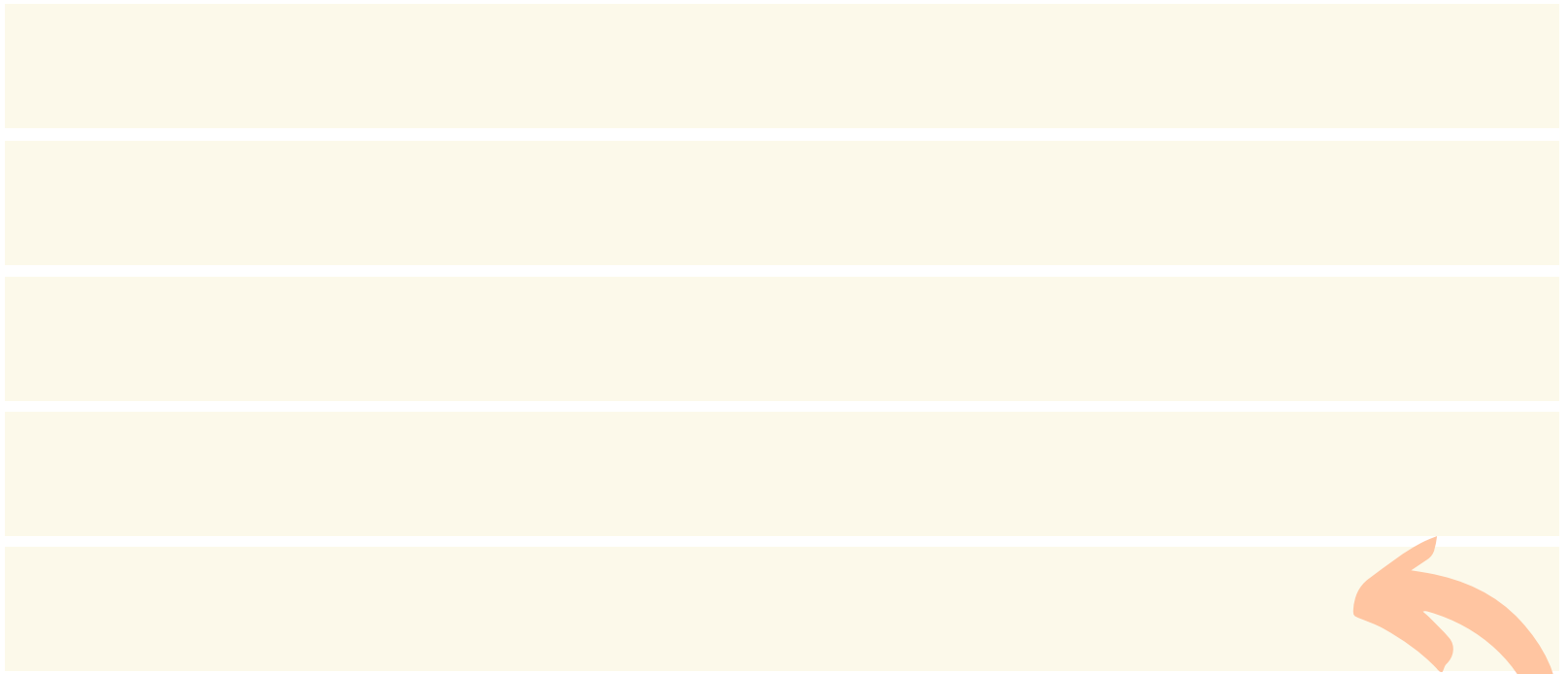


# Just A Bad Day

**What are the things that bothered you today?**



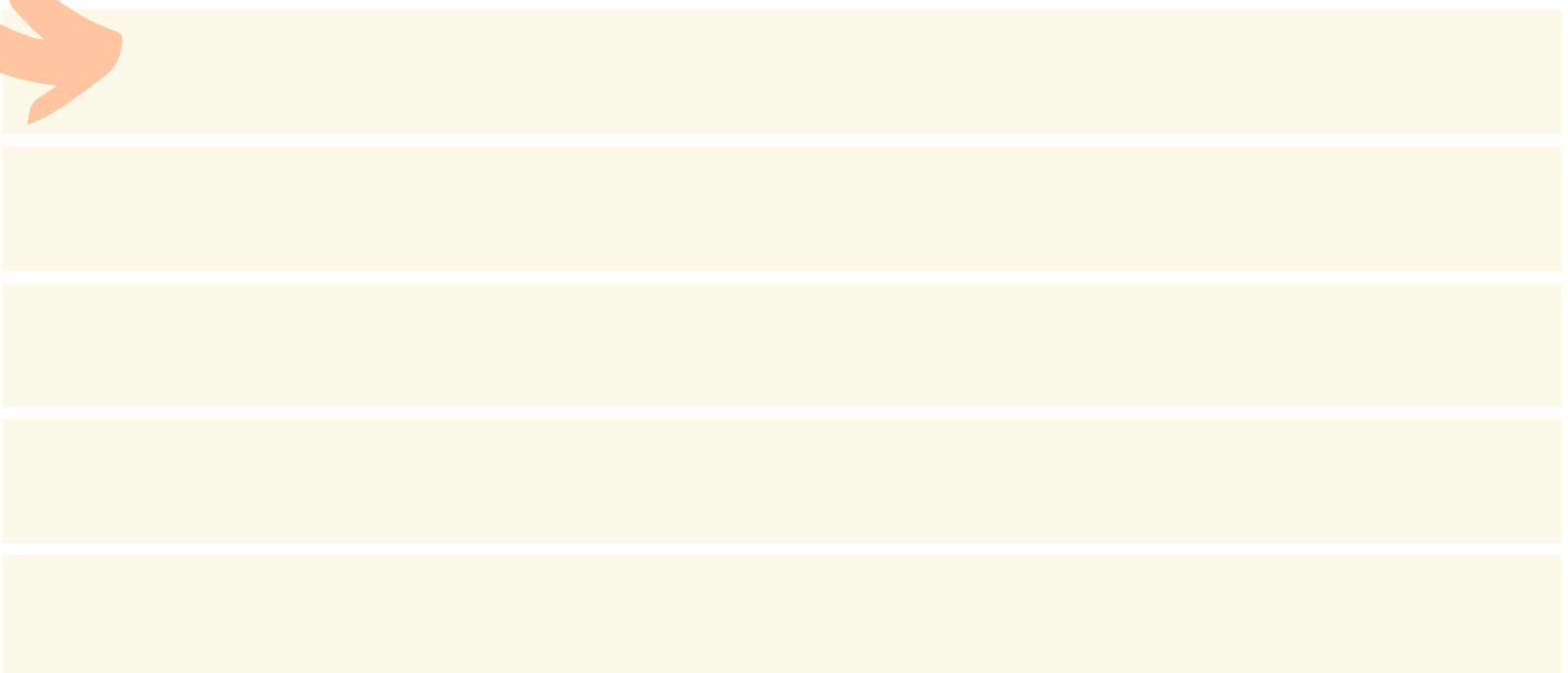
A list of six horizontal yellow bars for writing, stacked vertically.

*Cross the list.*

Take a deep breath and  
let it go

*Let's make a new list.*

**What are the things that made you feel great?**



A list of six horizontal yellow bars for writing, stacked vertically.