Diamonds Are Formed Under Pressure
Continuing Education Disclosure

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*A commercial interest is any entity producing marketing, re-selling, or distributed health care good and services consumed by, or used on, patients.
Pressure can burst a pipe. Or pressure can make diamonds.
What pressures have occurred in your life?

- Death
- Illness
- Divorce
- Job Change
- Covid19
- Relocation
Find Your Light
IT’S MY LIFE

Examine
Prioritize
Eliminate
HARD HABIT TO BREAK

• What habits would you like to change?

• What habits have you changed?

• Do you have habits you’re not even aware of?
“Long is the way and hard, that out of Hell leads up to light.”

John Milton, Paradise Lost