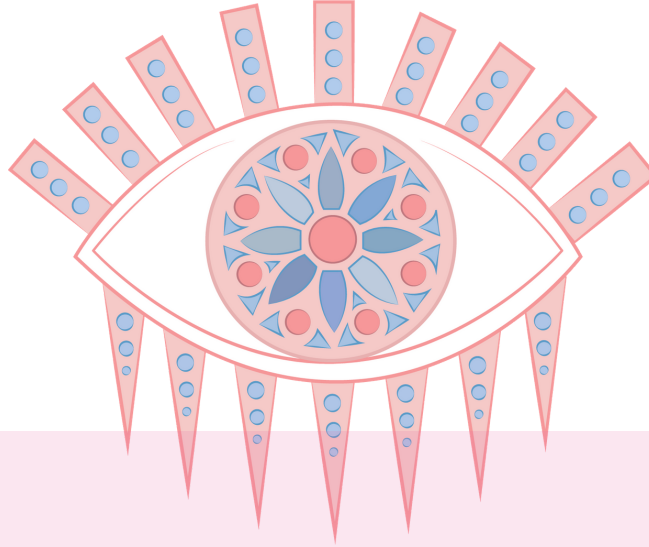


# My best Self



*What habits do I want to change?*

*What skills do I want to learn?*

*How do I want to feel?*

*How do I want to talk to myself?*