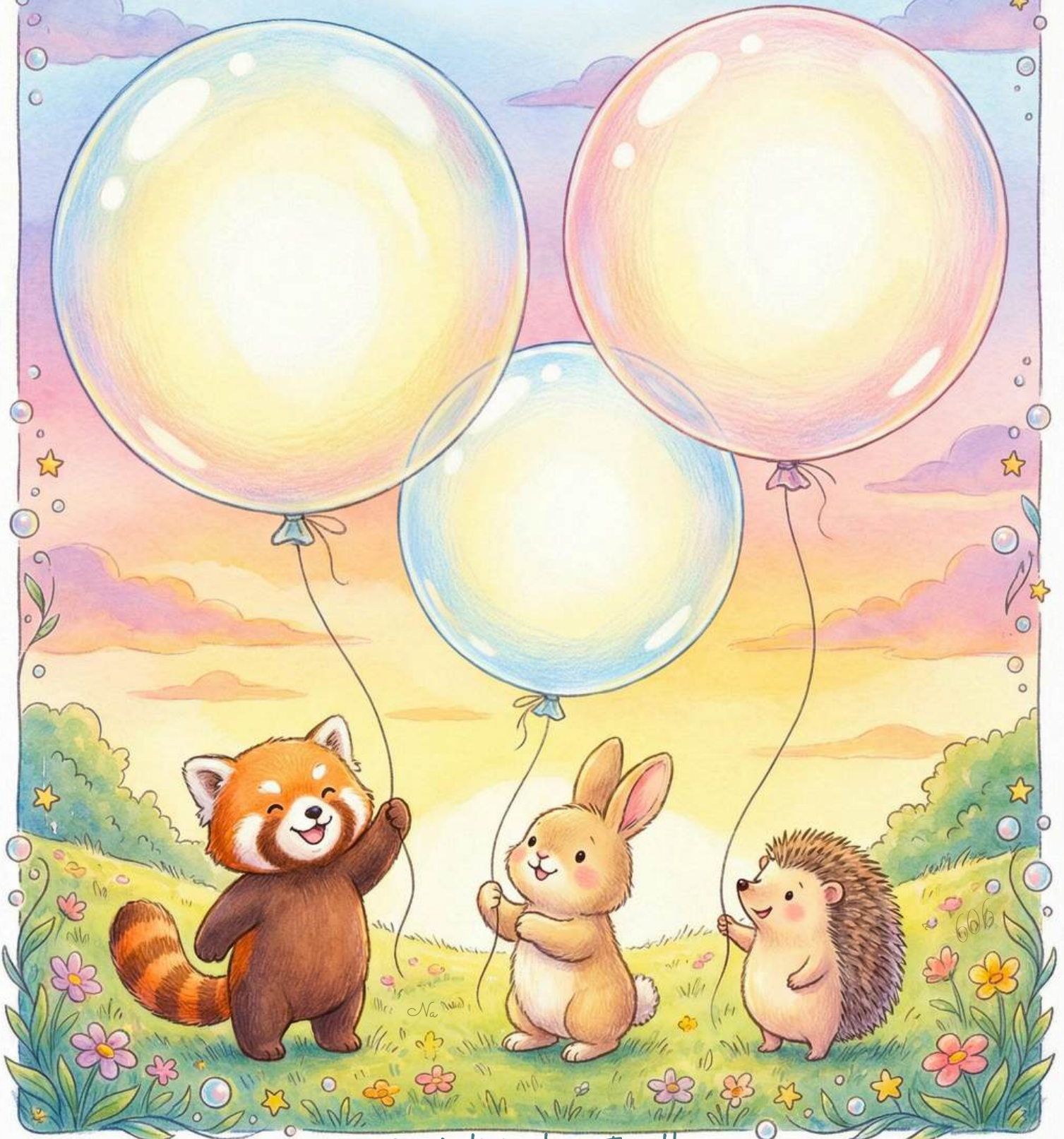


FORGIVING MYSELF - LET IT GO

We all make mistakes. That is how we learn. Being kind to ourselves and letting go helps us feel calmer and lighter. Write or draw inside the balloons something you want to forgive yourself for. When you are finished, imagine letting them float away into the sky.



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