

How we want it to be.

Set a goal

Achieve it

How it actually is.





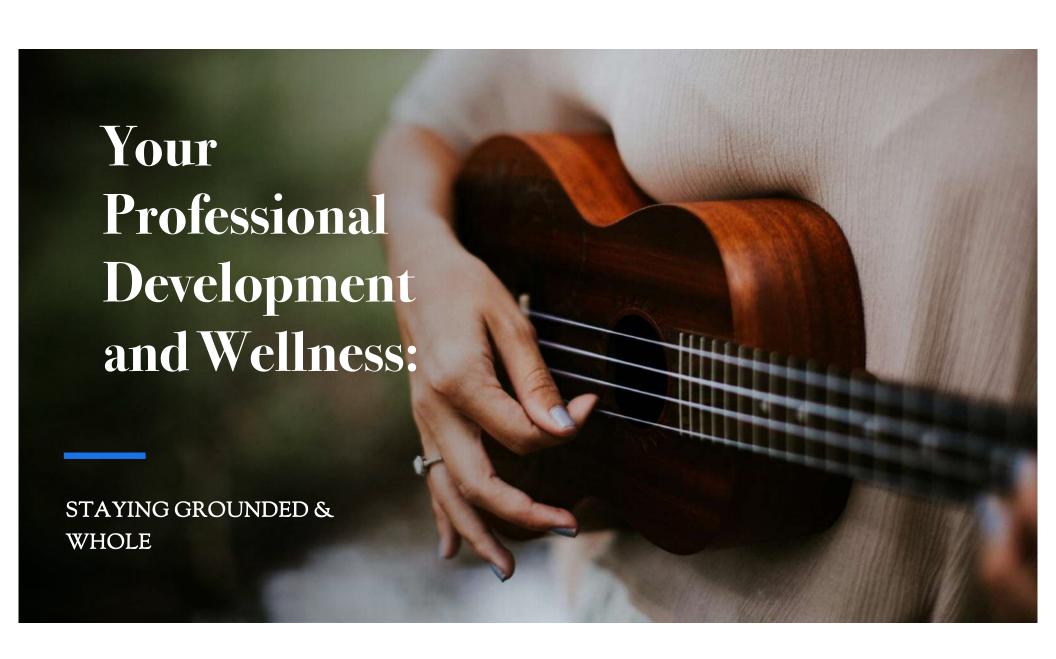
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Learning is like building a fragile spiderweb—to be durable, it needs both repetition and many connections.

-DAVID WEES, Educator



AMAZING AT THE END MESSY IN MIDDLE HARD AT FIRST - Steve Bartlett



JAMES CLEAR

"Goals are for people who care about winning once. Systems are for people who care about winning repeatedly."

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Mental well-being looks like whole-person care, resilient systems, parity in policy, and stigma-free communities. It also looks like radical self-love, intentional rest, and the pursuit of joy.

- Dr. Chris T. Pernell
Director of the Center for Health Equity

NAACP.

#MentalHealthAwarenessMonth









Helpful Resources



