

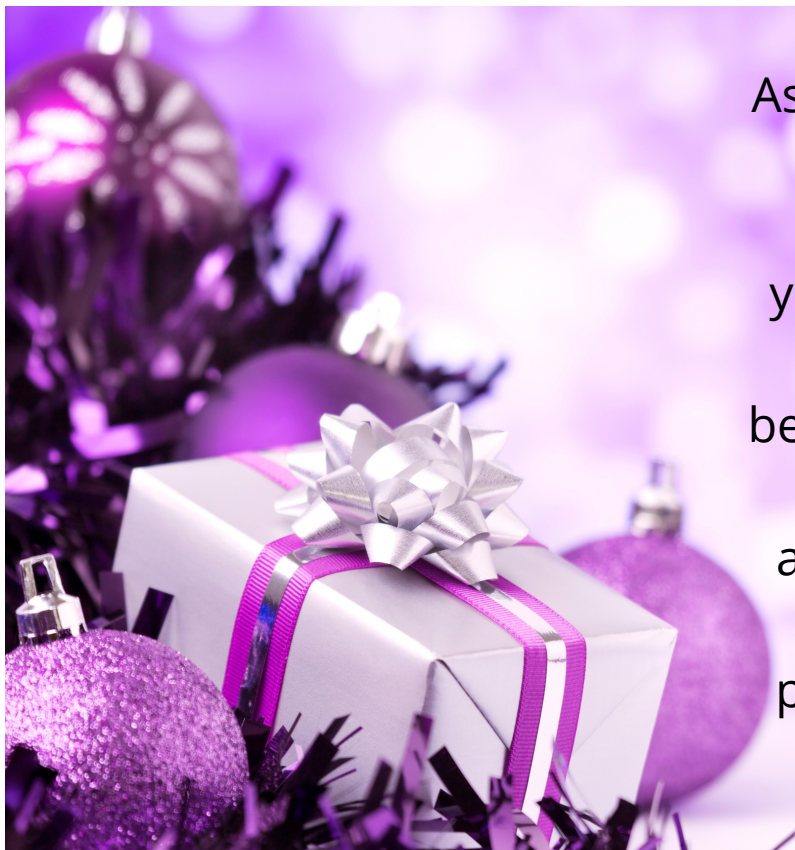
Keep Going

THINGS TAKE TIME



If you really look closely, most overnight success took a really long time.

Steve Jobs



As we ease into Christmas and reflect on our new year resolutions, be kind to yourself and see how far you have already come. The benefit on hindsight means we often appreciate the accomplishments at the end but It Is Important to be patient with ourselves In the moment. Take time.