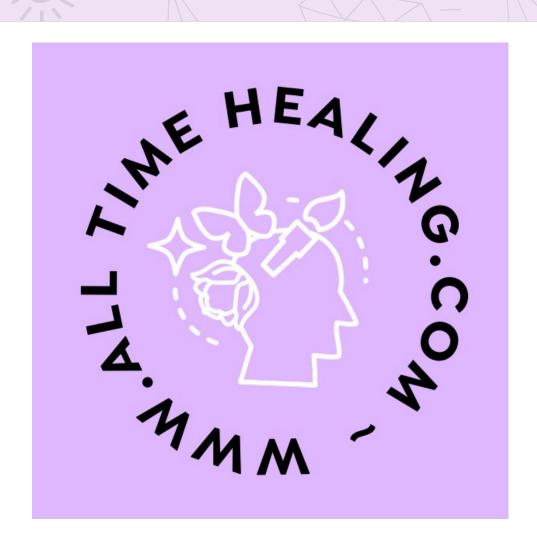
Worksheet



Use these pages as prompts for writing in your journals!



Mindset & Process

What rewards do you wish to find?

What Multi-Modal therapies have you used?