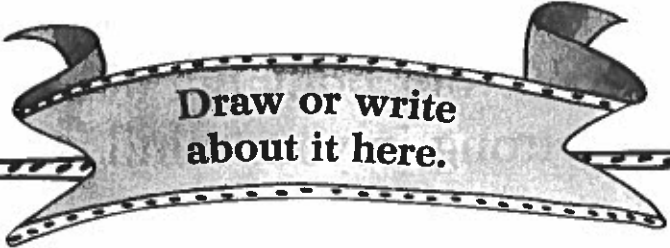



What do you do
to take good care of yourself?



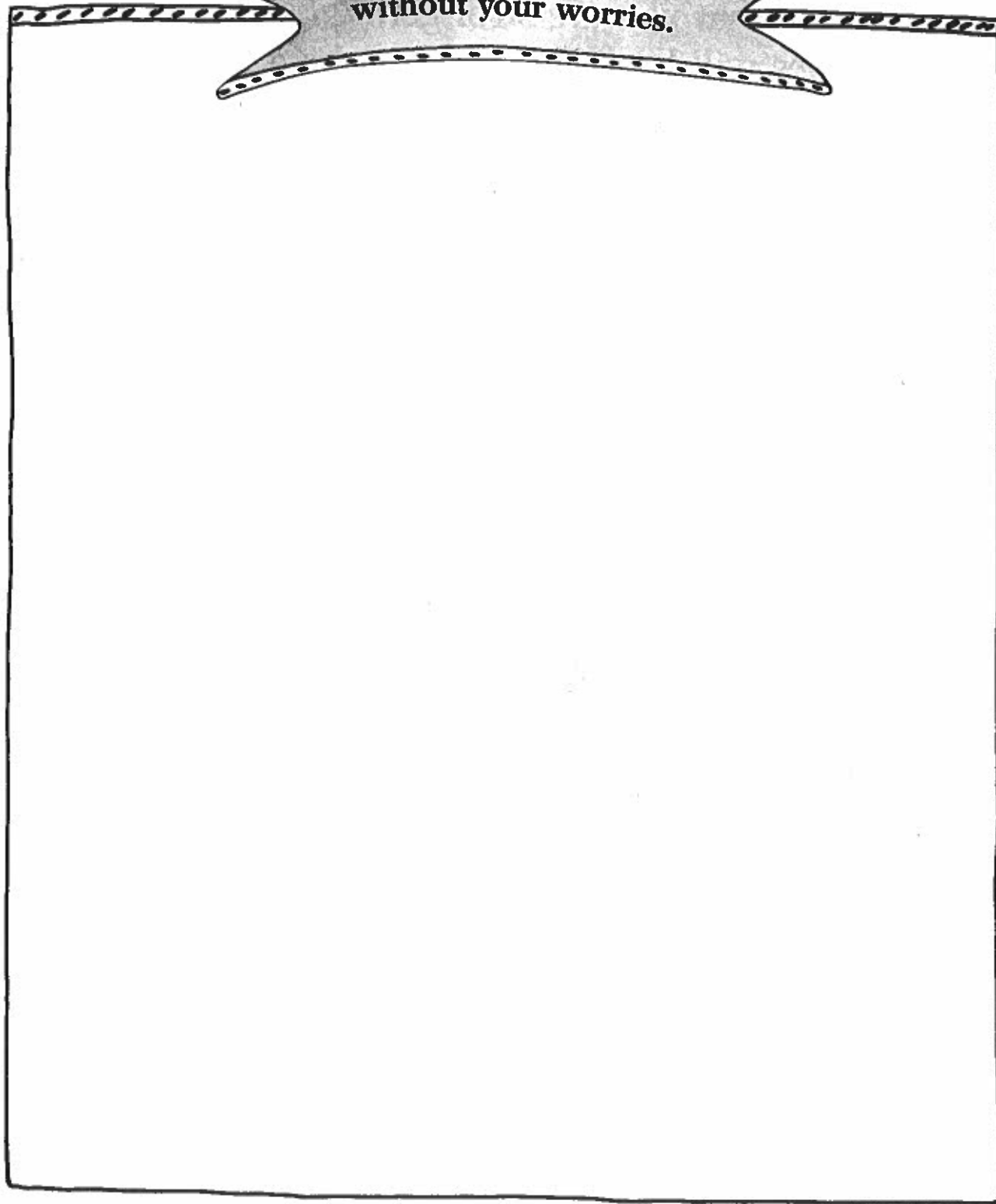
Draw or write
about it here.

A decorative banner with a scalloped edge and a dotted border, containing the text "Draw yourself doing something you are good at." The banner is positioned at the top of a large, empty rectangular frame.

Draw yourself doing
something you are good at.



**Draw yourself
without your worries.**



It is going to feel so good!