

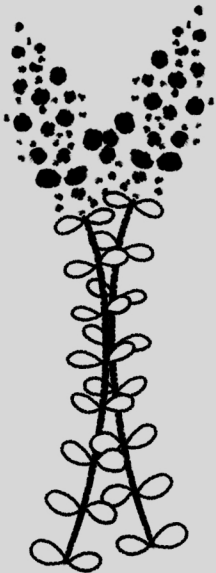
spiritual

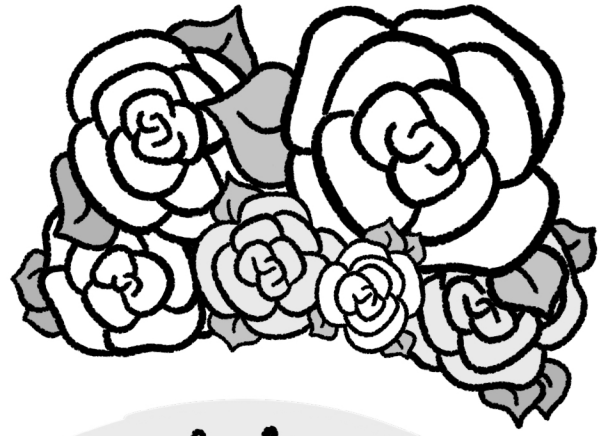


physical health

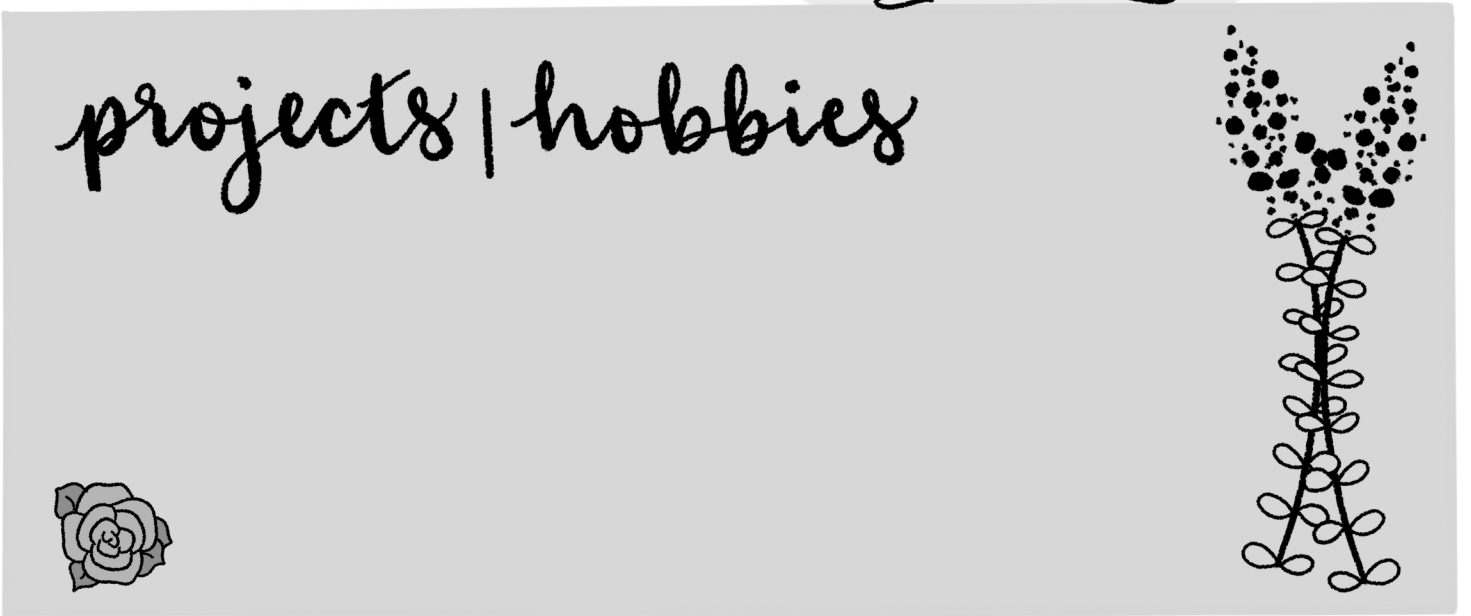
GOALS &
intentions

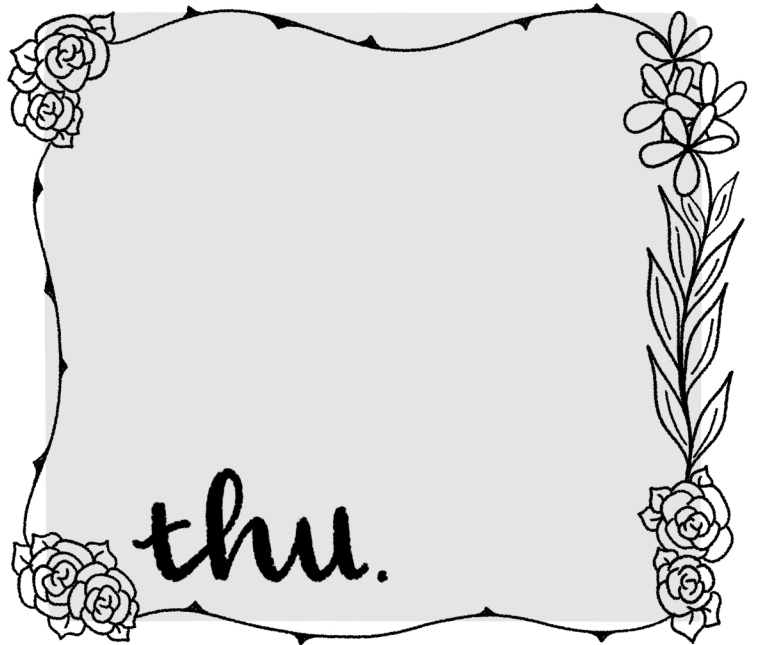
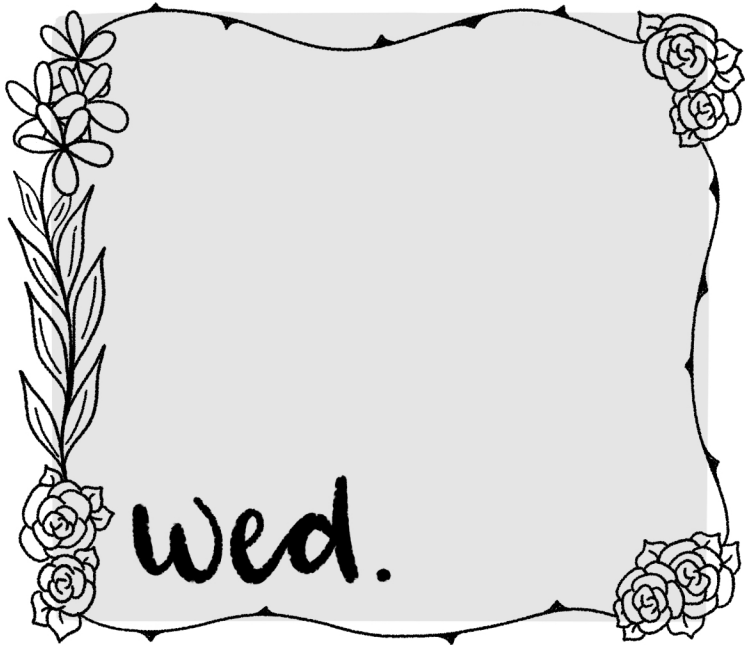
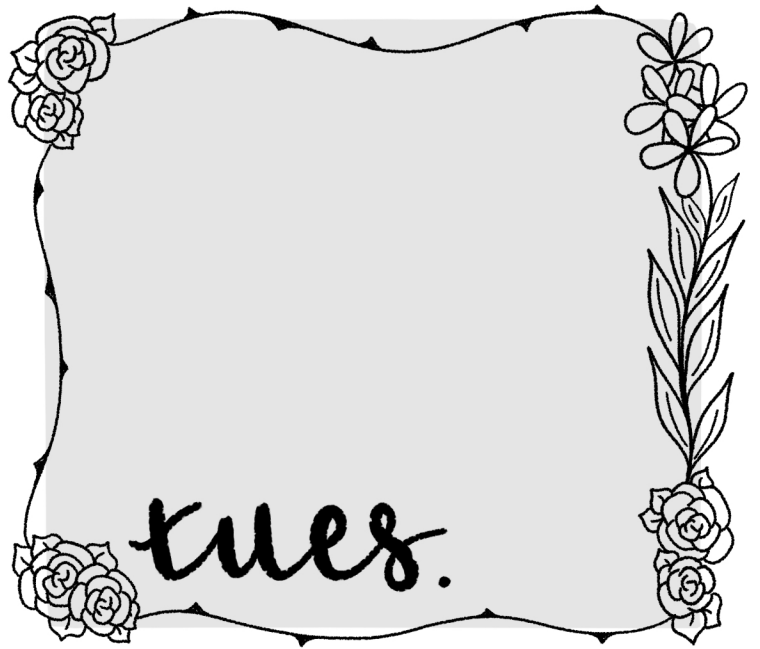
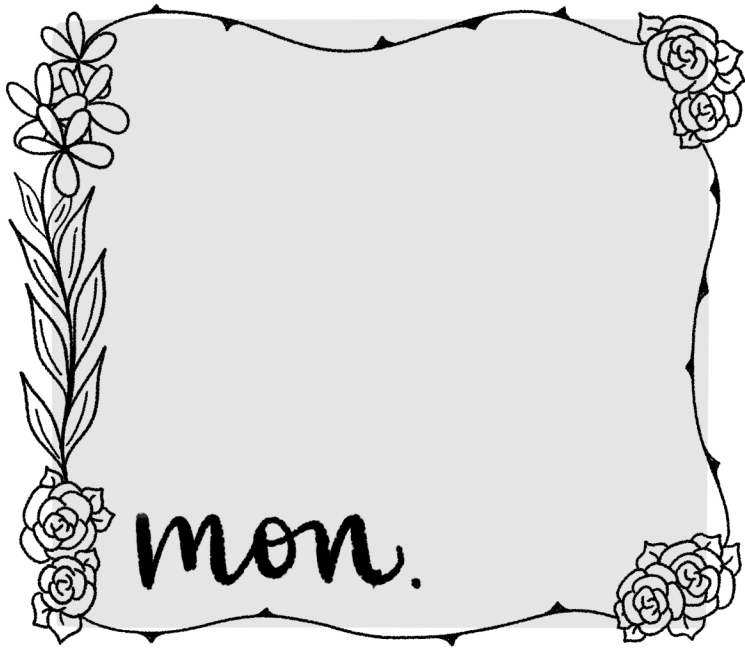
mental health





GOALS & INTENTIONS



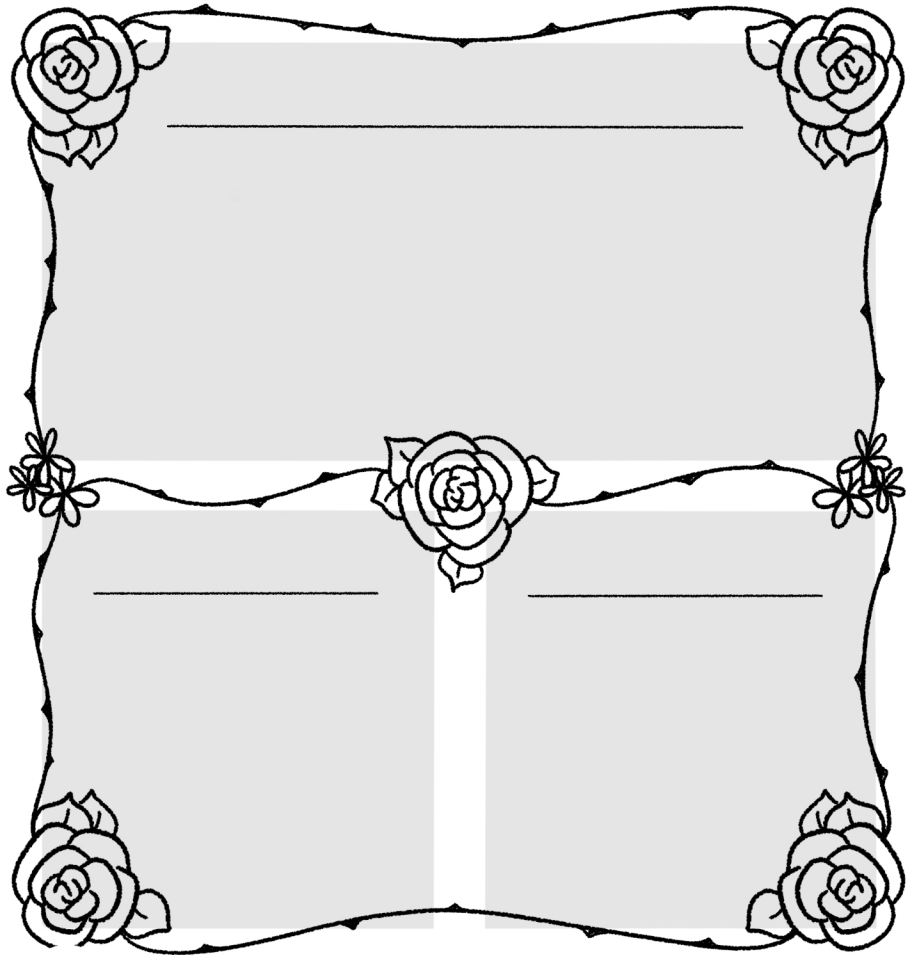


LO RAE CREATES
@LORAEcreates



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weekly tracker

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notes