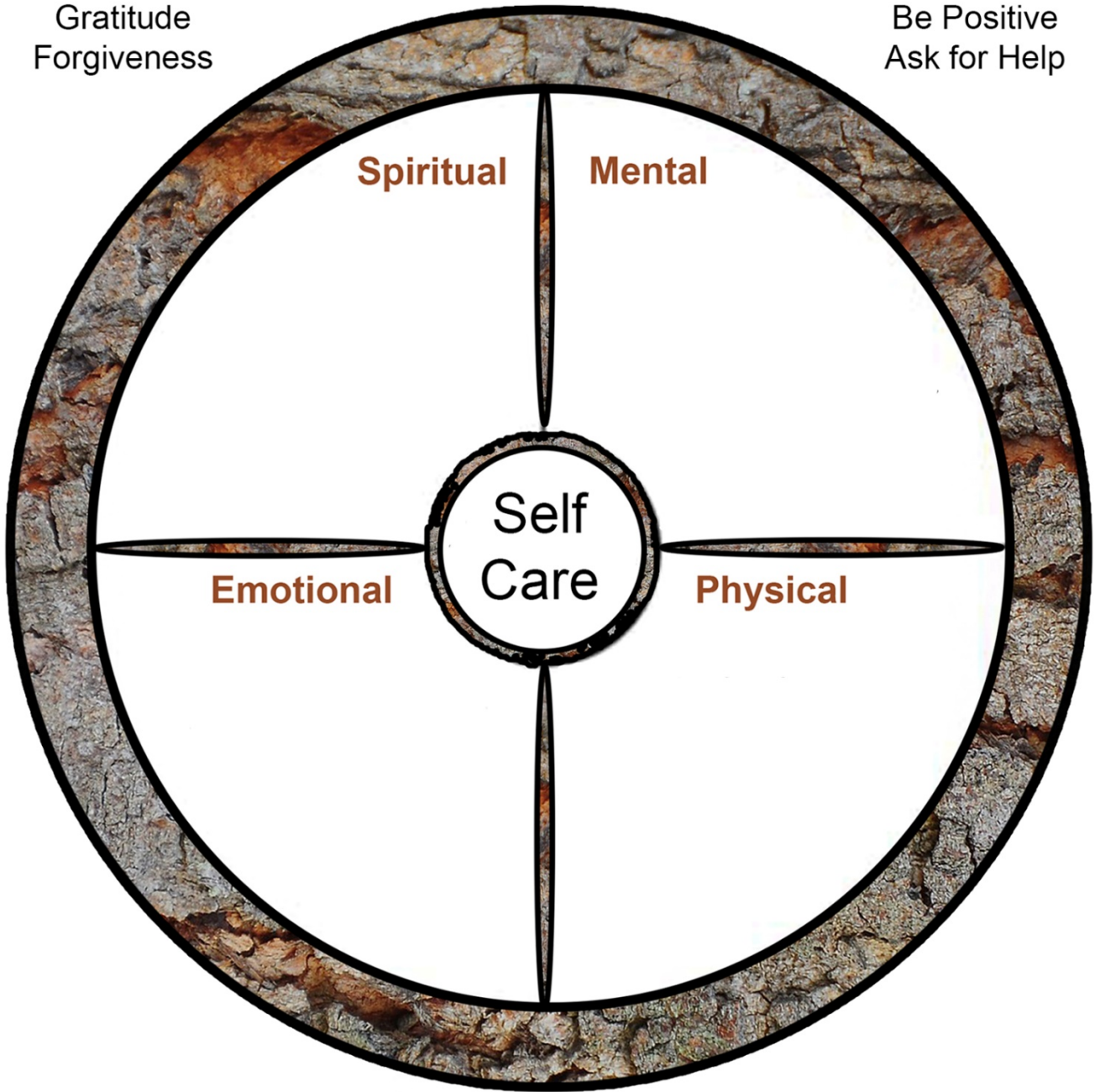


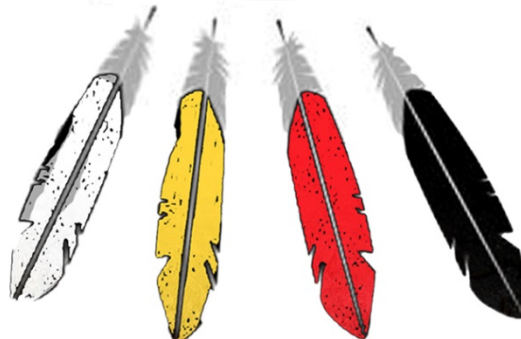
# Brave Transitions

Meditation  
Gratitude  
Forgiveness

Mindfulness  
Be Positive  
Ask for Help



Growth  
Relationships  
Communication



Nutrition  
Exercise  
Proper Sleep