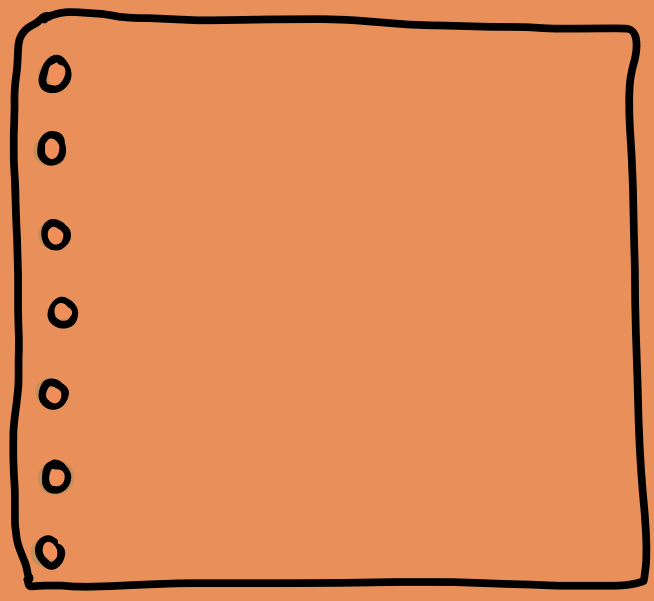


JOURNAL

MY THOUGHTS TODAY....



- MOOD**
- happy
 - sad
 - meh...
 - self critical
 - anxious
 - hopeful

SMILE TRACKER



..... TOMORROW'S GOALS

AFFIRMATIONS

