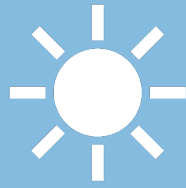


# Start your day positively



What will I do for self-care today?

What task will I complete today?

How will I be kind today?



# End your day peacefully



What did I see that was beautiful today?

What made me laugh today?

What was the best feeling today?

