

Want to dig deeper?

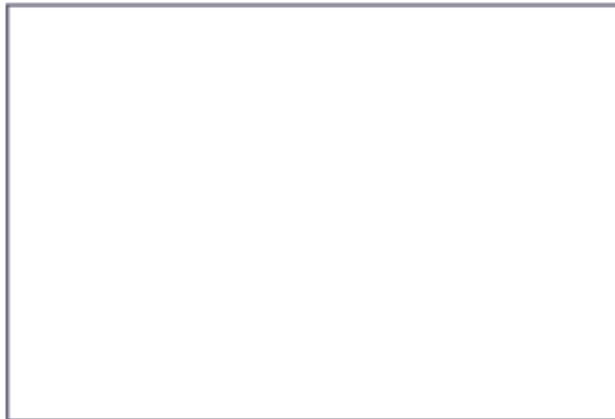
There may be a lot going on in your life right now that can cause anxiety. Take a moment to be mindful. Try to silence the noise and focus in on what *you* want.



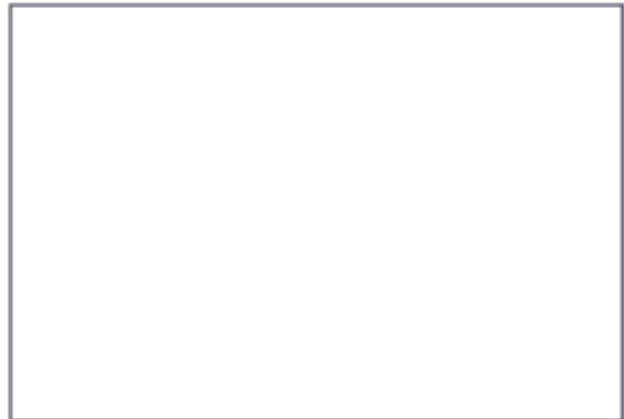
Write or draw a secret you wish you could tell the world.



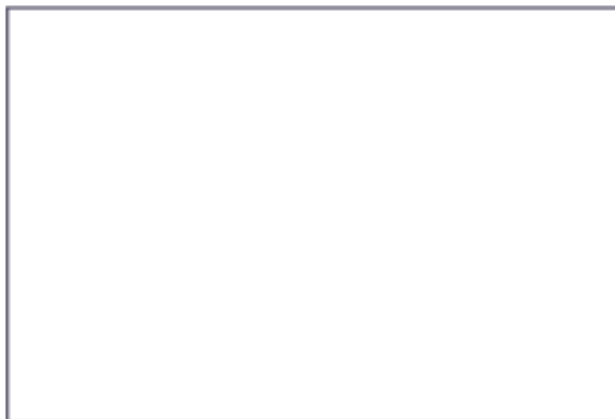
What meaningful challenge do you hope to accomplish?



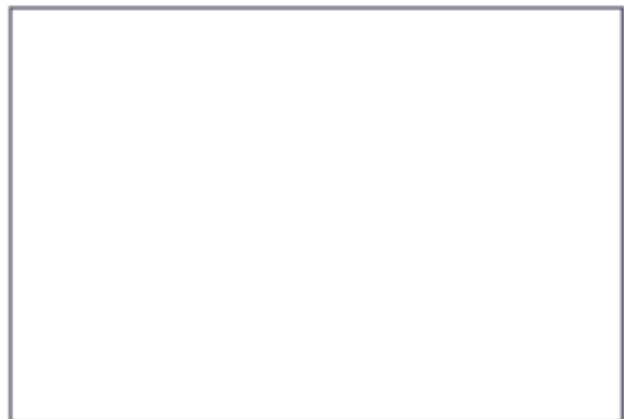
What would you do if you were invisible?



What do you hope to see in your future?



Who would you like to spend more time with?



What habit do you wish you could break?