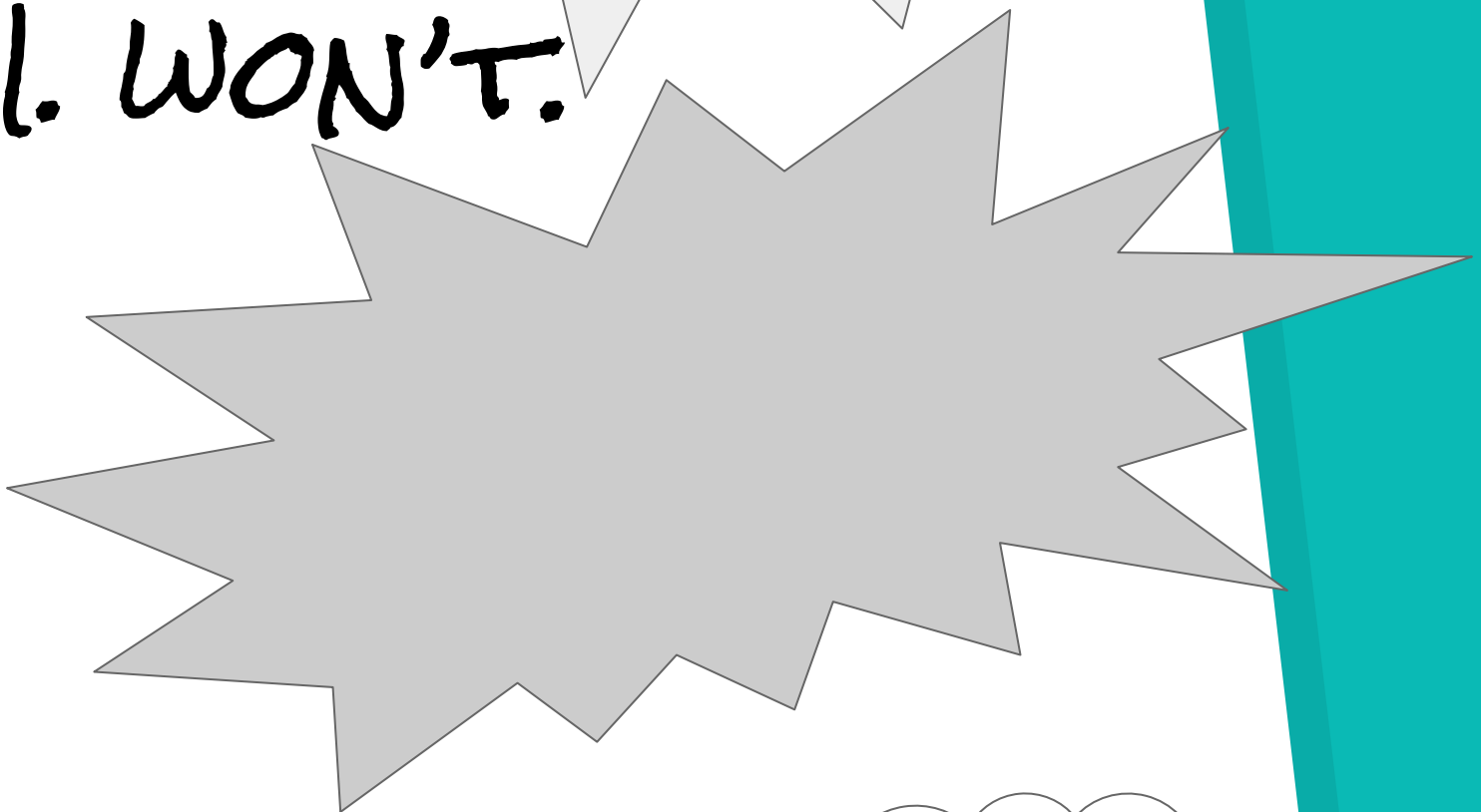


Overwhelm

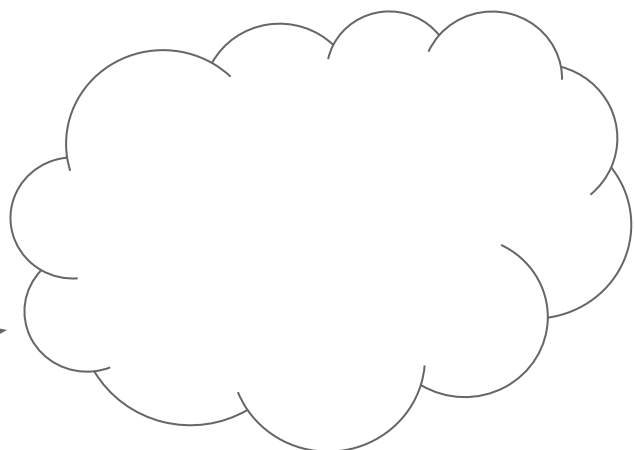
I CAN'T.



I WON'T.



This is your reflection cloud.
What did you learn about
yourself? What ideas do you
have? How do you win?



Daily Tasks

Self-Care Check-In

- Emotional
- Content
- Ecstatic
- Determined

Today I feel...

Person I am grateful for:

Today I worked on...

Tomorrow I will work on...

Today, I learned that I...