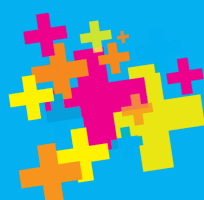




## *8 days until Christmas*

Notice the thoughts going  
through your mind right now.  
Write down three of them that  
come up.



**challenge + change**