

STAND TALL 2022

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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.

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