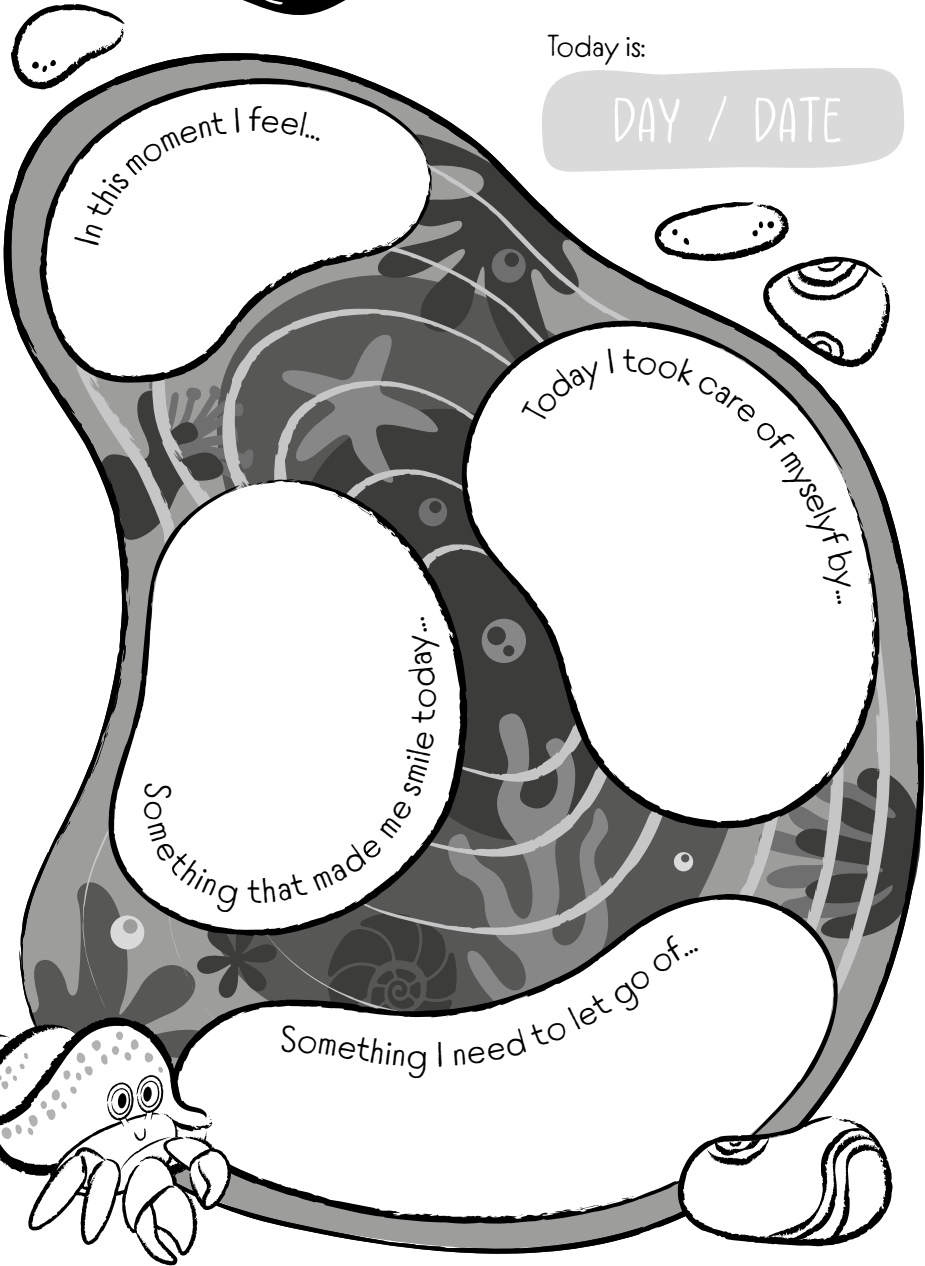


ROCKPOOL REFLECTIONS

Today is:

DAY / DATE



In this moment I feel...

Today I took care of myself by...

Something that made me smile today...

Something I need to let go of...