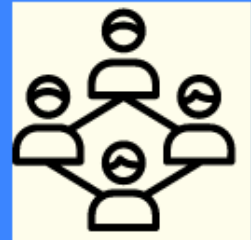


BE MINDFUL

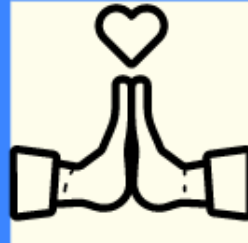
Daily Checklist

color in or check off any shape after completing a peaceful activity each day

Monday



Tuesday



Wednesday



Thursday



Friday

