

Transcript

Start With Hope – Nicole

Nicole: I find hope on a daily basis by beginning my morning with gratitude. And I also find hope through setting goals for myself – a plan of how I intend to get to where I want to be. So, I find a lot of hope within organization and intentionality, so that I'm not controlled by things that happen so much as by things inside of me. Hope is the foundation and bedrock of resilience, which will allow us to withstand challenges, to adapt and evolve, and to survive.

[End of Audio]

Duration: 0:41