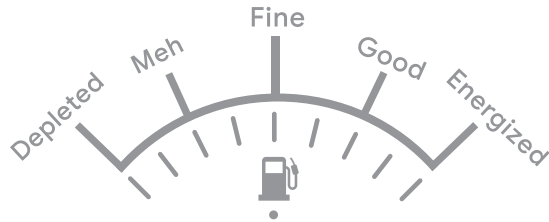


T.E.A. Check-in



THOUGHTS:

Today I feel...
(C'mon be honest, its OK)



ENERGY:

I feel this way because...
(Reflect and write it down)

- _____
- _____
- _____

ATTENTION:

To be my best, I will focus on
doing this today...
(Set intentions for the day)

- _____
- _____
- _____