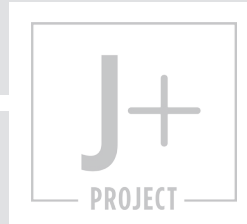


Your Journey Matters!

Date: _____

1 positive thing about today:

SOMETHING I'M PROUD OF:



2 things I love about myself:

SOMETHING I'M LOOKING FORWARD TO:

3 things inspiring me today: