

DUDES NAVIGATING ADVERSITY

QUESTIONS TO ASK YOURSELF WHEN FACING ADVERSITY

WHAT COULD BE GOOD ABOUT THIS?

**KNOWING WHAT I KNOW NOW, WHAT WOULD I DO
DIFFERENTLY IF I WERE TO FACE THIS AGAIN?**

**WHAT IS A MORE SERVING MEANING I
CAN GIVE TO THIS?**

HOW AM I GOING TO DO THIS WITH EXCELLENCE?