

9:41



stoic.



**stoic.**

Build healthy  
habits and take  
care of your  
mental well-being.

**Next**

Skip

## Anything specific you'd like to work on?

Your answers won't stop you from accessing any activities and you can change your settings later.

Improve mood

Increase focus and productivity

Improve sleep quality

Reduce stress or anxiety

Self-improvement

Something else

Next

Skip

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Improve mood

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Something else

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Skip

## Do you have favorite types of activities?

Your answers won't stop you from accessing any activities and you can change your settings later.

**Journaling**



**Breathing & Meditation**



**Quotes**



**Affirmations**



**Next**

9:41



Search in Gong



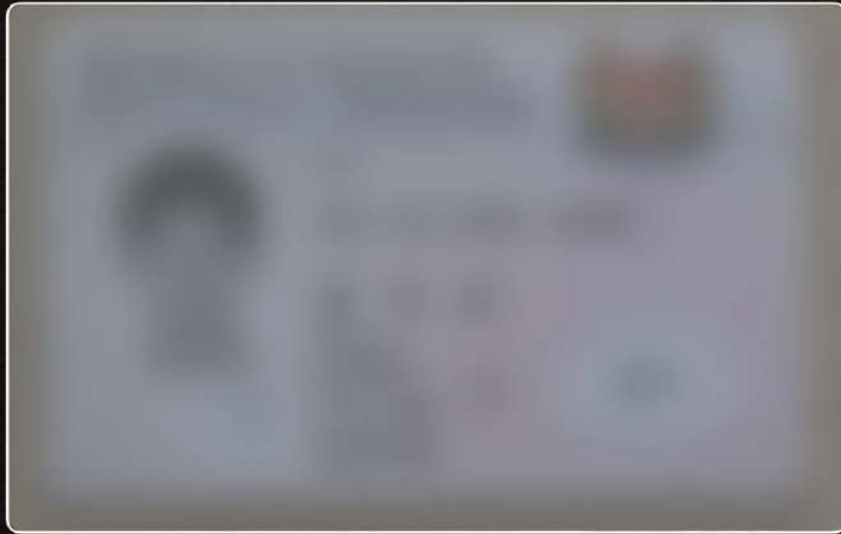
Zomato

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## Front of card

Position all 4 corners of the FRONT clearly in the frame and remove any cover



 onfido | Real Identity



Revolut

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# duolingo

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**GET STARTED**

**I ALREADY HAVE AN ACCOUNT**