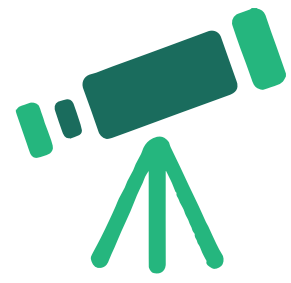




# ESSENTIAL HABITS

## Pathways



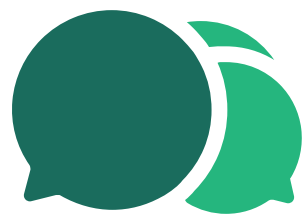
### PRACTICE CURIOSITY

Step out of your comfort zone, try new things, and explore interests, careers, and opportunities.



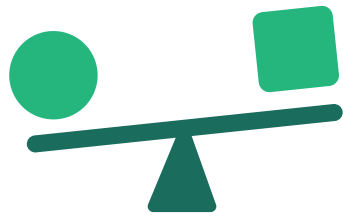
### DEFINE YOURSELF

Get to know who you are by identifying interests, dislikes, strengths, and weaknesses and reflecting on these regularly as you grow. Commit to becoming your best self.



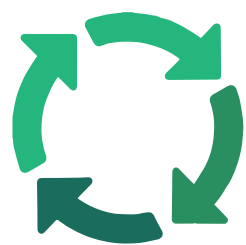
### COMMUNICATE OPENLY

Learn to communicate with others by listening actively, considering others' perspectives, sharing ideas, advocating for yourself, and calmly expressing concerns to solve problems.



### LEVERAGE RESOURCES

Identify resources available to you, (people, support, opportunities, tools, money, etc.), and leverage those resources to achieve your goals.



### LEARN FROM SETBACKS

Demonstrate flexibility, try different approaches when something is not going the way you want or expect it to, and determine when and how to adapt and adapt (or move on when appropriate).