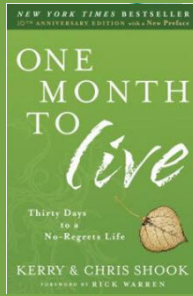


ROSES *and* THORNS



Book Club

FOR DAY #:

DATE:

REFLECT:

DAILY ACTION PLAN:

OBSERVE:

SUMMARIZE:

EMPOWER: