

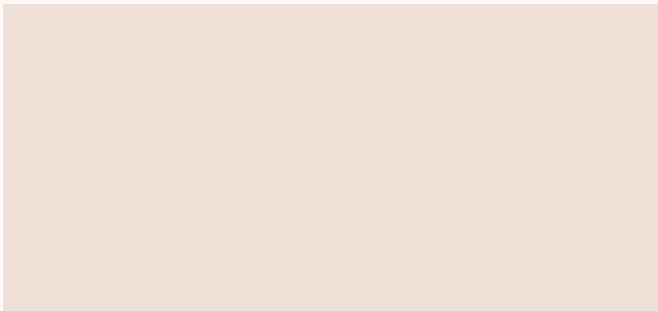


Equinox a time to reflect

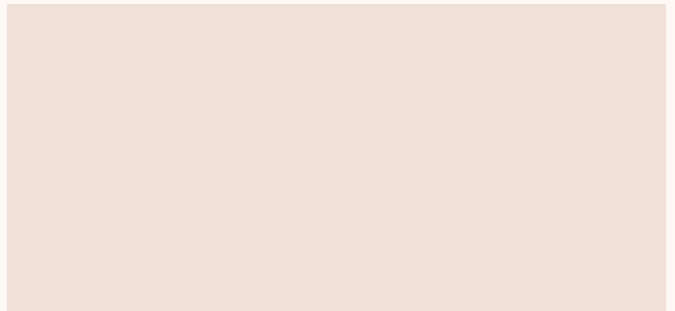


Vision Board

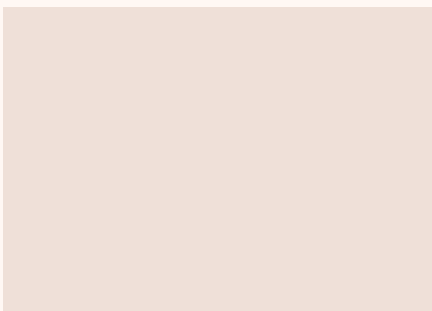
WELLBEING GOAL



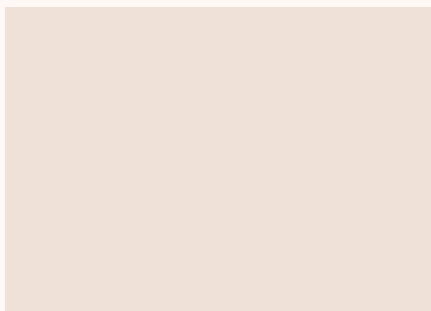
HAPPINESS GOAL



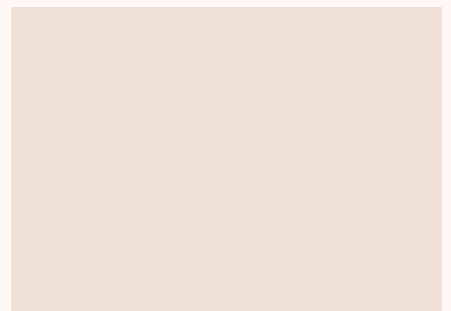
FOR FAMILY



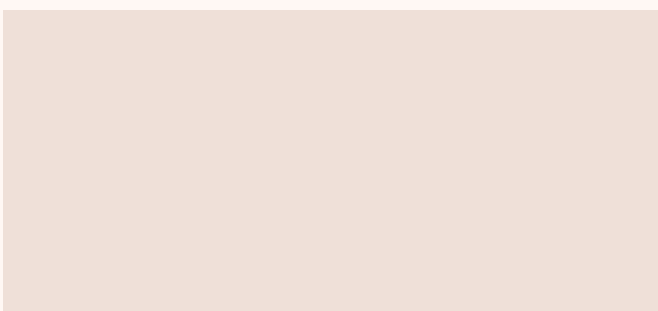
FOR FRIENDS



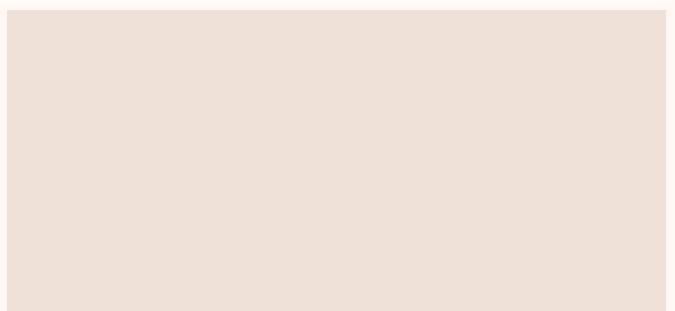
FOR CHARITY



QUIET TIMES



NEW LEARNING



NOTES:



Always Remember

REASONS TO LOVE MYSELF

A large, empty rectangular area with a light beige background, intended for writing reasons to love oneself.

THINGS THAT I'M GRATEFUL FOR

A large, empty rectangular area with a light beige background, intended for writing things one is grateful for.





Self Motivation

I AM GOOD AT.....

I ENJOY.....

I RECORD.....



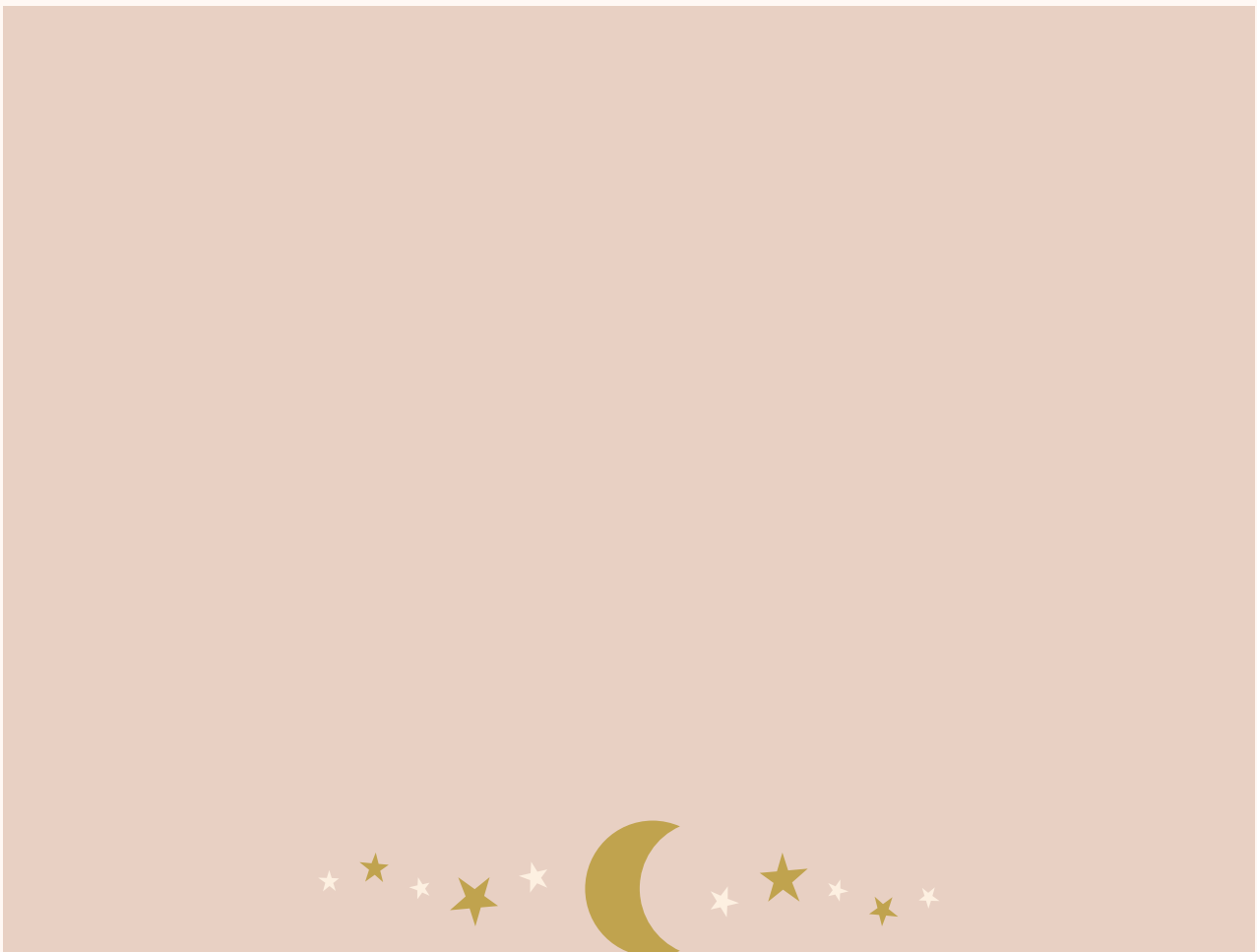
Self Belief



I ENJOY.....

MY BELIEFS ARE BUILT UPON

My Blessings



Affirmations

