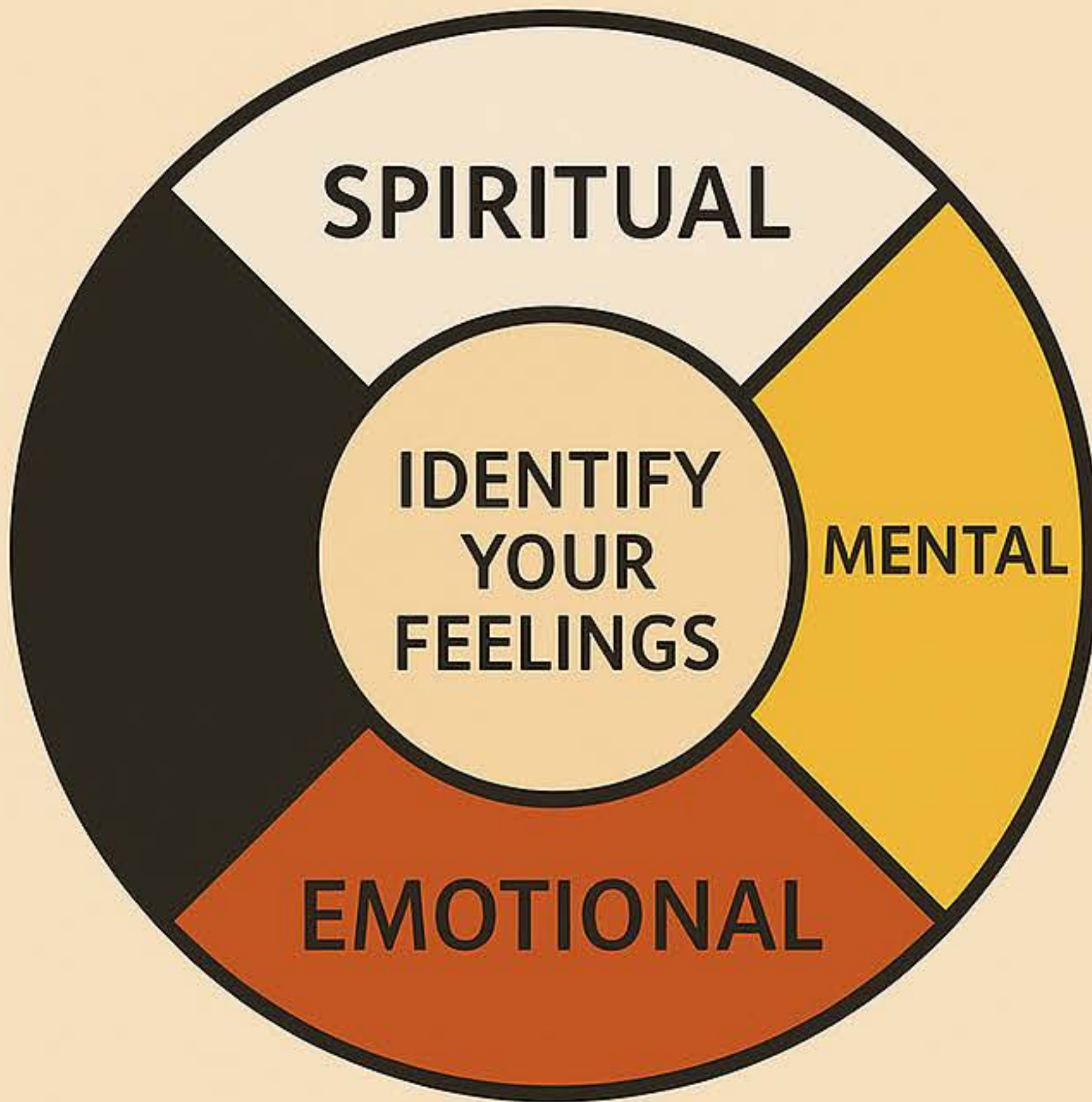


EMOTIONAL CLARITY



Emotional clarity means knowing how you feel, like happy, sad, or angry. Identifying your feelings helps you understand your spiritual, mental, and physical well-being.