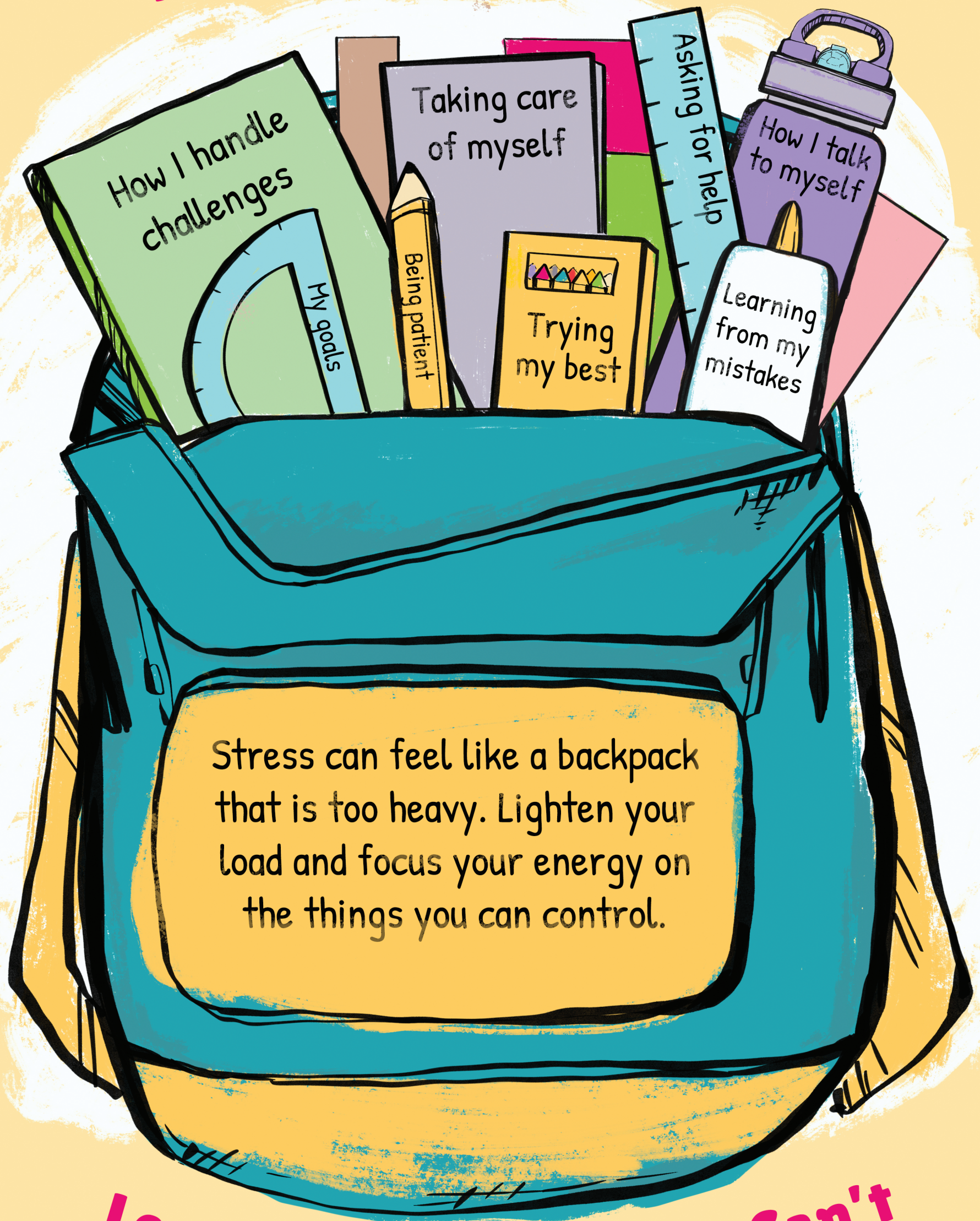


LIGHTEN YOUR STRESS LOAD

Pack What You Can Carry



Leave Behind What You Can't

- What others say
- How others behave
- Changes to plans
- Mistakes I already made
- Someone disagreeing with me
- Unexpected challenges