

Your 30 Second Quick Fix to Reinventing Yourself:

- Display courage, conviction, and confidence
- Maintain a positive attitude about the adversity
- Change your ways and thought processes
- Accept reality, take responsibility, and embark on total resolution
- Maintain hope, faith, and trust in your survival skills
- Own your part in the problem and be willing to change and move forward
- Seek immediate support with a coach, pastor, or professional
- Move beyond