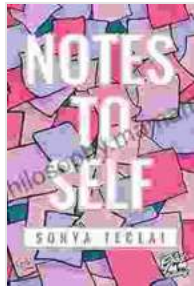


# Notes to Self: Sonya Teclai on Overcoming Adversity and Inspiring Others



## Notes To Self by Sonya Teclai

★★★★☆ 4.3 out of 5

Language	: English
File size	: 5145 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 110 pages
Paperback	: 128 pages
Item Weight	: 11.8 ounces
Dimensions	: 4.09 x 1.24 x 6.18 inches
Hardcover	: 656 pages
Mass Market Paperback	: 272 pages
Lexile measure	: 1100L

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Sonya Teclai is an inspirational figure who has overcome incredible adversity to become a successful entrepreneur and motivational speaker. Her story is a reminder that anything is possible if you never give up on your dreams.

Sonya was born in Eritrea, a country in East Africa. Her family fled the country when she was young due to the ongoing civil war. They eventually settled in the United States, but Sonya's life was far from easy.

Sonya's parents struggled to make ends meet, and she often went hungry. She was also bullied at school for being different. Despite all of these challenges, Sonya never gave up on her dreams.

After graduating from high school, Sonya went on to college. She earned a degree in business and started her own company. She also became a motivational speaker, sharing her story with others to inspire them to overcome their own challenges.

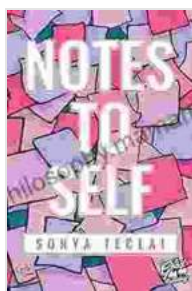
Sonya's story is a powerful reminder that anything is possible if you never give up. She has overcome incredible adversity to become a successful entrepreneur and motivational speaker. Her story is an inspiration to us all.

### **Here are some of Sonya's tips for overcoming adversity:**

1. Never give up on your dreams.
2. Don't let anyone tell you that you can't do something.
3. Surround yourself with positive people who support your dreams.
4. Believe in yourself and your ability to overcome any challenge.
5. Never give up on yourself.

Sonya Teclai is a true inspiration. Her story is a reminder that anything is possible if you never give up on your dreams. She is a role model for us all, and her story will continue to inspire others for generations to come.

If you are interested in learning more about Sonya Teclai, you can visit her website at [www.sonyateclai.com](http://www.sonyateclai.com).

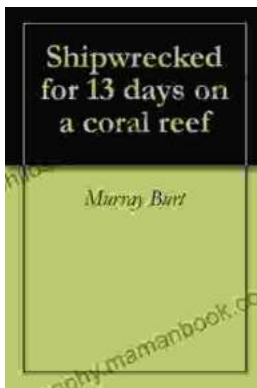


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