Stronger Under Pressure

Chris Barras VSCPA- May 23, 2022

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Remember- We are all	in this!			
	SURVIVAL SKILLS			
1)	_ good.			
2)	_ good.			
D.O.S.E.				
3). Be				
4). Be				
Which of these shows up most often in your life? THRIVAL SKILLS				
1)	what you			
White Object Exercise				

3). Find your work	2). With great	comes great	•
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health relationships Spirituality	3). Find your		
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	relationships		
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4) outside of your own time	Spirifuality		
4) outside of your own time			
	4) outside of your of	own time	
5). Embrace the	5). Embrace the .		
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Want More?
Email me at chrisbarras@mac.com and let's work together.