

# refuel.



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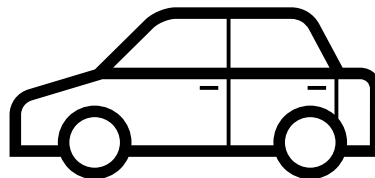
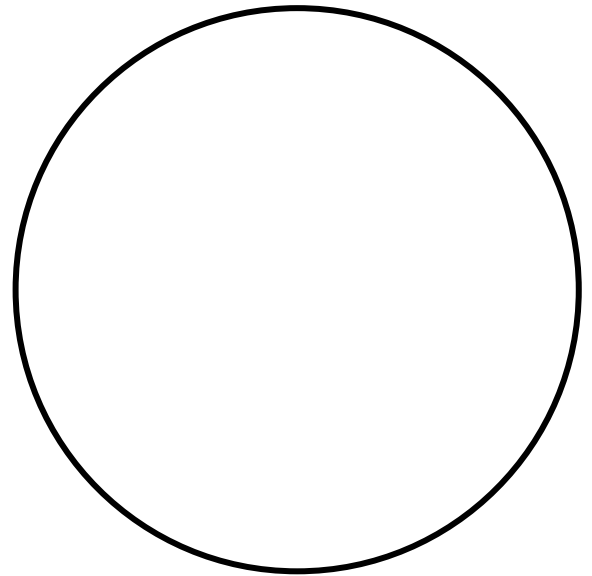
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**what are some ways your leadership classes do reflections after an event?**

**define resilience in your own words:**

**list some quick helpful pit stops you do for yourself as a breather:**

**do you think your life is perfect? why or why not?**



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