



Grace Over Grit: Self-Compassion in the Age of Covid-19

The most valuable asset we have right now is time. We suggest you take a few minutes to self-reflect on the following.

1. How will you reach out to others during this time?

2. How will you follow positive footsteps and Influencer?

3. What will you take with you beyond Covid-19?

4. What will you leave behind from your time in Covid-19?

5. In what ways can you give yourself grace during this time?



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