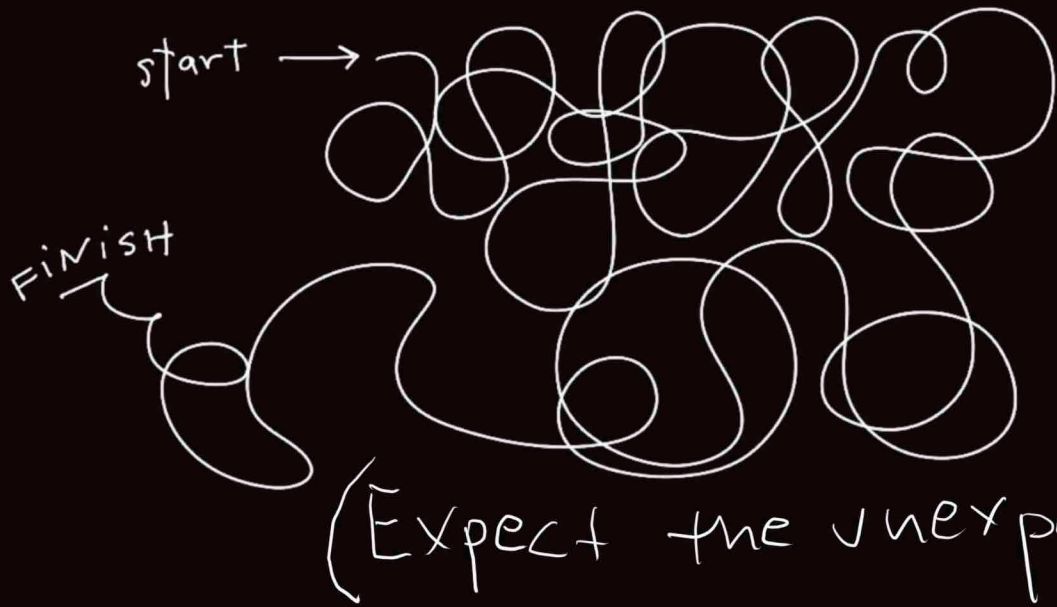


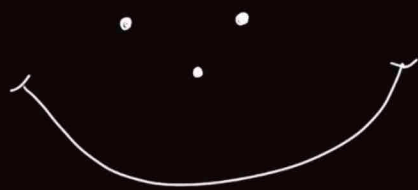
LESSONS

ENDURANCE Required!



- PACE yourself
- REST often
- ASK for HELP
- SEEK Nourishment
- LISTEN TO YOUR COACH

LEARN
OPTIMISM



SELF-COMPASSION

D.I.Y vs. DIT *

MAKE CONNECTIONS

* "DO IT TOGETHER"

STAY CURIOUS

STAY FLEXIBLE*

DO SCHEDULE
time for you.

practice
gratitude



* CAN you touch your toes?



FOR MORE: DPF.ORG

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