

# Today

## Take Care of You

- Silence
- Affirmations
- Visualization
- Exercise
- Reading
- Writing



good morning sunshine!

- 5a
- 6a
- 7a
- 8a
- 9a
- 10a
- 11a
- 12p
- 1p
- 2p
- 3p
- 4p
- 5p
- 6p
- 7p
- 8p
- 9p
- 10p
- 11p

sweet dreams!

top 3

- 1.
- 2.
- 3.

call

email

text

buy

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