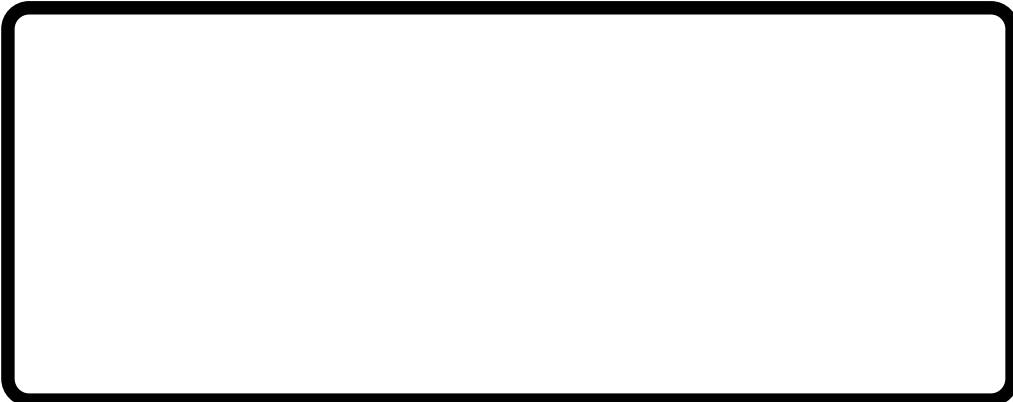


.....

So, I said to myself...

...these are the three things I want to focus on this week and why.



Jan Feb Mar Apr May June July Aug Sept Oct Nov Dec

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

So, I said to myself, "guess what I celebrated!"

Great choices I made:

How I was kind to myself:

*I'm just curious, if you could do one thing differently,
what would you do?*

