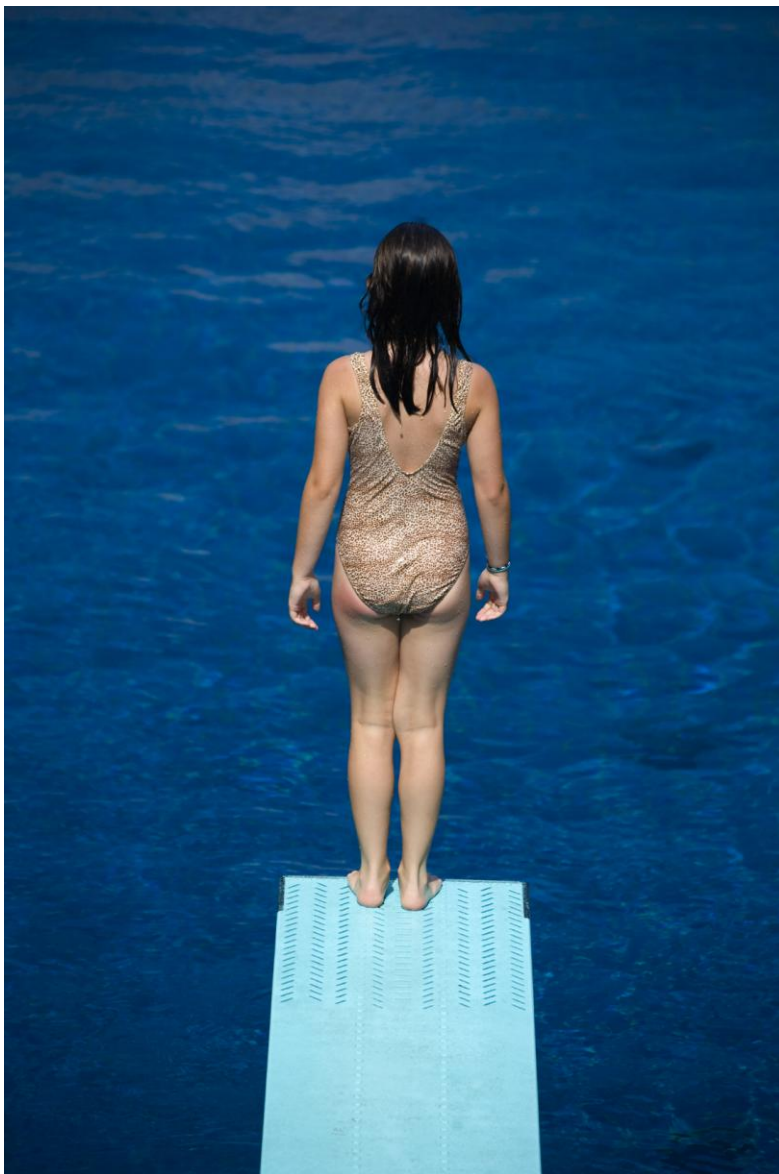
















- Introduce the person, their name and their challenge.
- Describe how the person feels about facing the challenge.
- Describe how the person achieves the challenge.
- Describe how the person feels when they have been successful

