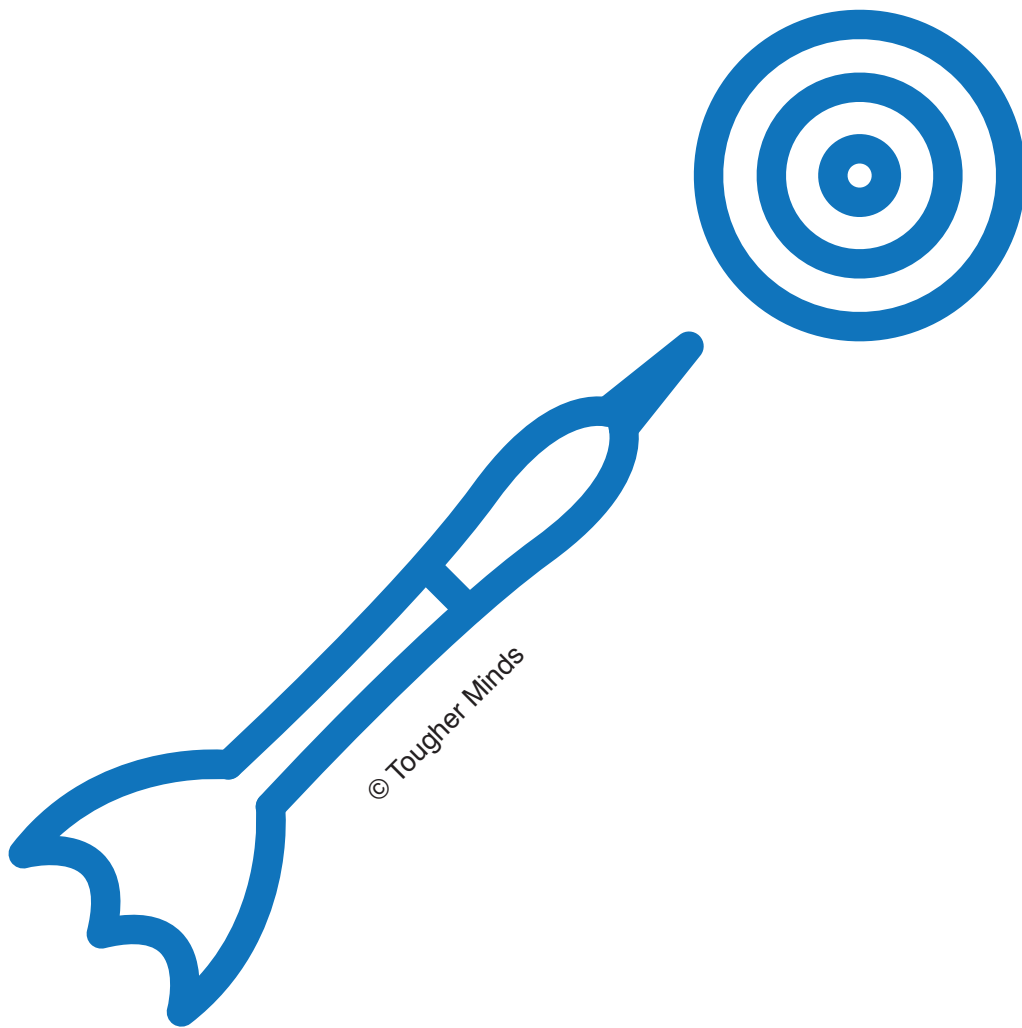


Set yearly, weekly, & daily goals to boost your motivation.



Developing resilient people:
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