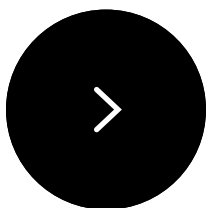


9:41

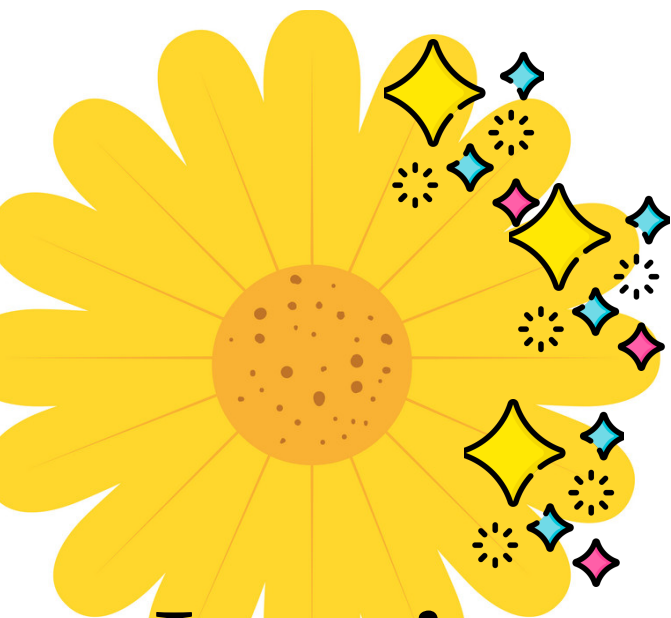


# All thoughts. One place.

Dive right in and clear that mind of yours by  
writing your thoughts down.



9:41



# Log in your account

username

password

Log in

[Haven't created your account? Create now!](#)

9:41



# Create you account

email address

username

password

re-type password

Create

In good writing, words become one with  
things. All good writing leaves something  
unexpressed.

9:41



# Notepad

My thoughts....



- 
- ☐ The Cat Empire Lyrics
  - ☐ Angus & Julia Stone Lyrics
  - ☐ Bob Dylan Lyrics
  - ☐ Self-Care

Sign Out



# Self-Care

Tuesday, May 5, 2023

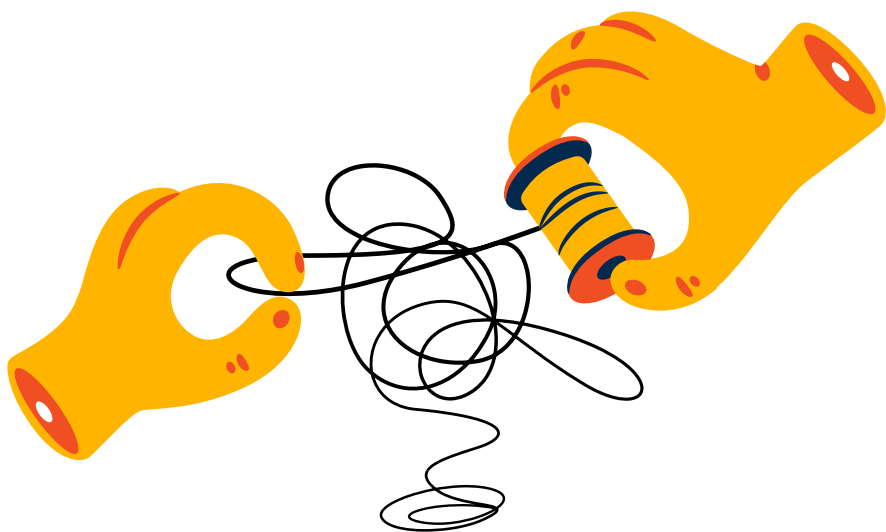
By taking care of myself I have so much more to offer the world than I do when I am running on empty. Every one of us needs to show how much we care for each other and, in the process, care for ourselves.

- ☒ **The Cat Empire Lyrics**
- ☐ Angus & Julia Stone Lyrics
- ☐ Bob Dylan Lyrics

Roboto Semibold

16pt

9:41



# You sure about this?

If you delete this note, threat not, you can  
still find it in the bin.

**Delete this note**