





































Improve Your E.T.A.

ENERGY

- ✓ Sleep Better
- ✓ Eat Healthier
- ✓ Move More

TEAM

- ✓ Increase Ability
- ✓ Find Positive
- ✓ Avoid Negative

ATTITUDE

- ✓ Practice Gratitude
- ✓ Spread Kindness
- ✓ Find the Humor



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THANK YOU!



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