

# Remaining Positive in Times of Crisis

## 3 Keys to Managing Mindset

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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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## Habits to Stay Productive and Positive

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- ◇ \_\_\_\_\_  
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## Self-Reflective Questions

1. As I reflect on recent events, what specifically do I have enhanced appreciation for?
2. Considering my own personal circumstances, what opportunities can I pursue as I move forward?
3. What specific concepts from this training would be most beneficial for me to implement?