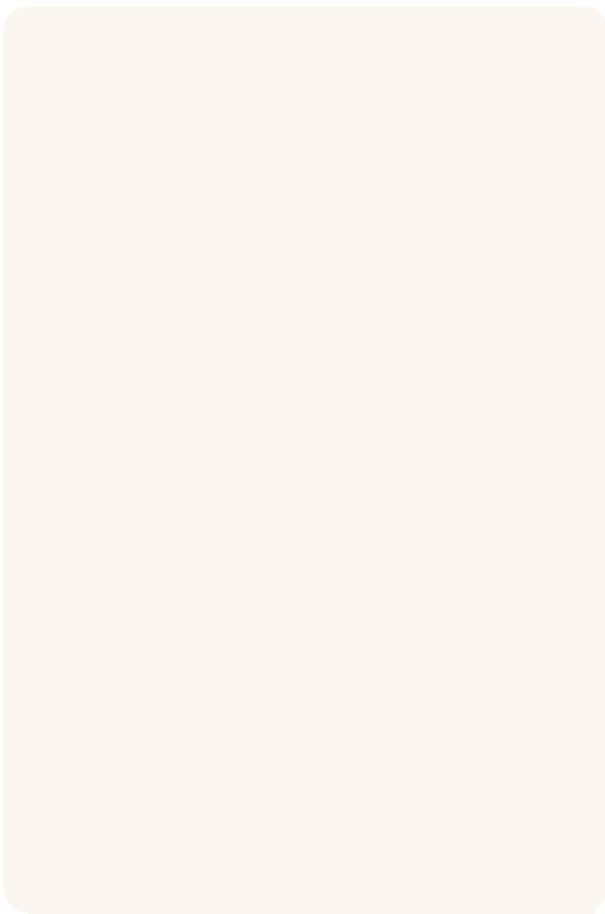


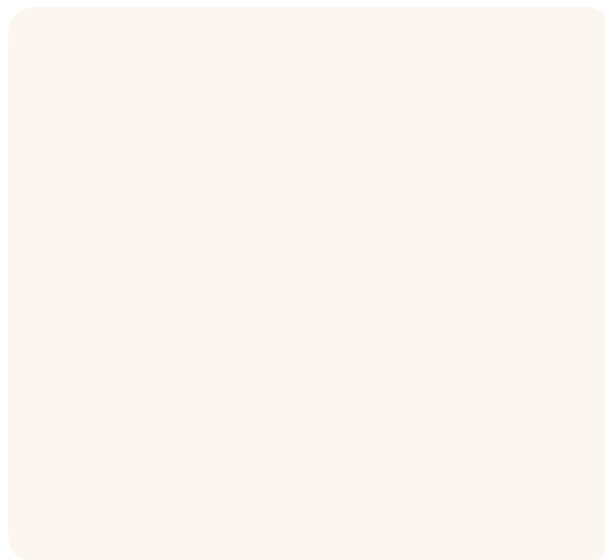
Relax. Reflect. Release.

Date: _____

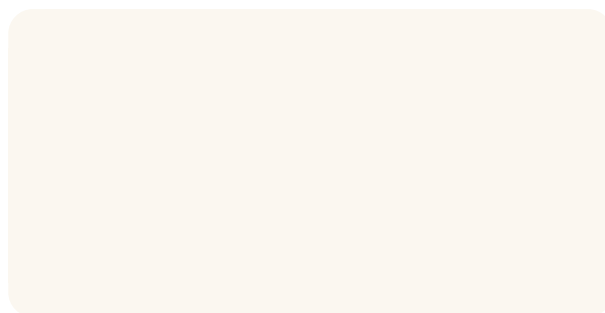
I am grateful for:



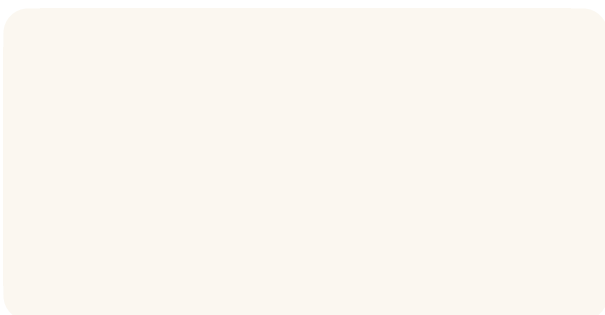
Things I need to let
go:



Tomorrow I will:



Notes:



Beauty Reminders:

