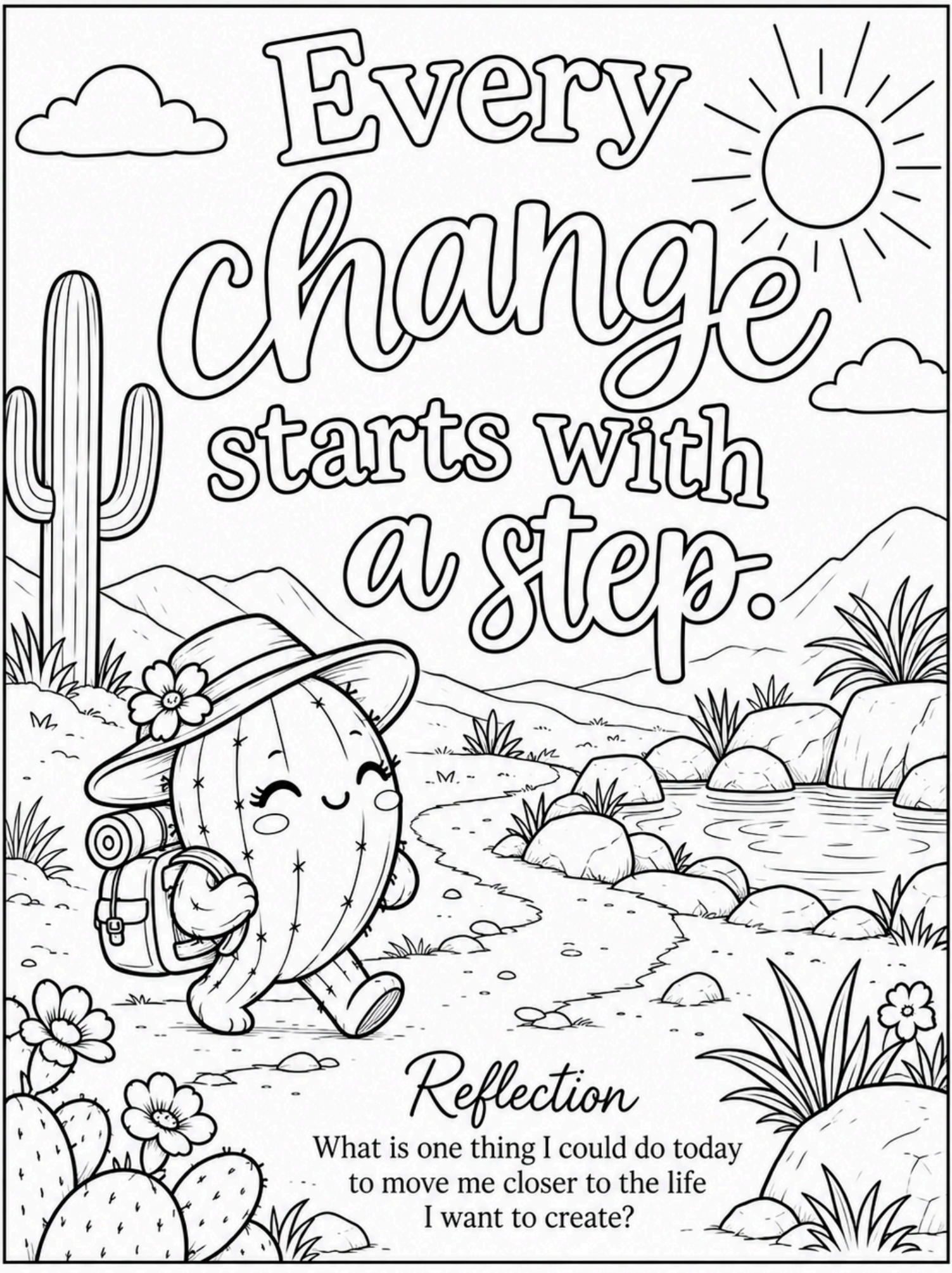

Every change starts with a step.
Reflection
What is one thing I could do today to move me closer to the life I want to create?