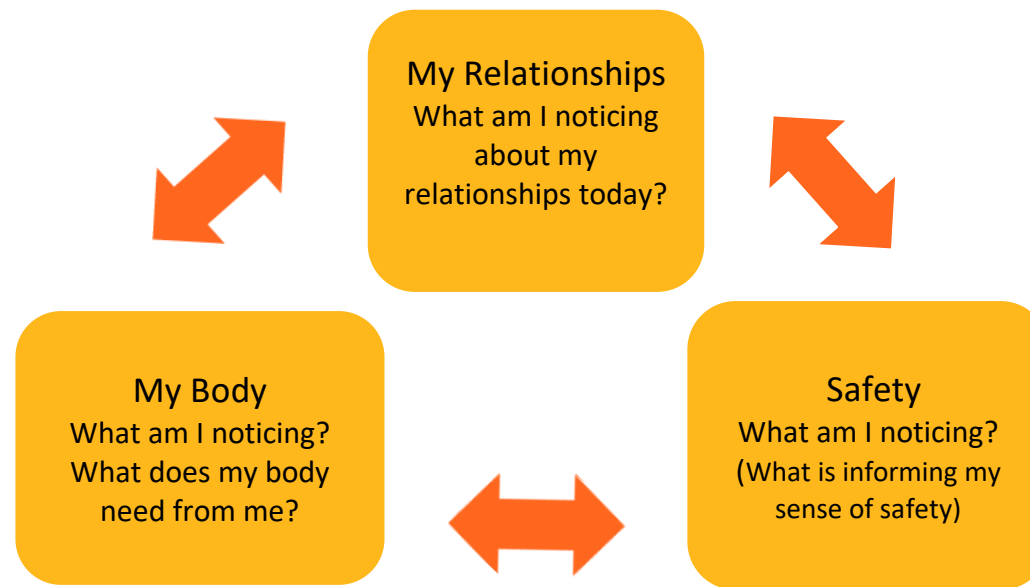


Meaningful balance: A Reflective Tool



Unhelpful thoughts

Things I want to focus on

Helpful thoughts