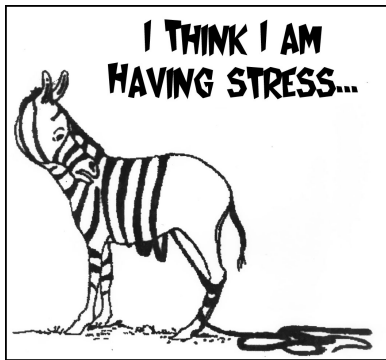


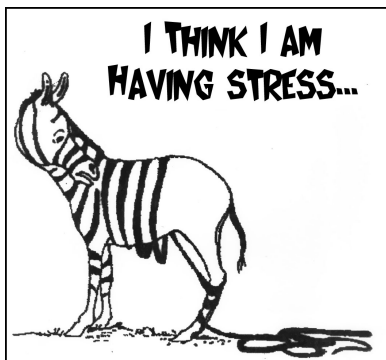
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- T - Thank someone.
- R - Reframe a challenge as an opportunity.
- E - Encourage someone
- S - Share something positive.
- S - Start with small steps towards a goal.



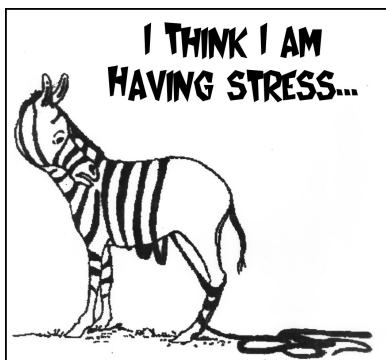
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