

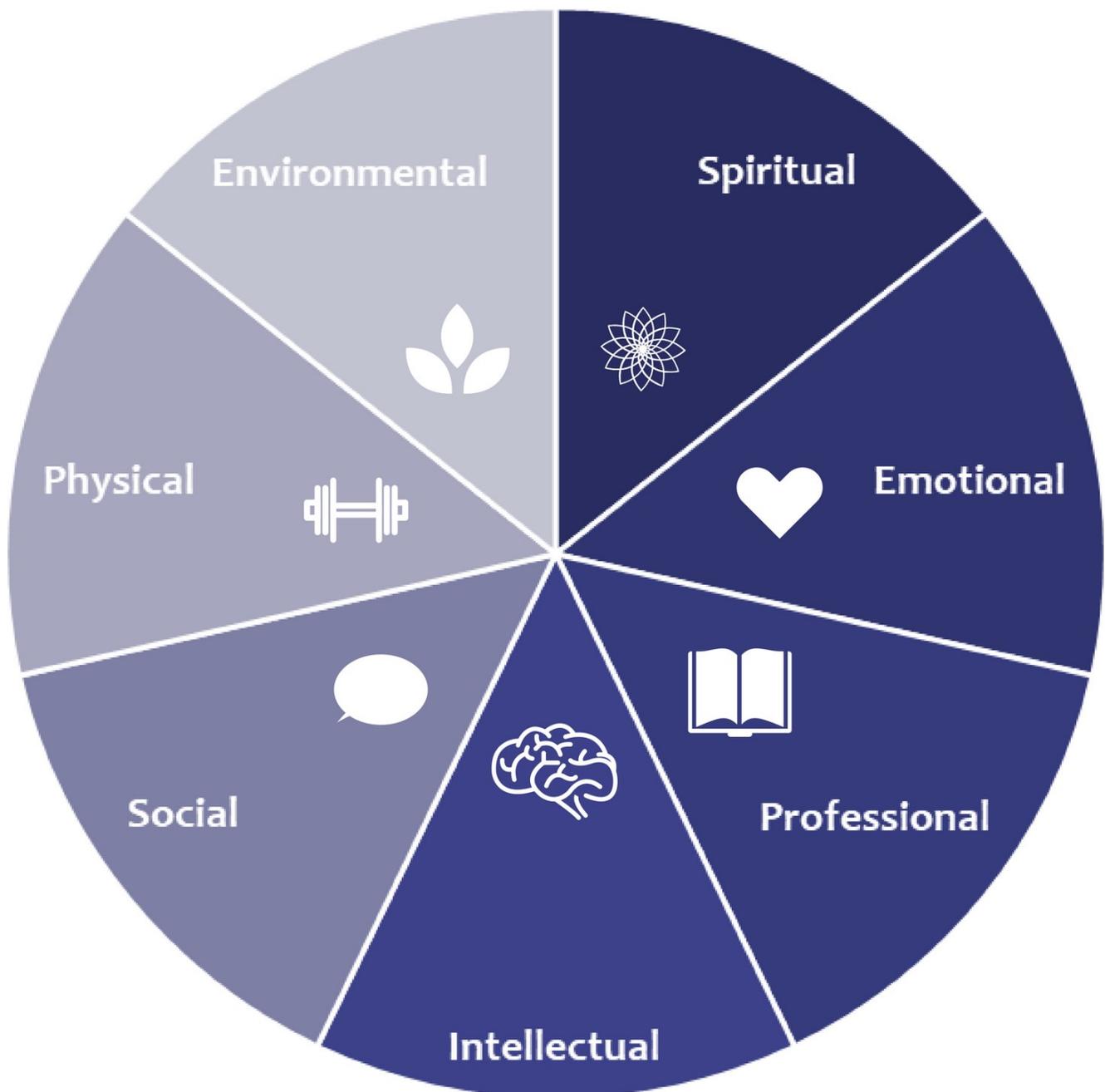
01: Intentions and Goal Setting



GEM

GET EXPERIENCE IN MINDFULNESS

Mindfulness Immersion Technique (MIT) Wellness Wheel



01: Intentions and Goal Setting

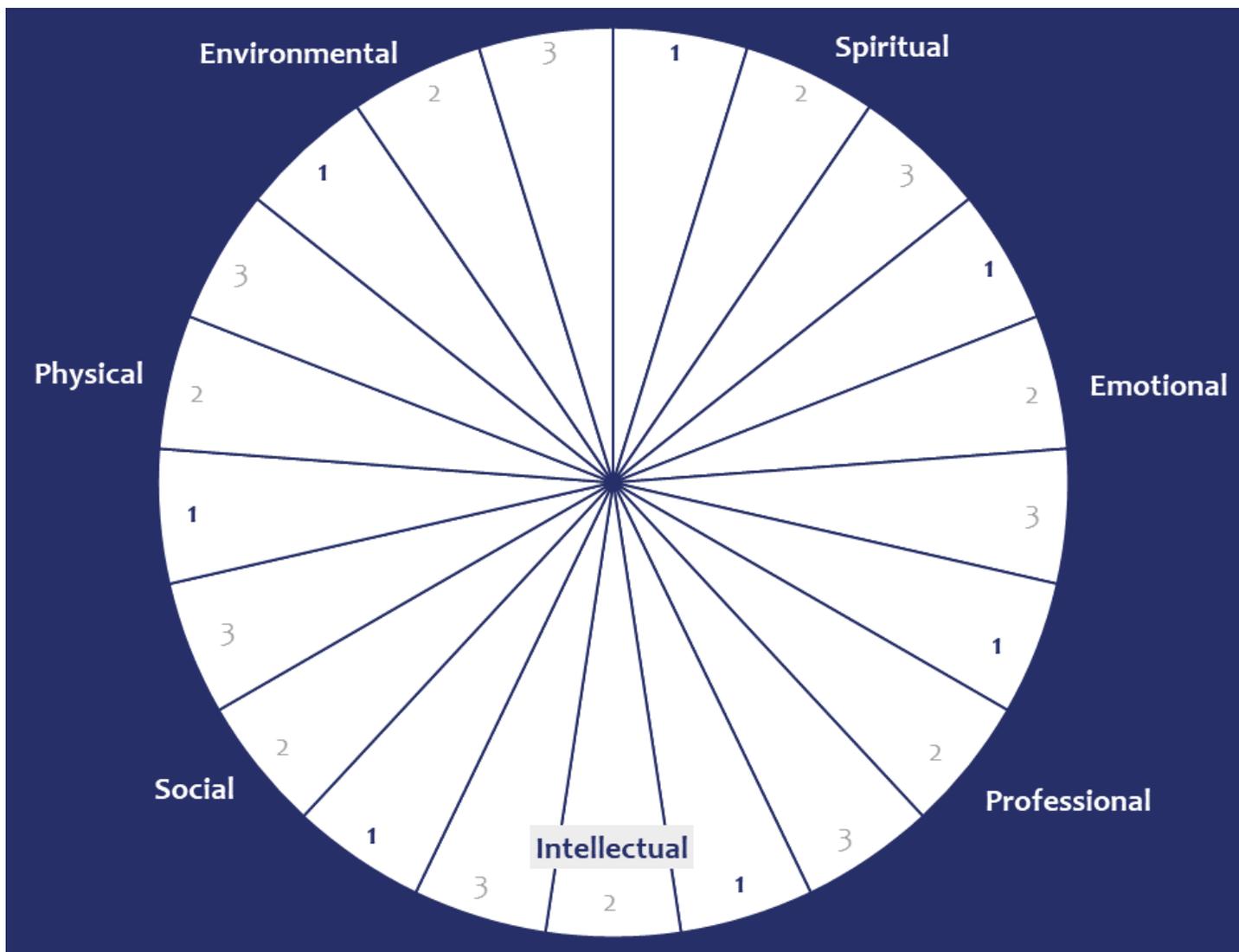


GEM

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Wellness Wheel



Goal: _____

Confidence Level: _____