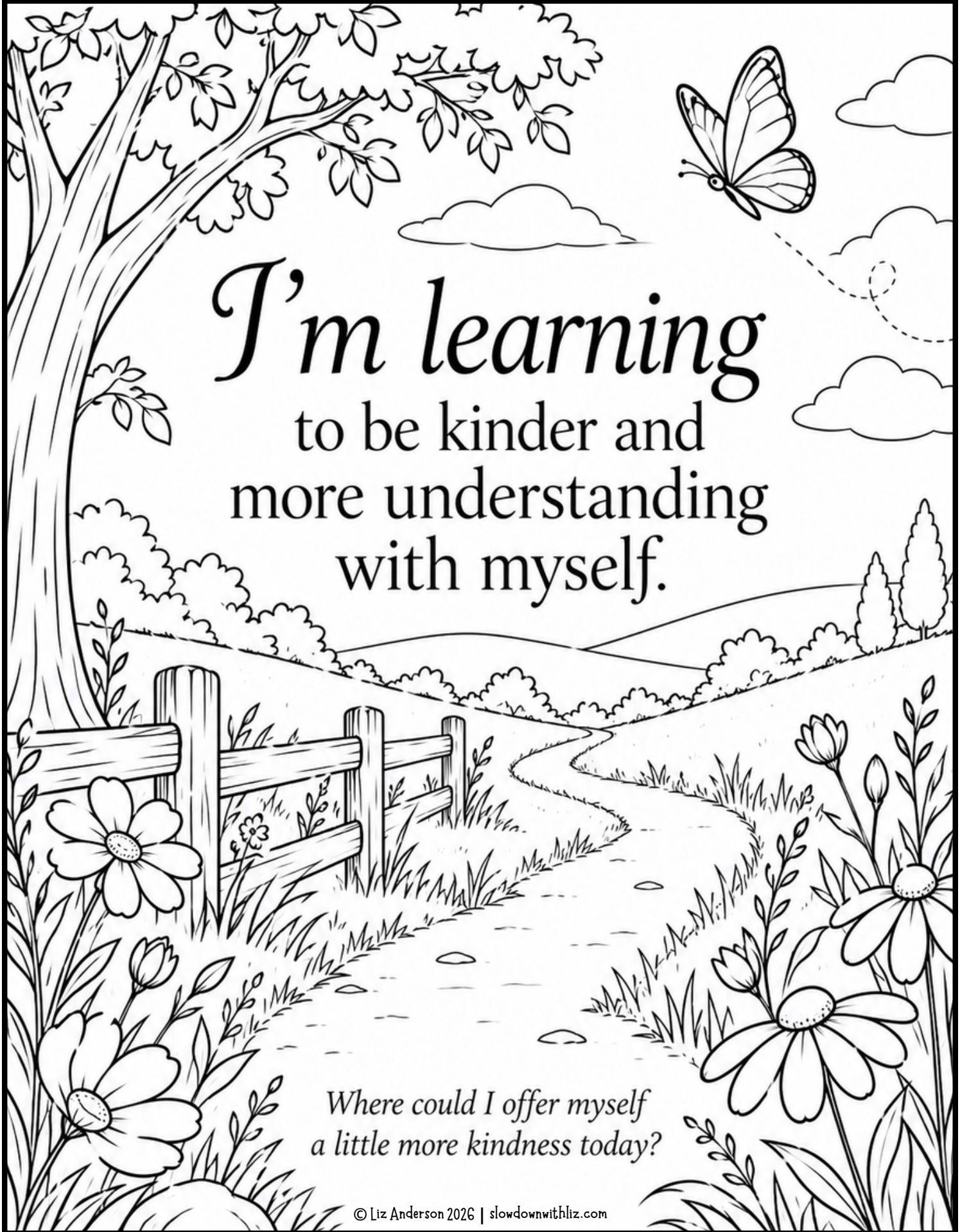




I'm learning
to be kinder and
more understanding
with myself.

*Where could I offer myself
a little more kindness today?*