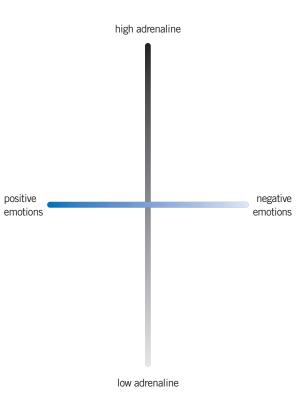


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Tracking My Emotional Resilience



My Best Ways of Creating Positive Emotions

► Warm-up:

► Between shots:

► In life / general: