



Some motivational speakers want to tell you that all you have to do is believe in yourself and you will achieve everything you want.

Harriet Turk thinks differently. Harriet knows that sometimes life doesn't go the way we plan and it can be tough to deal with.

Today, she will give us ideas about how we can live a great life, and also what to do when it feels like things get all messed up.

From Memphis, Tennessee...please help me welcome, **Harriet Turk!**