

The background of the page is a repeating pattern of stylized hearts and arrows. The hearts are a light pink color with a white outline and a white highlight. The arrows are a light green color with a white outline and a white highlight. The pattern is dense and covers the entire page.

MINDFULNESS CHALLENGE, LEARN TO **LOVE** YOURSELF

Awareness

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Kindness

Lined writing area for journaling or notes, featuring horizontal blue lines and a background pattern of hearts and arrows.

MINDFULNESS CHALLENGE, LEARN TO LOVE YOURSELF

Respect

Handwriting practice area with ten blue horizontal lines on a background of pink hearts and green arrows.

