



Breathe before writing...

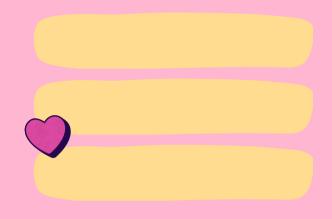


Today I am grateful for...

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Describe today in a drawing...

3 things I'm thanking my body for...





Things that didn't go to plan but I am letting go of...

Affirmation for my day tomorrow...

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