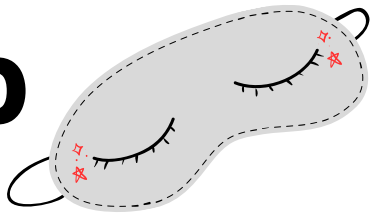
Bedtime Brain Dump



Stressors and Worries

Top Three Priorities

Current Emotions

Random Thoughts

Doodles