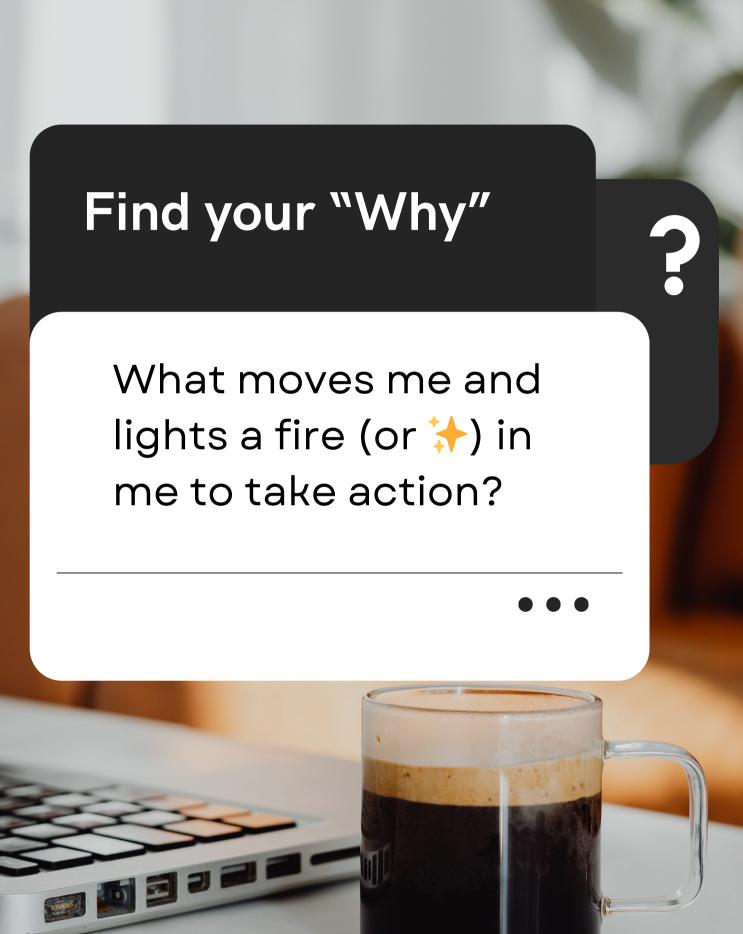
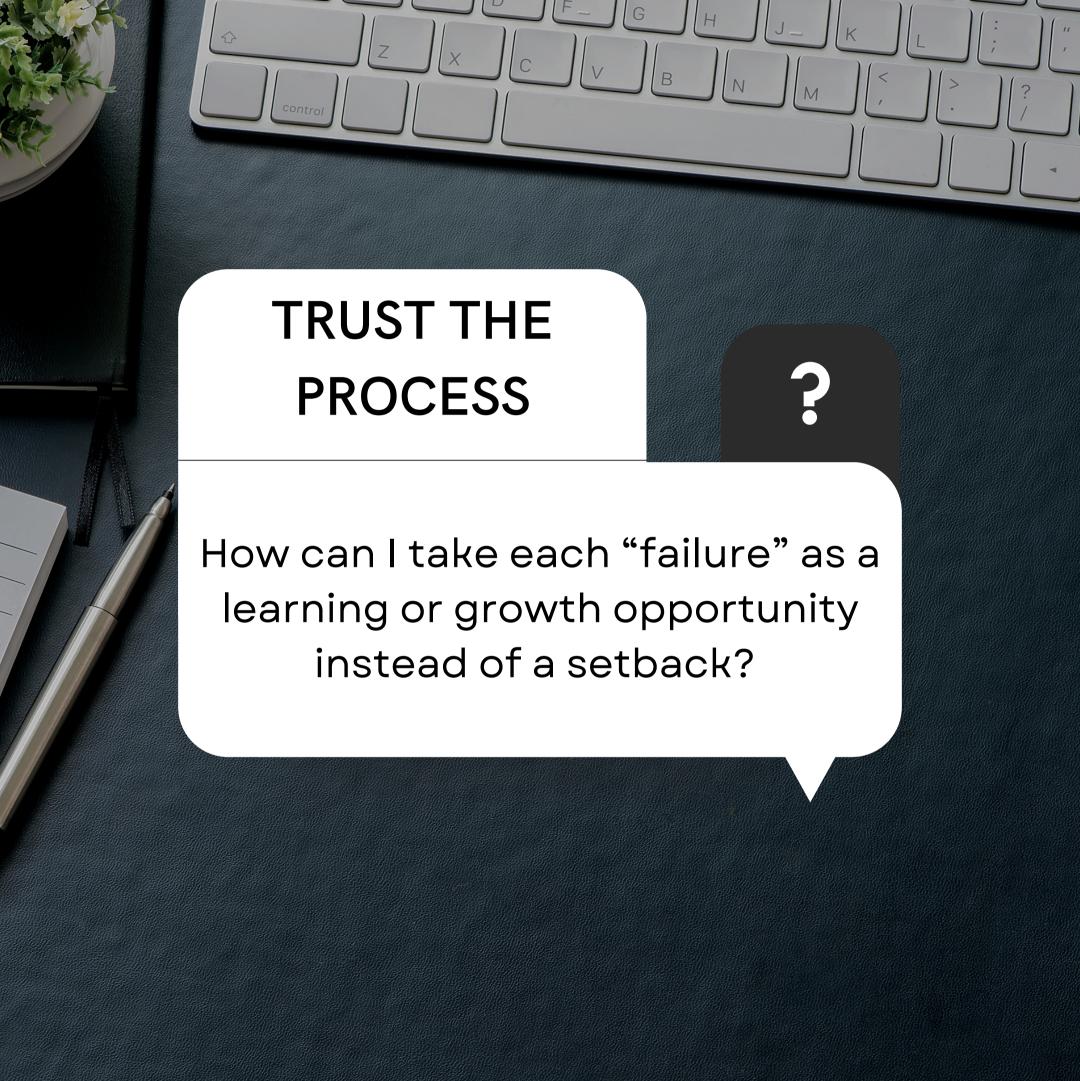
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QUESTIONS TO CHECK IN WITH YOURSELF







3

SELF CARE

 How can I be kinder to myself when I am finding my path and evolving as an individual?

"WHAT CAN I DO TO STAY
GROUNDED IN TIMES OF
UNCERTAINTY OR
EVOLUTION?"