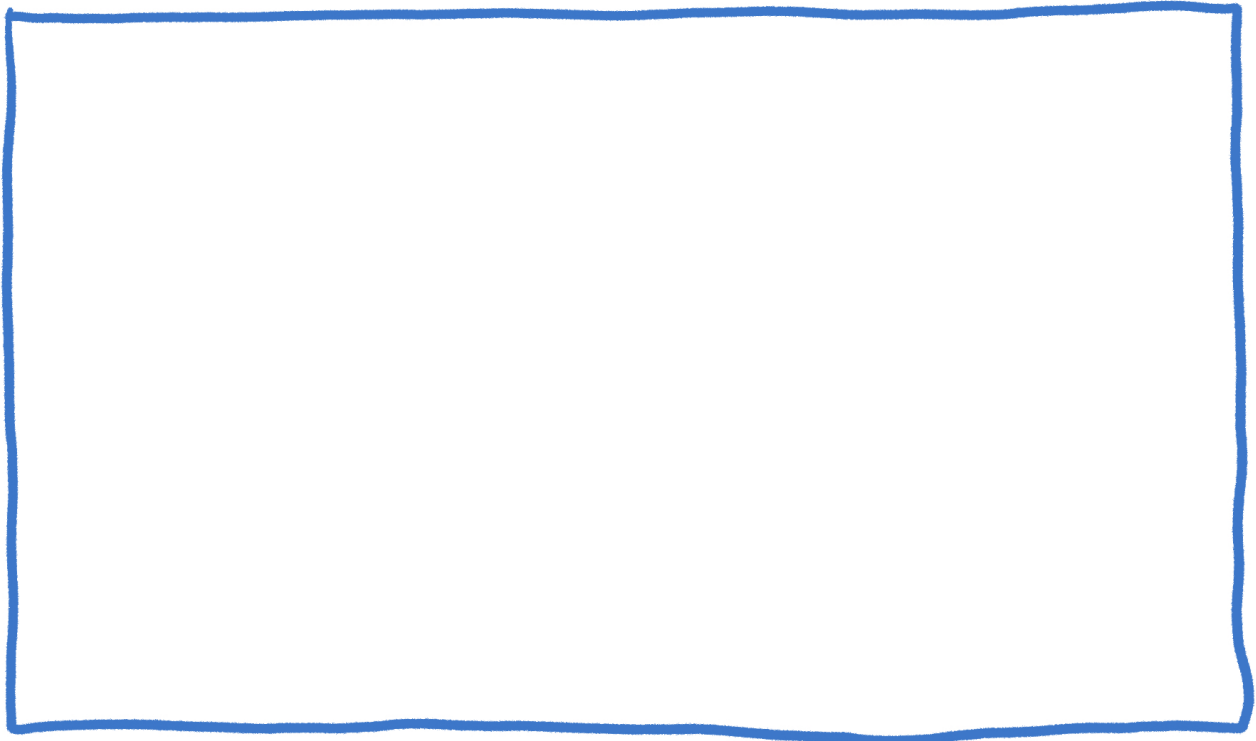
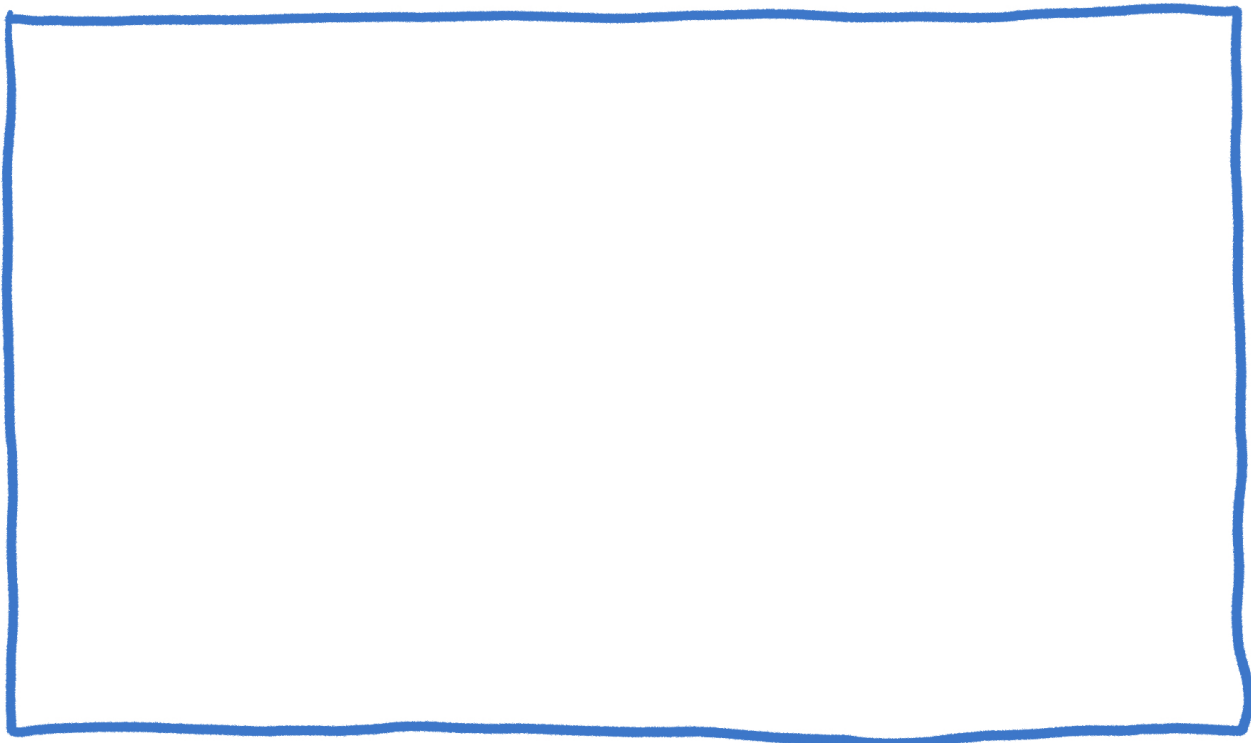


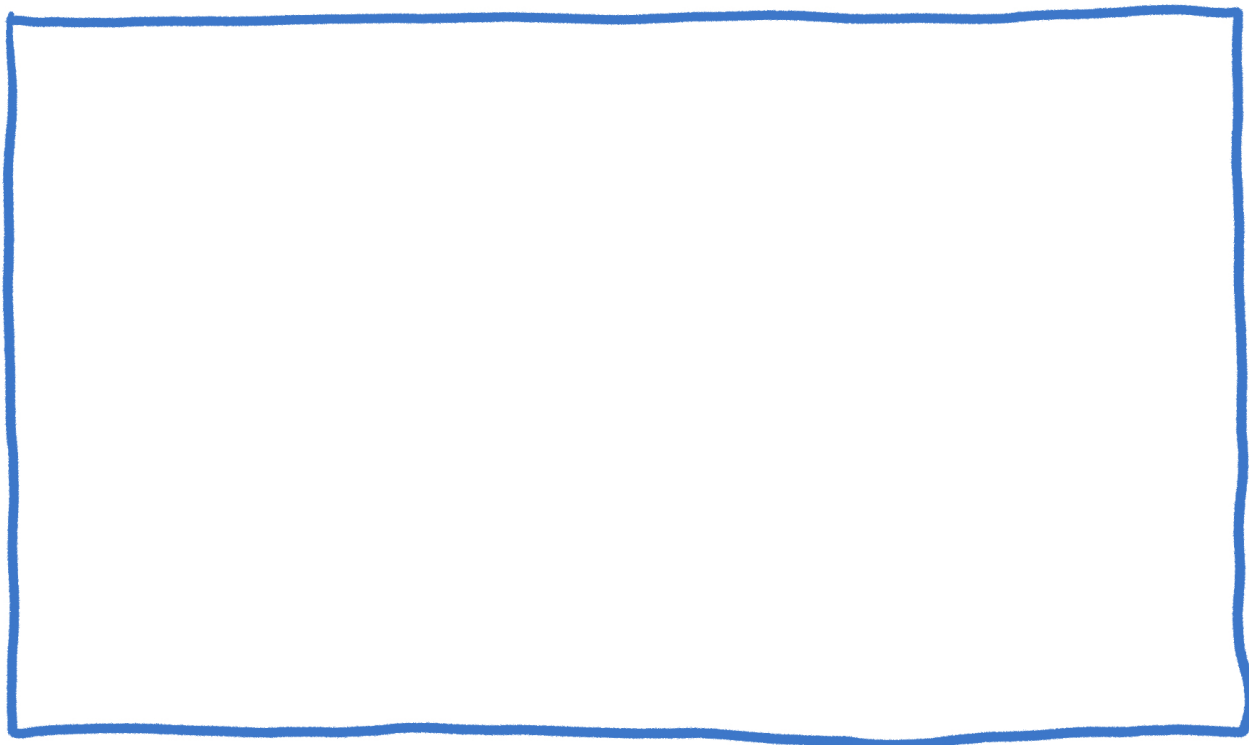
- ▣ What have you learned about yourself since the pandemic started?



- ▣ How has life shifted over the past month?



- ▣ What are you rediscovering about yourself and life during this time?



- ▣ What are your top three goals this week?

