

STAND TALL 2023

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Stand
Tall

Speaker 3 : Michael Crossland



- Adversity doesn't define us, how we deal with it does!
- We must give without remembering and receive without forgetting.
- We must stop taking criticism from those we would not take advice from.
- Your value does not decrease based on one's inability to see your worth.
- Stay in the present and keep your head/mind where your body is at.
- We must give without remembering and receive without forgetting.

Progress is a powerful way to **silence the voice** in our head that tries to tell us we can't.