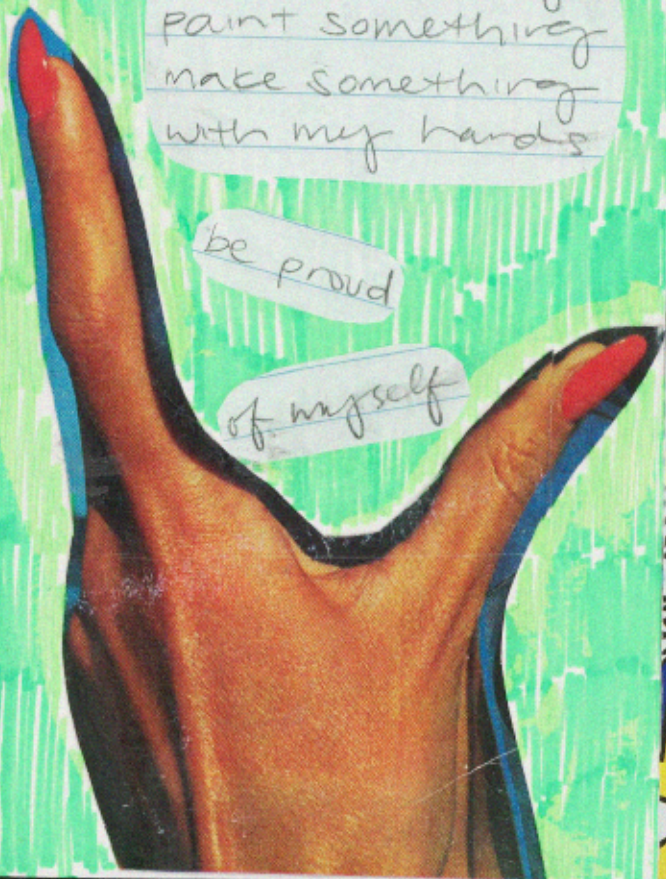


remember that I am capable

draw something
paint something
make something
with my hands

be proud

of myself



drink water light a candle cook

dinner remember



is key

to do skin care routine

consistency