

KEY TAKEAWAYS

- 01 • **A little bit of HOPE goes a long way!**
  - 02 • **Prepare for being nervous no matter what (prepare your mind).**
  - 03 • **There is room for everyone!**
  - 04 • **Timeline are different for everyone (or comparison is the thief of joy).**
  - 05 • **Lean in with your tribe, your friends and your family (it is all about community).**
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