

JK'S TOP TIPS FOR WELLBEING

groov

AutoSense
DRIVING SAFETY

TIP 6



Think of kind thoughts about yourself. Take the time to celebrate and appreciate YOU!

JK SAYS

"Every day, tell yourself that you are awesome; no one else will tell you that daily, so you must tell it to yourself. While you are in the truck, keep telling it to yourself because it works. And don't forget why you do the job you do: you do that job because you care, love what you do, and deliver a service that your business and customers cannot survive without. You are awesome!"

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THE DEPOT
HOSTED BY GREG MURPHY

