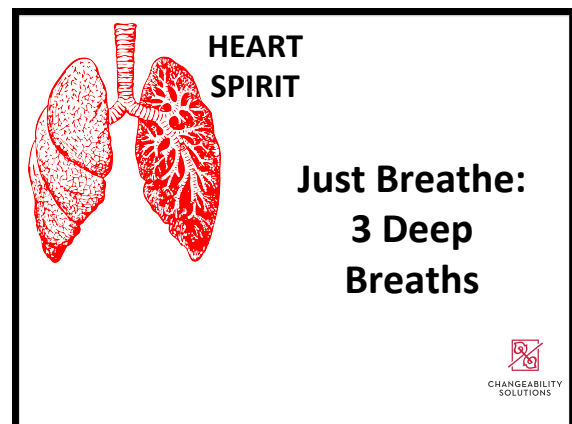
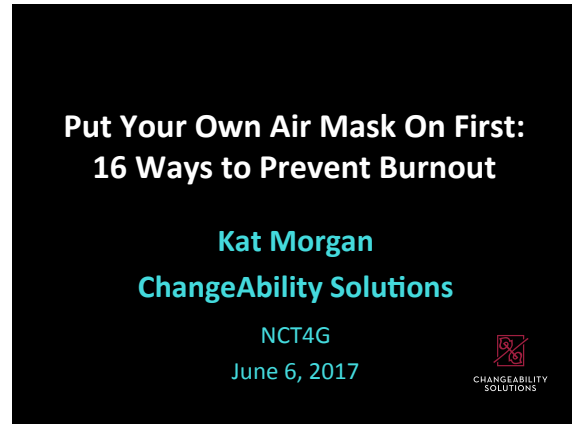




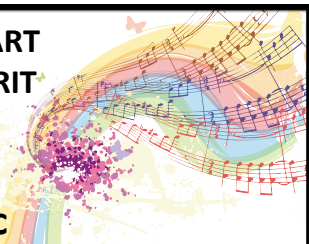
**HEART
SPIRIT**

**Meditate
Pray**



**HEART
SPIRIT**

**Make Music
Listen
Dance
Sing**



**HEART
SPIRIT**

**Journal:
2 minutes
every day**



BODY



**Walk
Move
Exercise**

BODY



**Sleep!
Clean Up
Sleep Hygiene**



BODY



**Hydrate:
Drink Water**



BODY



**Eat Your
Greens**



BODY



**HEART
FUN**



**HEART
FUN**



Connect



**HEART
FUN**



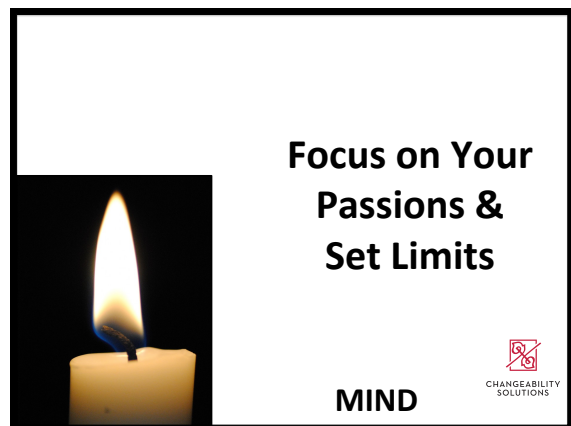
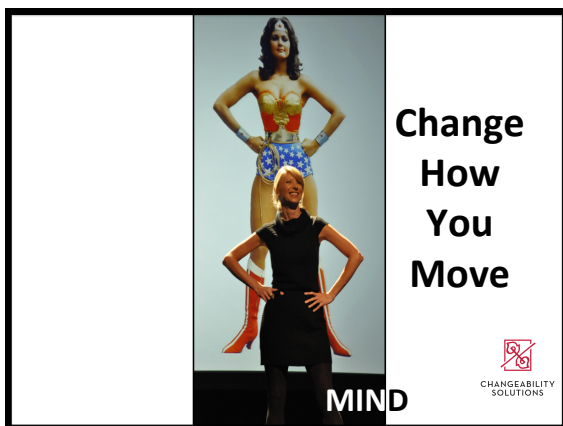
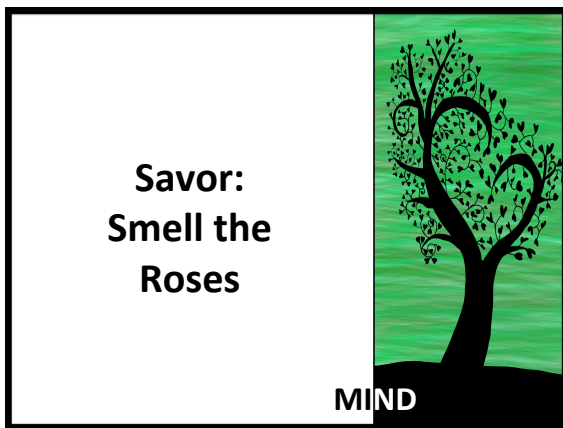
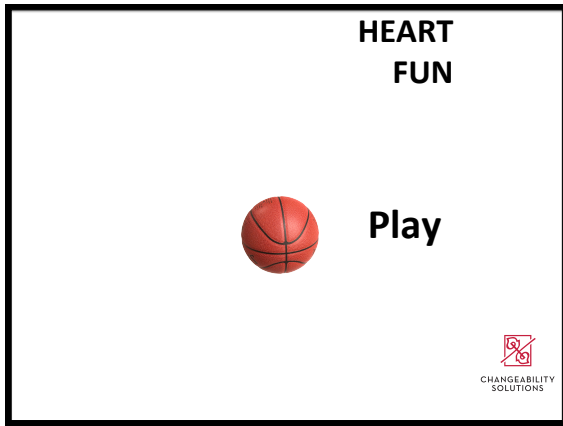
Laugh



**HEART
FUN**

Pet Your Pets





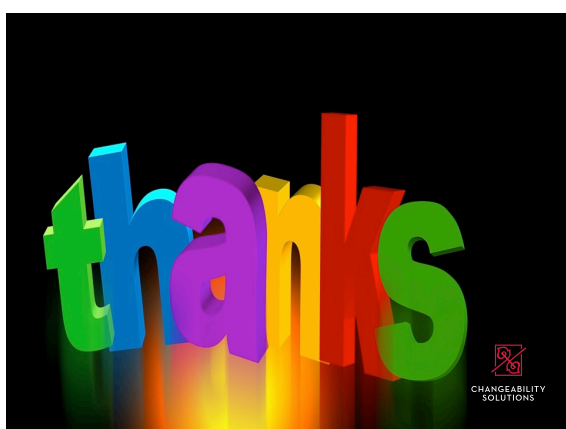


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CHANGEABILITY
SOLUTIONS