



YOUR MONDAY REMINDERS:

You can do it.

You don't have to please everyone.

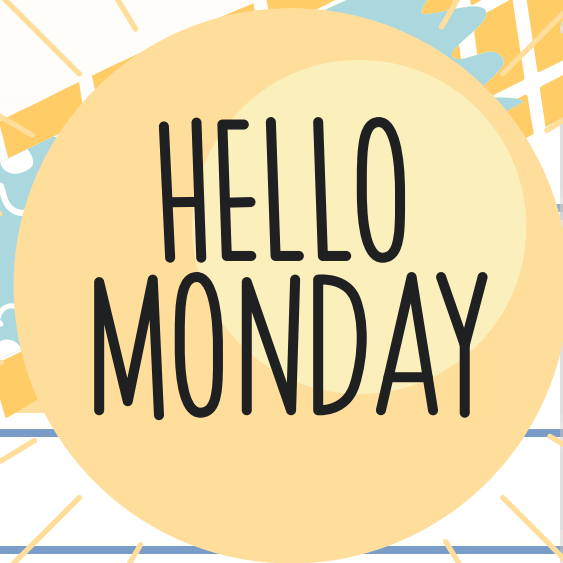

You're doing great.

It's okay to take a break.

Be kind to yourself and others.

Practice gratitude.

Teacher-Life-Coach



HELLO
MONDAY