



LISTEN
LEARN
NETWORK
GROW



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Q. What is your favorite quote?

A. "Do the best you can until you know better. Then when you know better, do better." - Maya Angelou

Q. What does success look like to you?

A. When you look up and see the people important people in your life smiling back at you. This means that you understand that you need the support of others to help you reach that next goal, and that you have taken the time to let them know that you appreciate them. Those important people in your life smile for you when you don't feel like smiling yourself, and they celebrate with you when you have the biggest grin on your face.

Q. What is your mini escape or your best stress reliever during a busy or stressful time?

A. Biking, running or yoga.

Q. Complete this sentence: "I wonder what it would be like to live in a world where..."

A. ...people understood how to use their signal light in a traffic circle.

Q. What is your best comfort food?

A. Noodles!

Q. As you get older, what is the one thing you know for sure?

A. We have a finite amount of time in a day, in a month, in a year. Be mindful and make deliberate choices on where you want to spend your time.

Q. What is the best song to sing in the car?

A. Wham! – *Wake Me Up Before You Go-Go*

Q. What are you most grateful for?

A. My health, the support of my friends and family, and the individuals in my life that constantly challenge me to push myself.

Q. What have you let go of that changed your life the most?

A. Things that I know that I can neither control nor influence. When I start feeling overwhelmed or am facing something that I perceive as a challenge, I tease out specific aspects of the situation and place them into one of three categories: 1) Things that I can control; 2) Things that I can influence; 3) Things that I can neither control nor influence. If it falls into the third category, I acknowledge it, let it go, and focus on aspects that fall into category 1 or 2.