

# “Gleaming Hope During Uncertain Times”

This is a moment of opportunity in your life. You can choose to come out same or worse than you were before this started. Or you can come out better. There is hope for a brighter future for you. There is a promise that if you stay faithful and strive during hard times that you will come out victorious and stronger.

In this training, you will discover HOW you can triumph through this trying time.

• **Come out worse or same  
as you were before this started**



**Come out BETTER!**

1. What are 3 ways to get on the path to peace, calm and productivity?

2. What are 2 things you can you do to prepare for a brighter future?

3. What are 3 movements/exercises you should do during lockdown?