

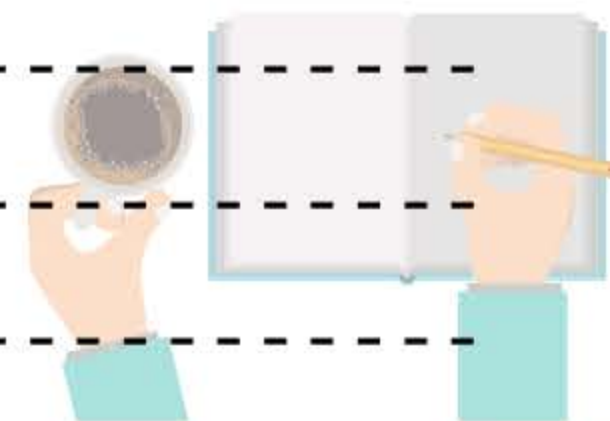


This week's "soulwork"

This week i will: _____

I will teach this to or practice with:

This is how i practiced this with my awesome therapist so i remember what to do:



This week's "soulwork"

This week i will: _____

I will teach this to or practice with:

This is how i practiced this with my awesome therapist so i remember what to do:

