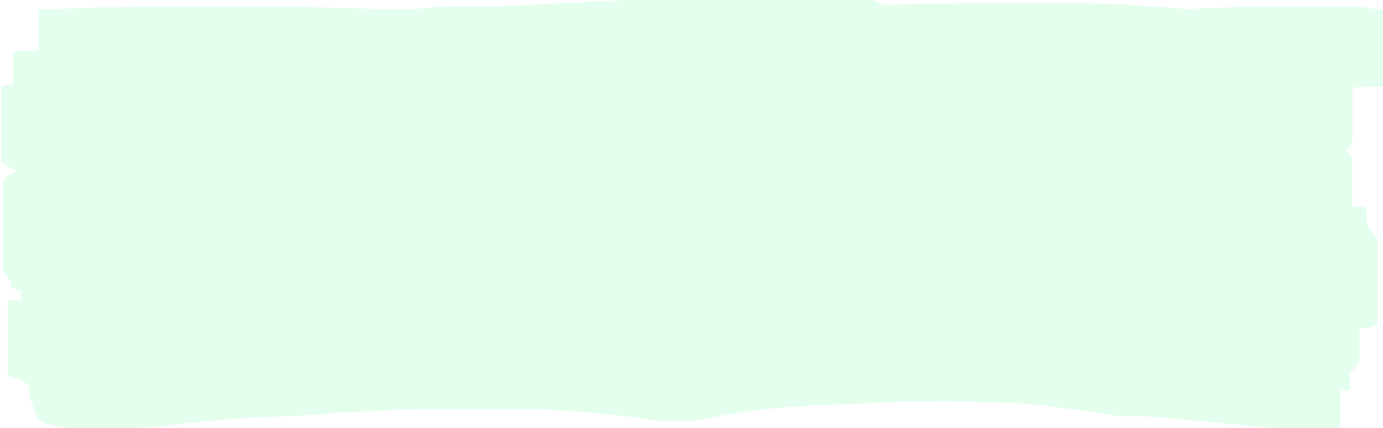
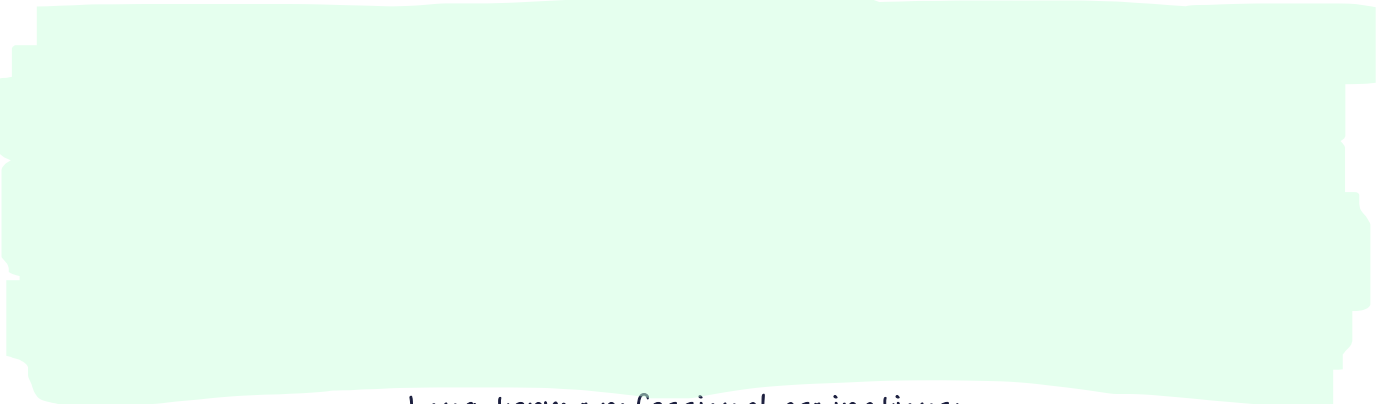


Cultivating hope, efficacy, and resilience

A reminder of my strengths, what am I doing already?



Brief interventions I will implement tomorrow:



Long term professional aspirations:



What are my next steps to restoring hope and building resilience?

