

LONG-TERM GOALS & BEING FEARLESS

Elana Meyers Taylor

GATHER A TEAM AND TAKE RISKS FOR THE ISSUE

FIRST WOMAN IN 4-PERSON BOBSLEDDING TEAM AND

NEW MOTHER!

HELPS GIRLS IN GRASSROOTS POSITIONS

BE REALISTIC
PRESSURE IS A PRIVILEGE

THINK SHORT TERM GOALS FIRST



MY LIL'MAN IS NOW MY FIRST PRIORITY

USE YOUR ANXIOUS ENERGY TO FUEL YOUR EXCITEMENT

DOING THE BEST WE CAN EVERY DAY

KEEP A JOURNAL



MEDITATE

ACKNOWLEDGE YOUR PAST SUCCESSES



FIND CONFIDENCE IN WHAT YOU'VE ALREADY DONE NOT WHAT MIGHT HAPPEN



I'LL BE OKAY!

ONLINE STUDENT

TRUST YOUR INSTINCT TO GO WHERE YOU NEED TO GO

HAVE A GOOD TEAM AROUND YOU

ADAPT TO THE CURVES OF THE WORLD

I'VE DONE EVERYTHING I CAN

NEED TO BE WILLING TO CRASH TO SUCCEED

GIVE YOURSELF GRACE

SHORT TERM GOALS HELP ALONG THE WAY

BUILD CONFIDENCE AND MENTAL STRENGTH

BEING OUTSIDE YOUR COMFORT ZONE CAN LEAD TO AMAZING POSSIBILITIES

OK TO BE OUT OF CONTROL

EBBS AND FLOWS

