

# VALUES & SUPPORT

Top 10 Things To Remember When You're Busted, Disgusted, and Can't Even Be Trusted:

1. You aren't in this fight alone
2. Slow and steady wins the race. Turtle Power!!!
3. You matter
4. You're stronger than you realize
5. There will always be a battle to fight
6. Caring for the cause means caring for yourself
7. We all need a break every now and then
8. No is not a cuss word
9. It's ok to cry
10. We need you