

Lessons Learned About Ourselves

"That I am an extreme **homebody** and **introvert**."

"I've become more **skeptical** and less **gullible** about anything I read and hear in the media and politics"

"That I actually like my **coworkers** and miss them."

"I am **capable** of a lot more than I think I am - **physically**, **mentally**, and **emotionally**."