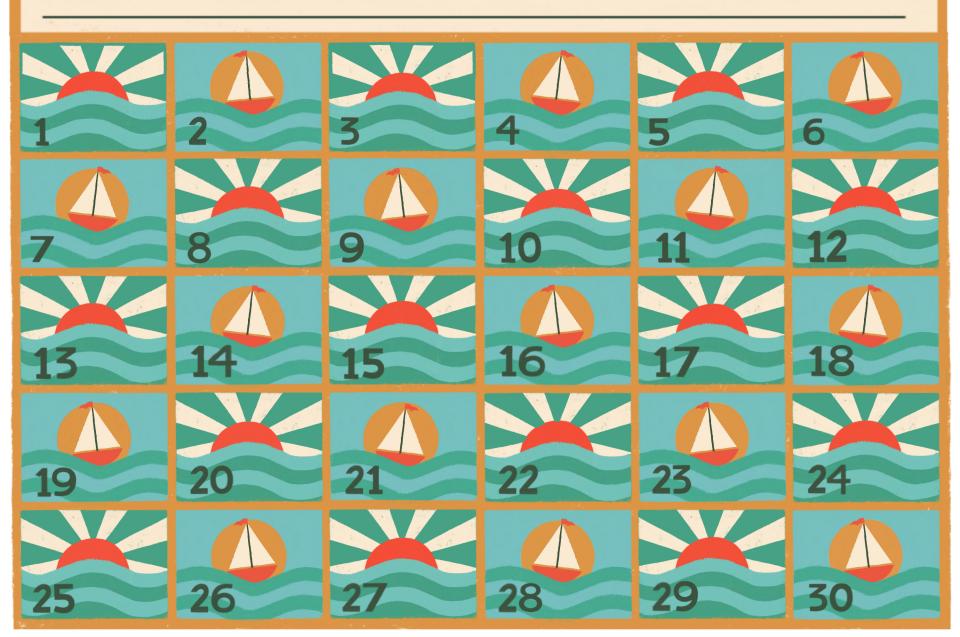
FIND your FLOW -



KEEP CREATING MONTHLY TRACKER

Write down your goal for your practice.

Color in a letter each day you create something to keep track of your progress.

Remember that doing something everyday will help you to stay in the flow as you practice and grow.

GOAL:

SIAMIN THE FLOW PRACTICE (G)R(O)W/[