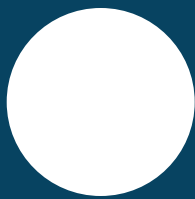


# I WILL ACCOMPLISH:

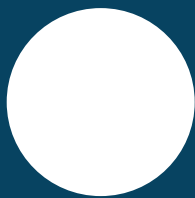
1 SMALL TASK TODAY



1 SMALL TASK TOMORROW



1 SMALL TASK A FEW DAYS LATER



"I am going to do this one thing and I am going to allow myself to feel my sense of accomplishment. I'm going to enjoy the moment of checking that task off my list. And even if I struggle to accomplish the one thing, I'm going to love myself in the process."

DukhNiwaran Sugrue, MA, LMT - Adult Group Therapist