## Shark or Goldfish? Surviving & Thriving During Change

Now more than ever, fear and uncertainty are becoming staples of life. During changing times, it's easy to worry, give up, and let fear paralyze you. You can't control the events in your life, but you can control how you respond to them. Every day, you have a choice of whether you are going to be a shark or a goldfish. You have a choice of whether you are going to wait to be fed or whether you are going to take control of your destiny. Each day, you make this choice with your thoughts, beliefs, and actions. The choice is yours. Take action and learn to be a shark in our Shark School.