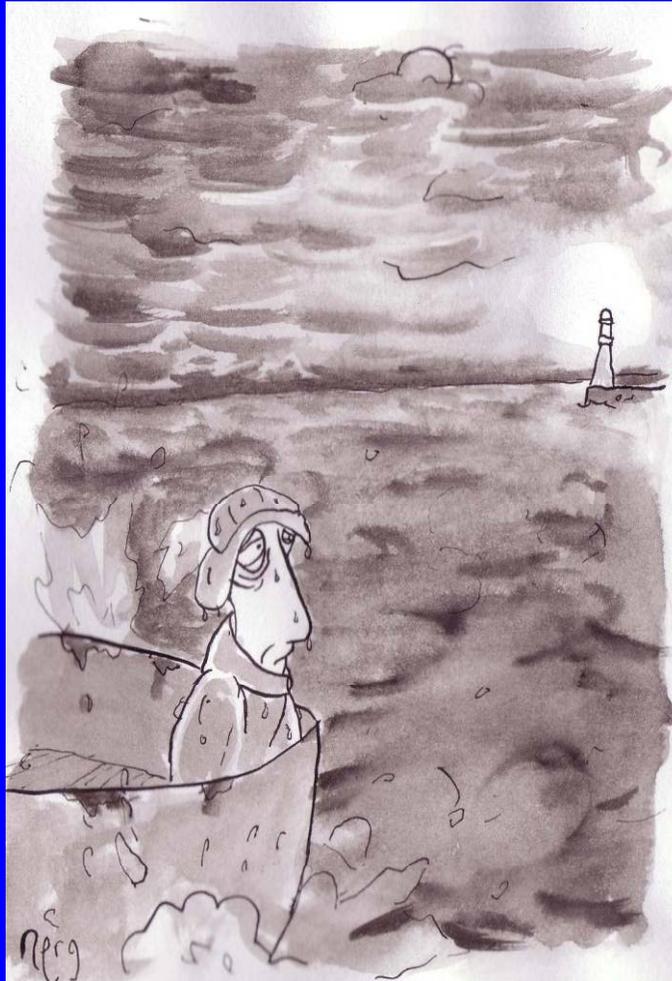
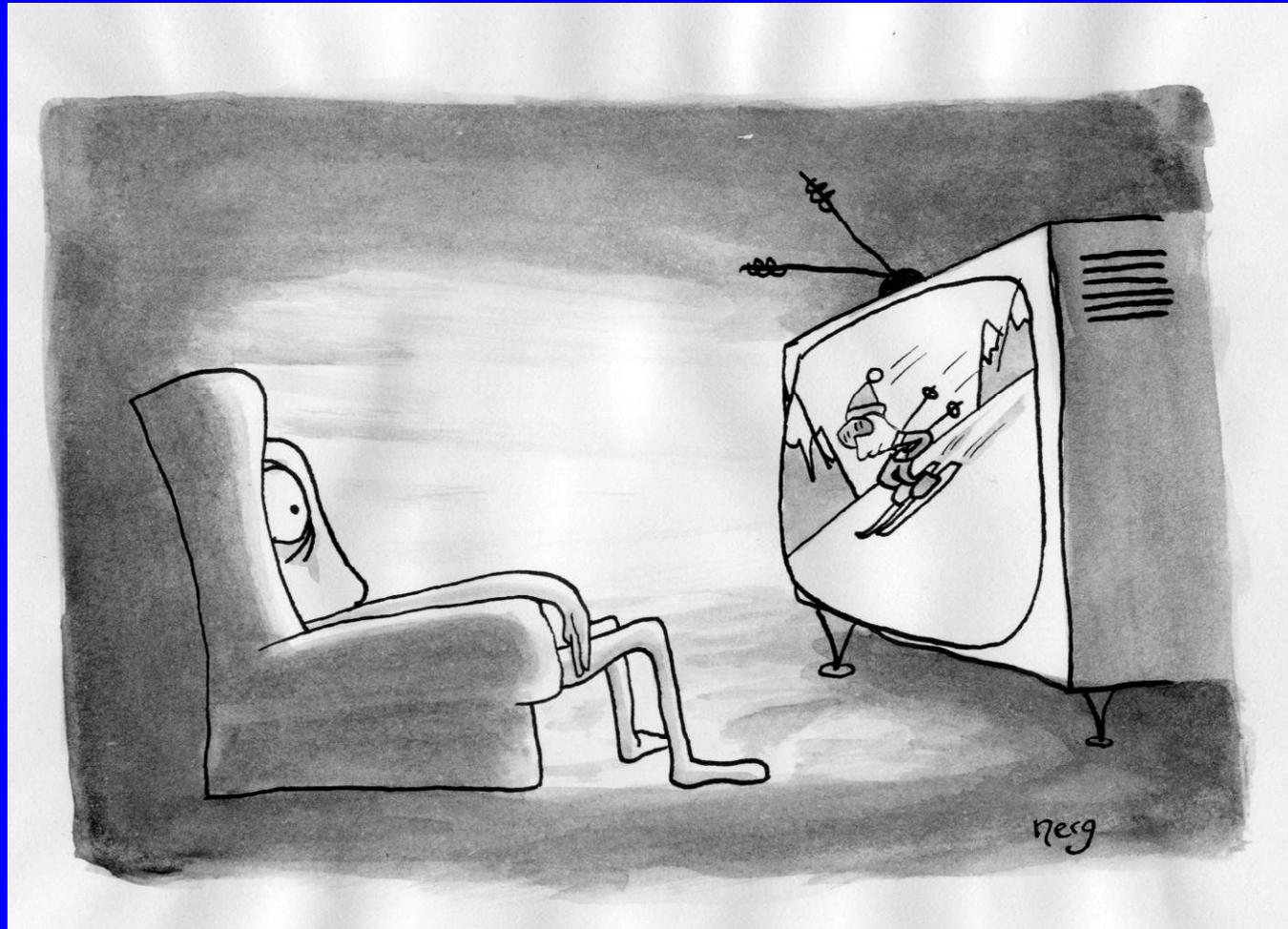


# Values and commitment

A value is like a lighthouse in the distance. It guides you through the storm



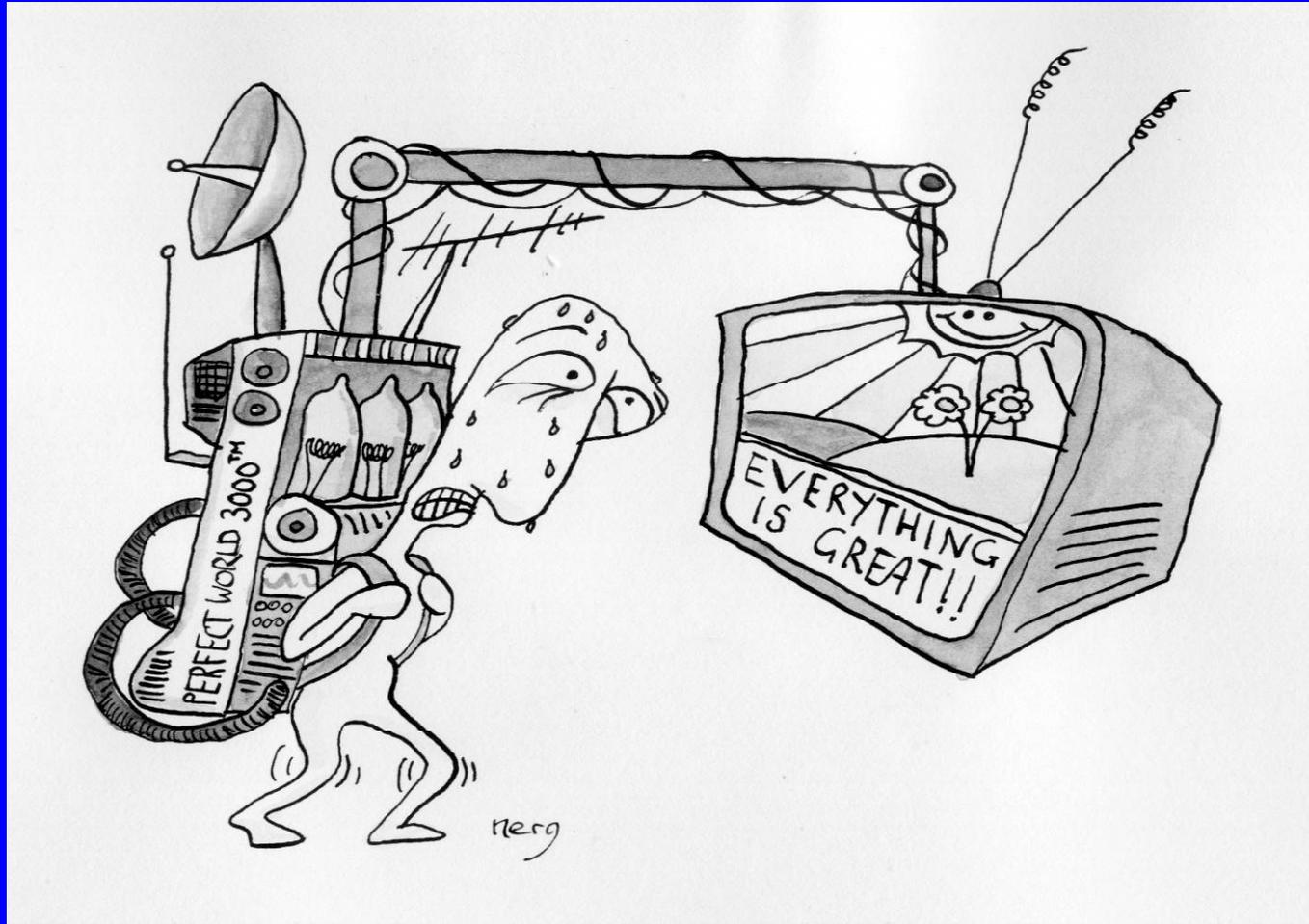
# Not Vital



# Vital



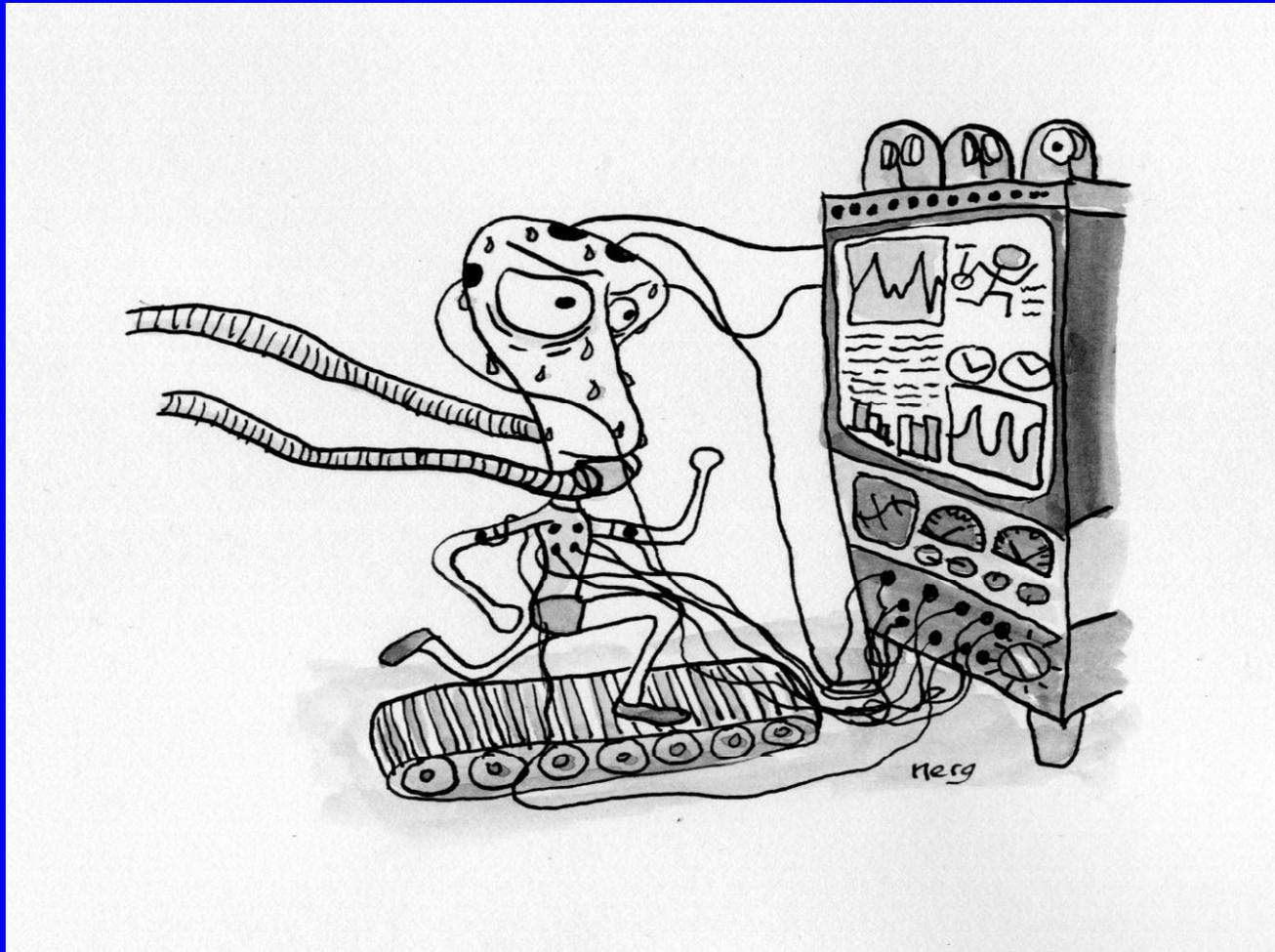
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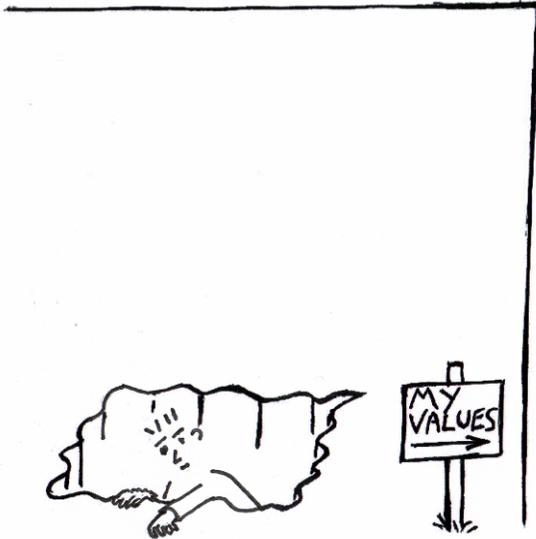


Not vital



# Vital





UGLY MEMORIES  
SELF DOUBT  
ANXIETY  
UNCERTAINTY



VALUED  
DIRECTION



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