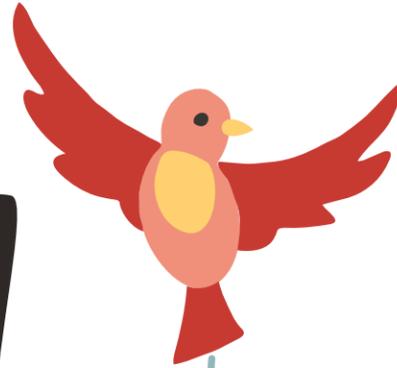


1... 2...  
3...



I'M PROUD OF MYSELF BECAUSE...

HOW MANY CUPS OF WATER DID YOU DRINK TODAY?



REST IS IMPORTANT. LET'S TAKE A NAP!



LET'S GO FOR A WALK TOGETHER!



LET'S TALK ABOUT CARING FOR OURSELVES

I'M REALLY GOOD AT...



WHAT MAKES YOU HAPPY?

