



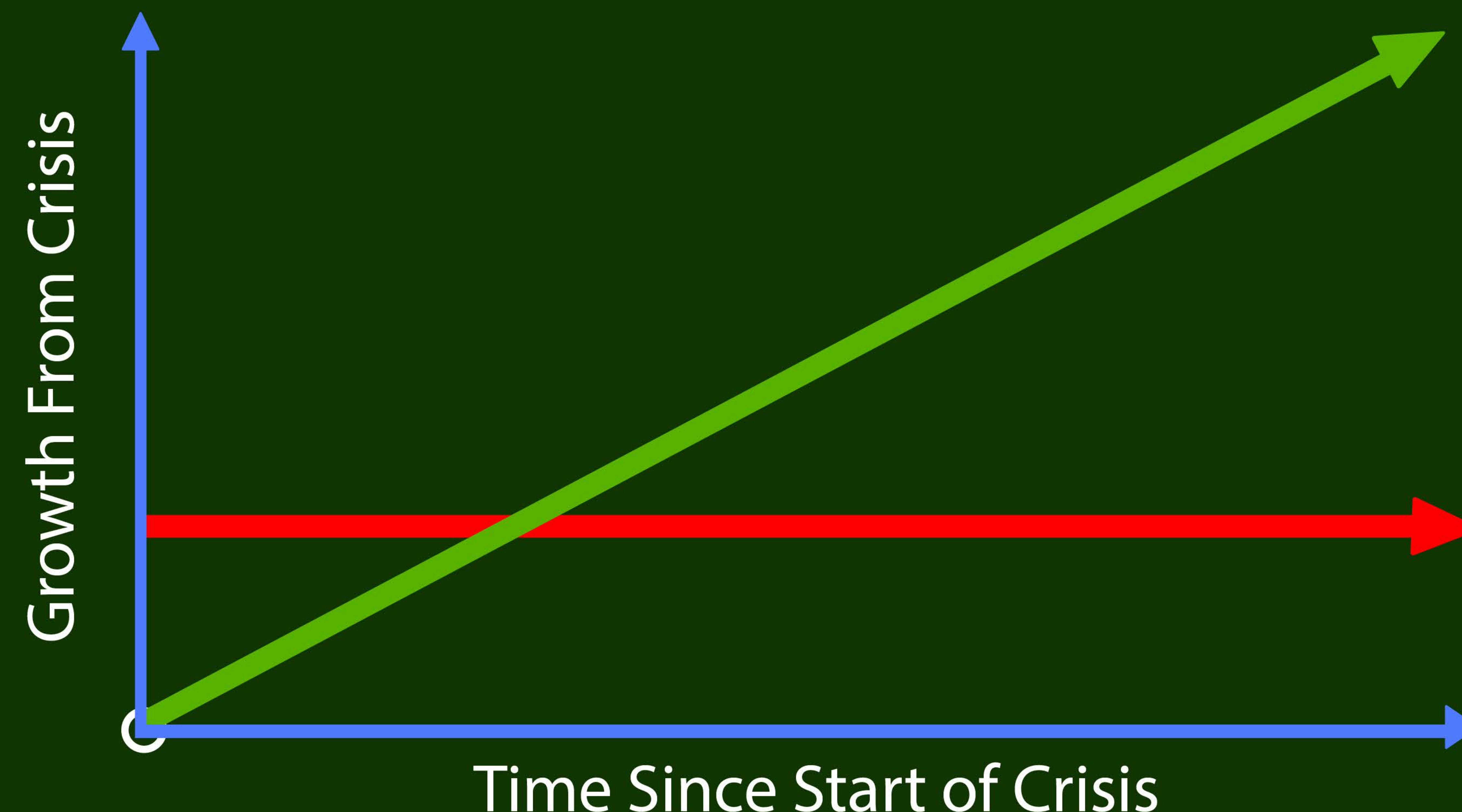
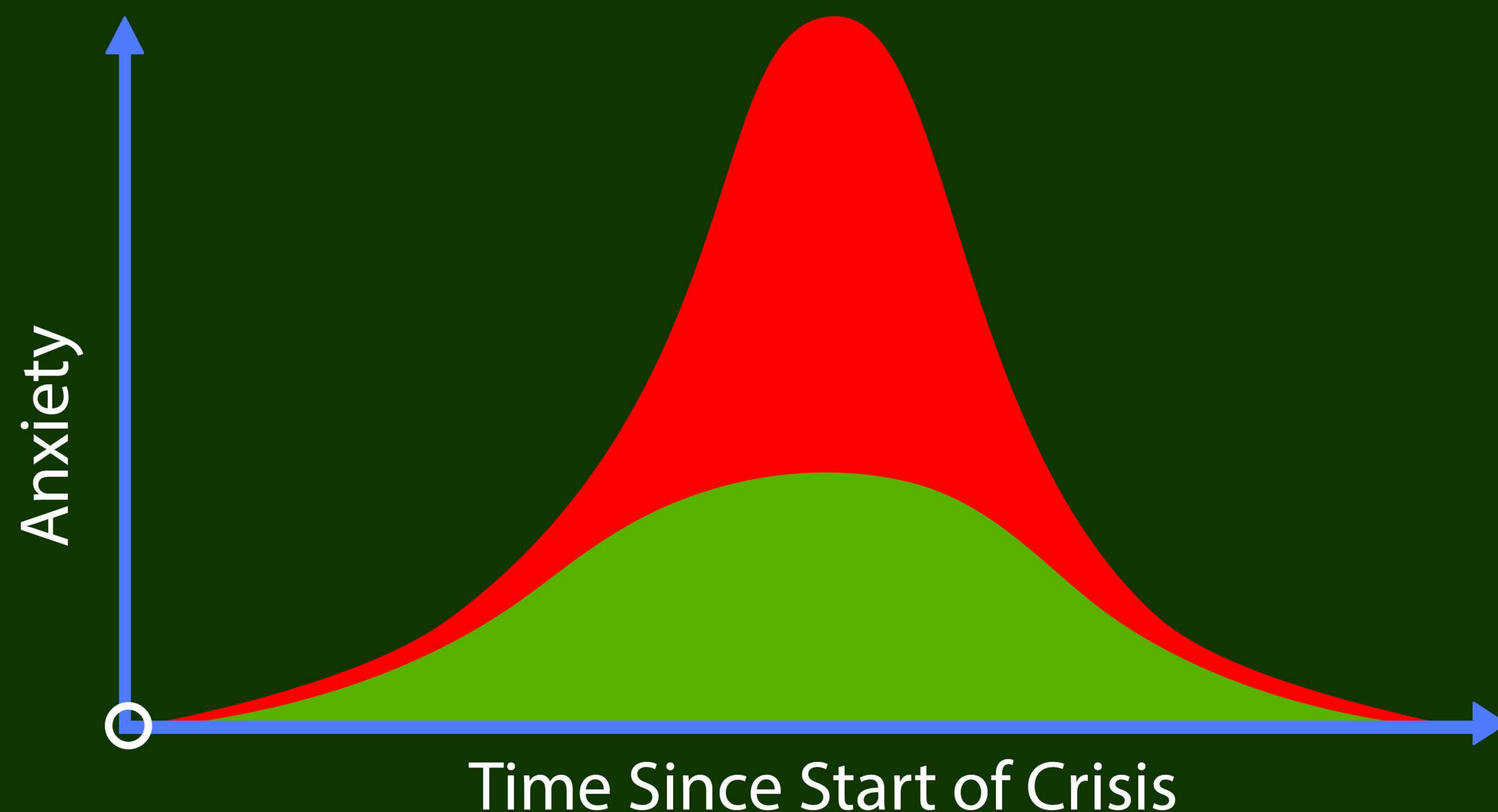
Flatten the Anxiety Curve and Increase the Growth Curve

Without Intentional Growth

With Intentional Growth

Without Growth Skill Building

With Growth Skill Building



Growth Resources: **O**ptimism, **T**rue meaning, **H**umor, **E**motional intelligence, **R**esilience, **S**pirituality, **S**elf-Confidence, and **O**THERS(S)

Growth Through Adversity

For more information visit: HoldTheDoor.com/resources



Flatten the Anxiety Curve and Increase the Growth Curve

Keys to Intentional Strength and Growth

Learn

- Practice relaxation and mindfulness. One option is the Headspace app
- Ask yourself, what have I always wanted to learn, but haven't yet?
- Identify your growth strengths and weakness with our free online self-awareness tool
- Become an expert in one are by using our Growth Guide

Laugh

- Create a laugh list of videos, jokes, comedies and watch them and share them
- Think about the people who make you laugh the most and set up time with them
- If you are funny spread the laughter by making videos and posting them
- Have a competition of whoever laughs first loses and have video calls with people

Love

- Find a new passion or purpose and share it with someone
- Share your greatest strength with someone who lives outside your home
- Dream about the future and what you love to do

Growth Resources: Optimism, True meaning, Humor, Emotional intelligence, Resilience, Spirituality, Self-Confidence, and OTHERS(S)