

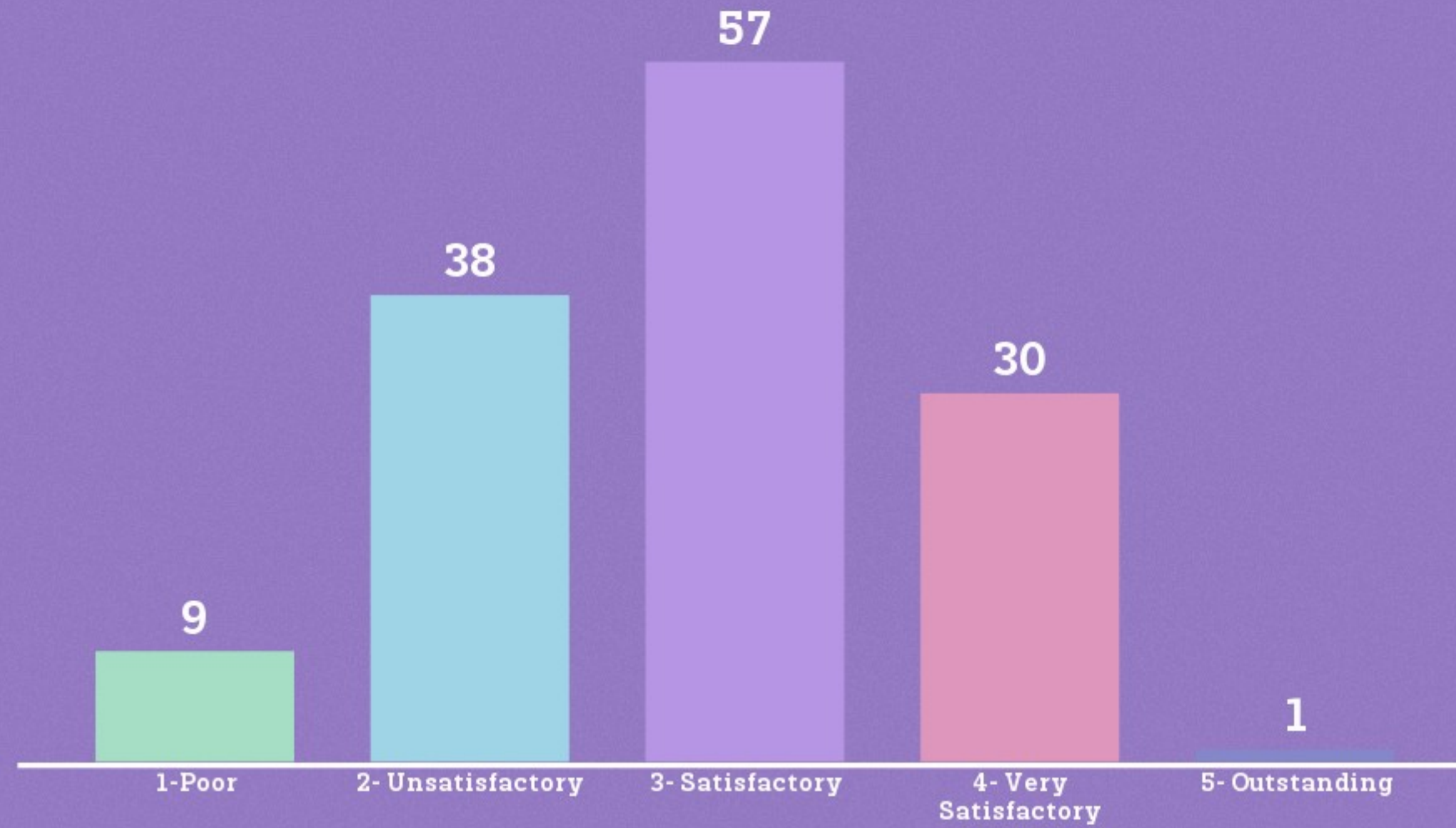


# When you think about what keeps you steady and emotionally on track, what comes to mind?

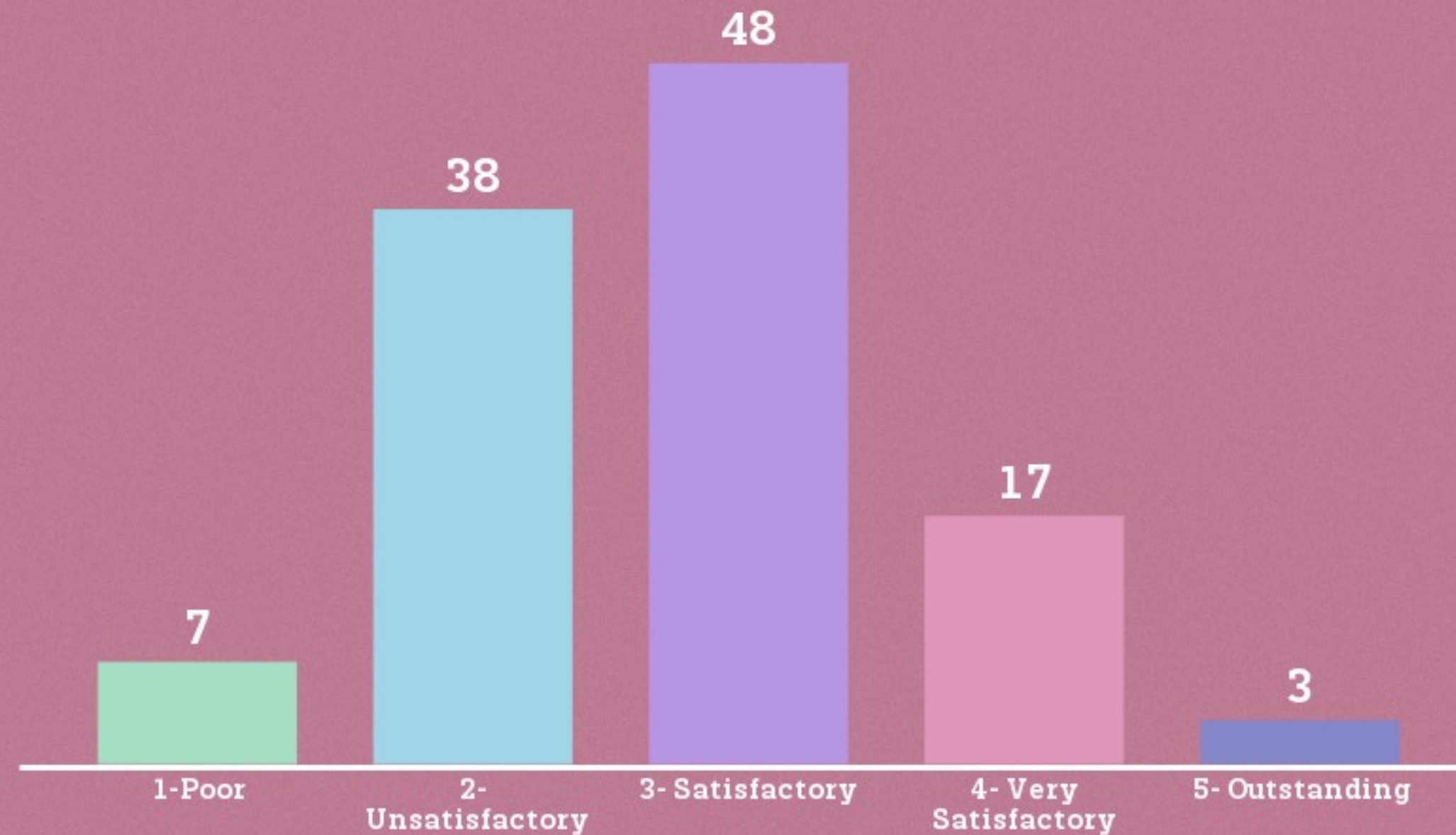
403 responses



# On a scale of 1-5, how good are you at self care?



**On a scale of 1-5, how good are you keeping the focus of your life where your loved ones or work colleagues want it to be?**



# What creates the gaps?

Waiting for responses ...

