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Module #3

My Greatest Challenge: Self-Care Is Key

Out of all the challenges during this course, I think this aspect may be the toughest for me. I want to devote as much time as possible to my work in this course in order to be successful, but I also realize that I will need to take care of my own well-being. I plan to schedule the hours of my day specifically to work, homework, exercise, and personal time to stay balanced.