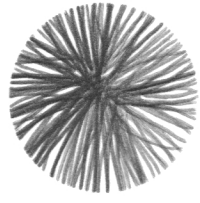
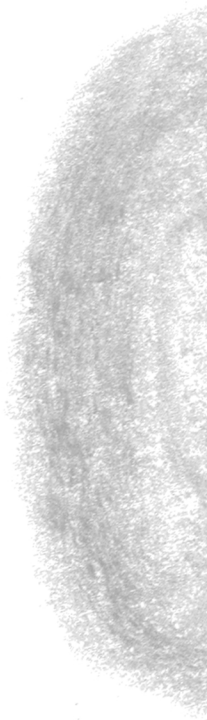


What makes you feel more confident?

What helps you feel calm?



How can you help others in your daily life?

Think about some changes you'd like to make in the world?

