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Taryn Van Brennan: Choosing How You Want To Survive

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Table Question

What's something that once felt like an insurmountable challenge that now feels approachable? How does your approach to challenge feel different than before?

Journal Prompt

Given that change is always happening, and that we have agency in unlocking that change—what's something you want to hold the keys to, better?

Action Step

Take a walk outside this week to slow down and see your surroundings.