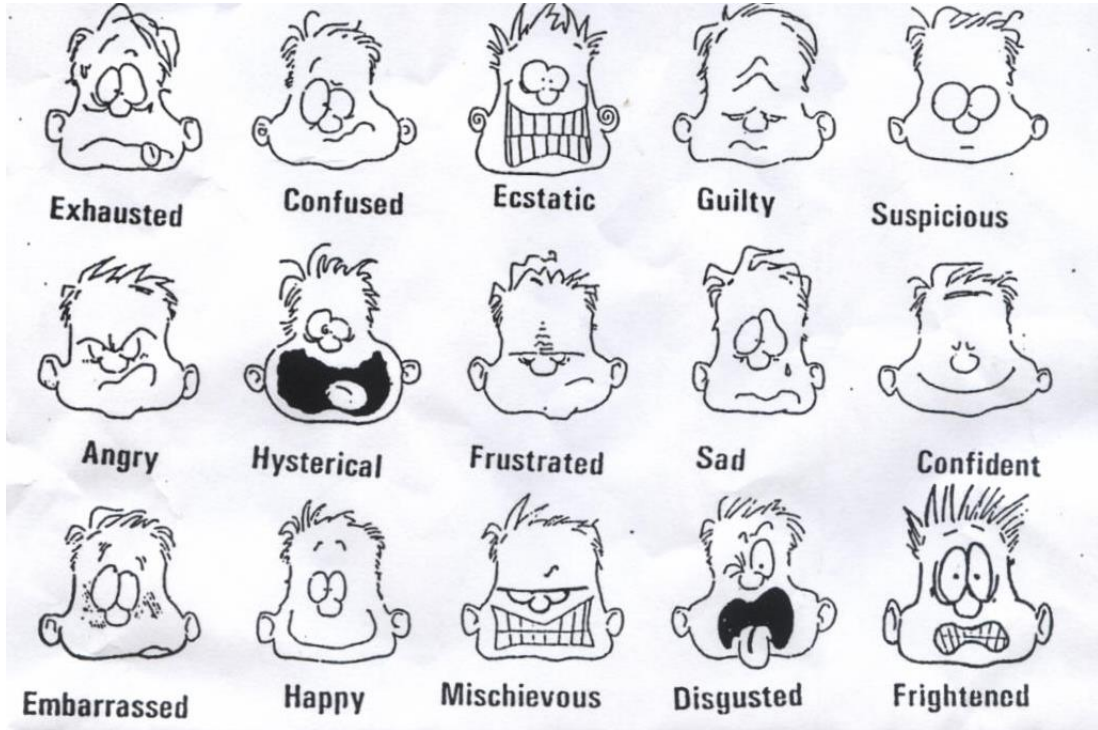


How are you feeling today?



What is your goal for today?

Did you achieve your goal? Yes No

What do you need to achieve this goal?

Think about it- If not, what can you try to do differently tomorrow?