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## Skills

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## Skills

stop overthinking  
doing too much exercise  
catastrophizing life  
by jumping to conclusions  
without  
all of the information,  
like  
that one time of disappointment  
or embarrassment  
when you thought you did your worst  
but  
ended up learning something else  
in the midst of failure  
It takes a lot  
to reframe your thoughts  
especially at a time like this  
however, realize that the only thing  
that is constant is change  
and learning to adapt is a huge thing  
I mean skill  
Because it is your self-esteem, grit and will  
that gradually develop and  
keep you still  
in a place to help you think  
about what to do  
and that brings

about a change in composure  
that will help regulate emotions  
which will give you a chance  
to get your new vision in focus  
write that out  
and come up with a new plan  
to re-think and become more disciplined  
be patient with your growth  
and embrace the change  
you've overcome an obstacle  
and let's be realistic  
we celebrate small victories  
and that helps to become more optimistic  
find your purpose in this world  
because you do have a place  
and where you are in your journey, right now  
is perfect  
Be aware of your self  
practice self-care  
Because above all else is your health  
You can't be available  
for someone else  
if you're not here for yourself  
Life is full of challenges  
so take them as they come  
free your mind  
and be like water  
fluid enough to change

strong enough to break things

Just know, with that, you've learned to be resilient

I. Pettie Perkins

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