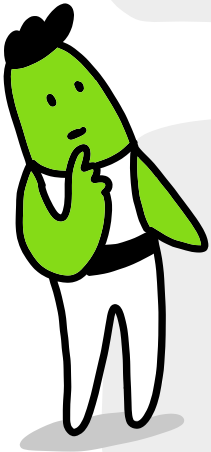


My Well-being List

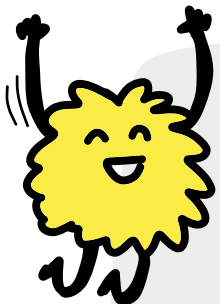
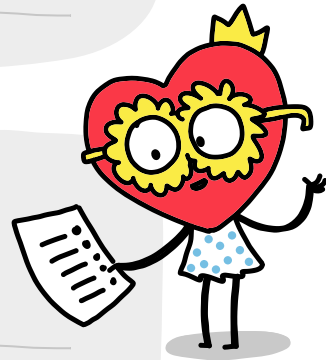
Date:

Mind



Body

Heart



Awareness