



*“You have the power over your mind – not the outside events.
Realize this, and you will find strength.”*

Marcus Aurelius

A FINAL NOTE...

The material in this series aims to cultivate personal insight, growth and inspire change by reminding us of our capabilities. Whilst it has been created for the workplace, success and happiness both at work and home are vital to mental wellness. They do not exist as separate entities and neither do you. Now you have the tools and your hope renewed, go ahead and have the courage to be the person you were meant to be.

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