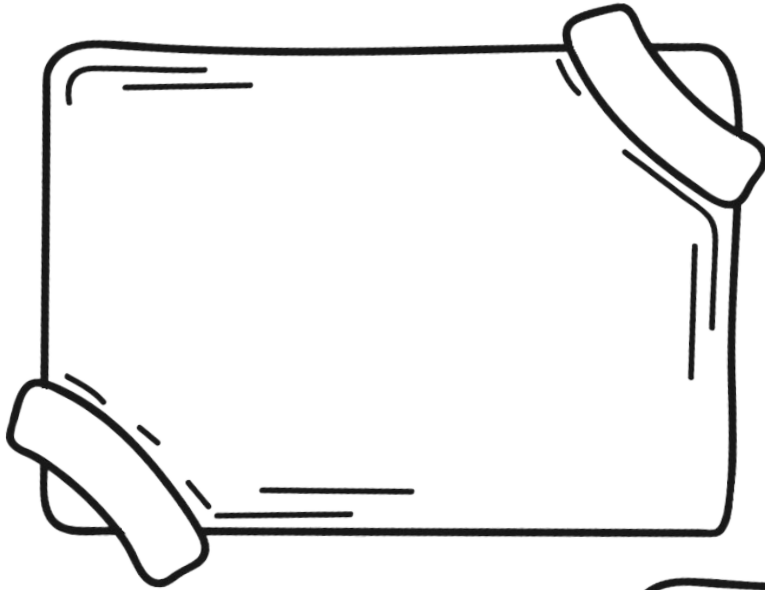
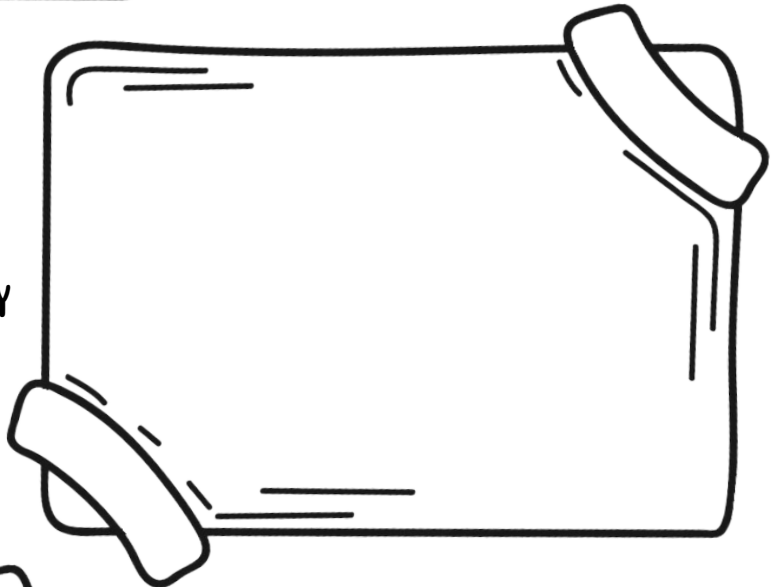


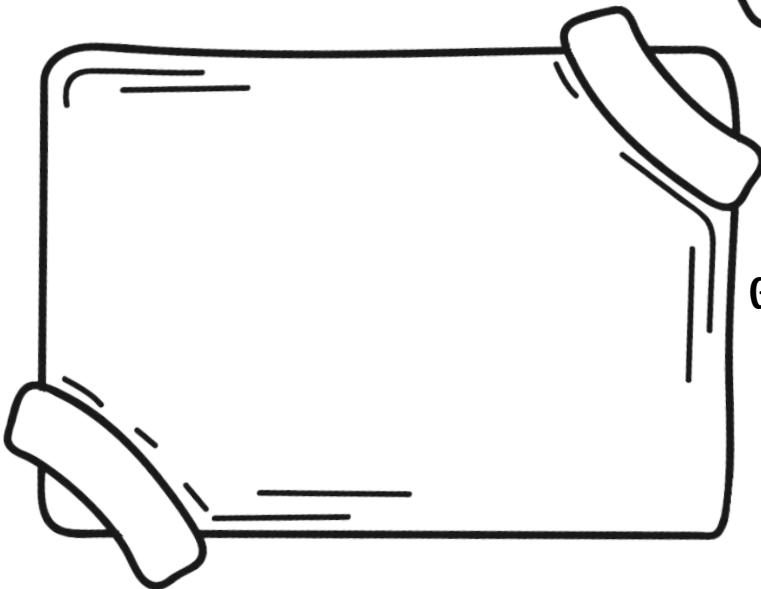
SELF-CARE PLAN



GOALS FOR MY MIND & SOUL



GOALS FOR MY BODY



GOOD RULES & HABITS I WANT TO LIVE BY