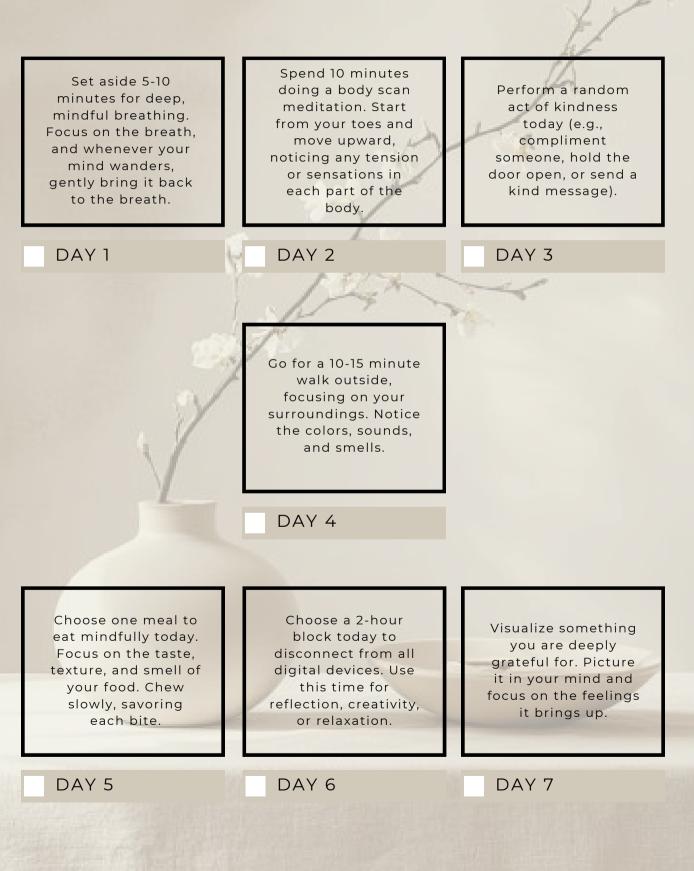
## 7 DAY CHALLENGE

Mindful activities that complement the practice of gratitude



Humpled Pages