

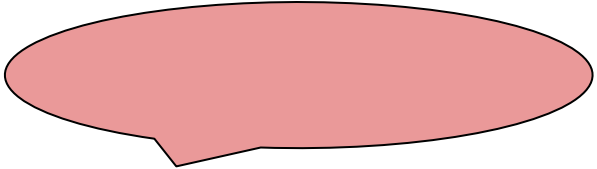
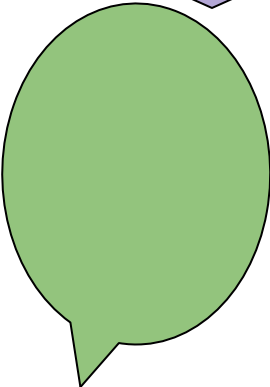

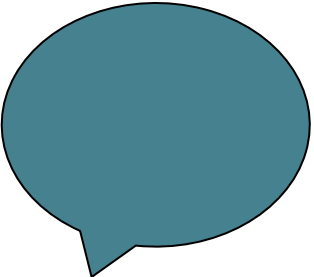
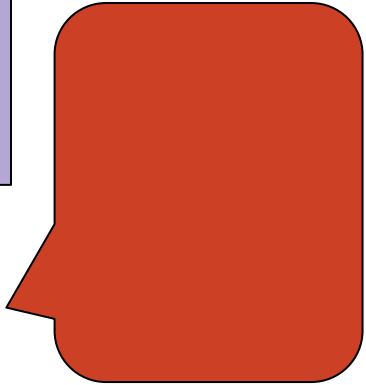
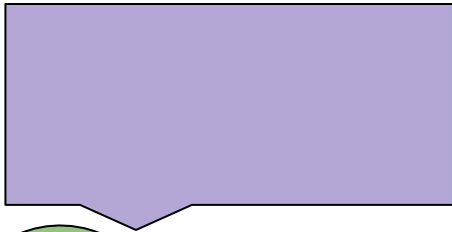
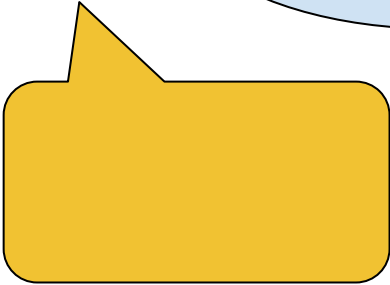
Start your day with a morning
mantra. Then, at the end of the day,
think about which mantra was
successful or how you could make
it better tomorrow.



**TODAY, I WILL
HELP A FRIEND.**



Today I will be kind.



Today I
will learn
something
new.



Today I will finish what I start.