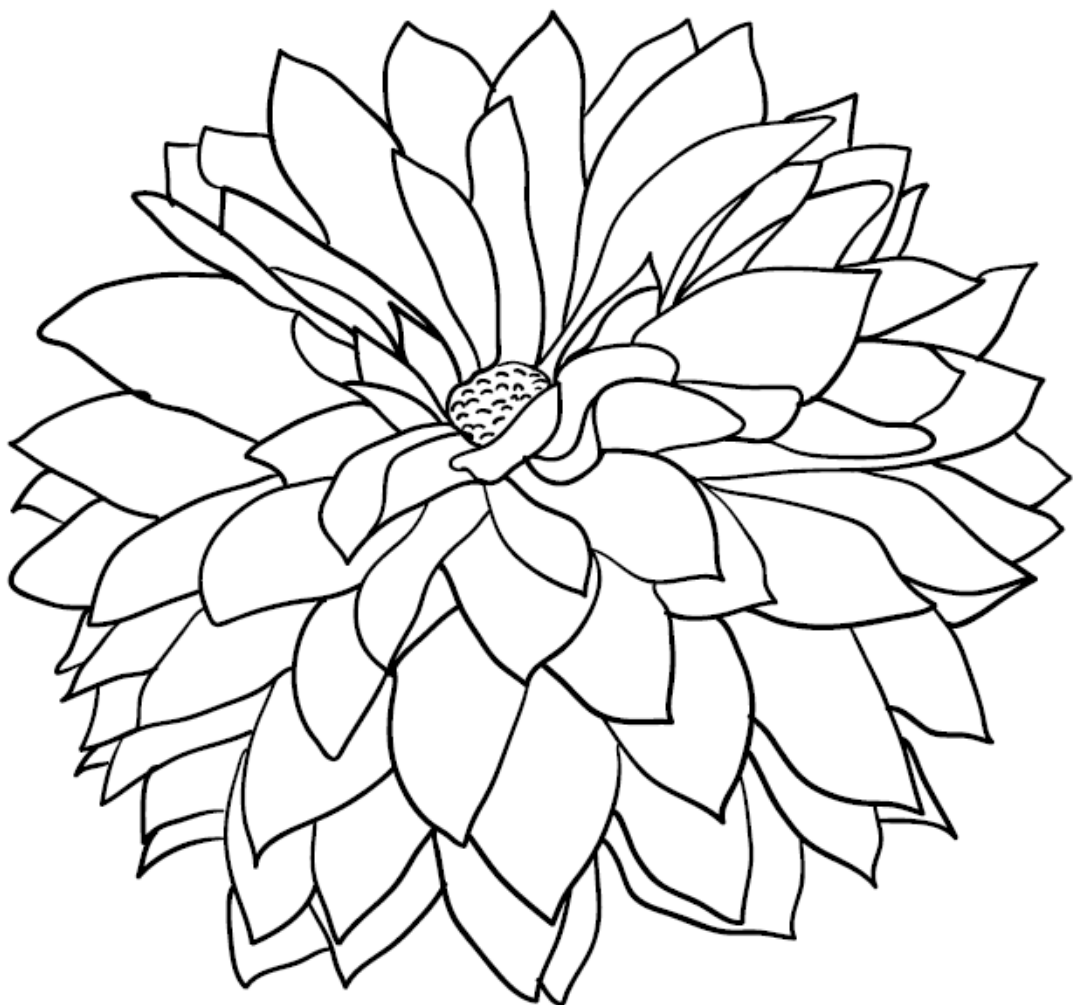


**You can't pour from an empty cup. Take care of yourself first.**



[www.uleadership.com](http://www.uleadership.com)