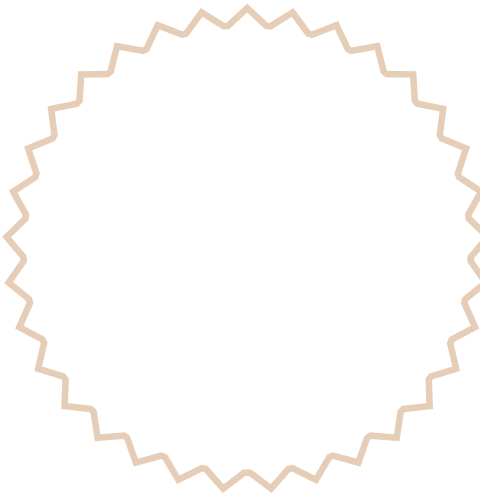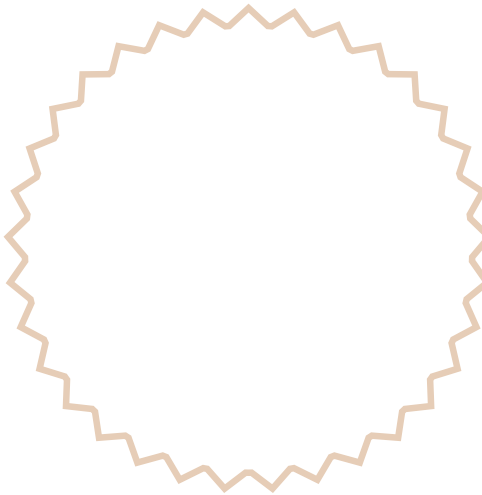# Finely Nourished

NEGATIVE THOUGHTS BRAIN DUMP

What negative thoughts, or harmful self-talk has been running through your mind all day, sapping up your precious energy? Declutter and detox your brain by dumping them out before bed in order to get clarity for a peaceful night's sleep!
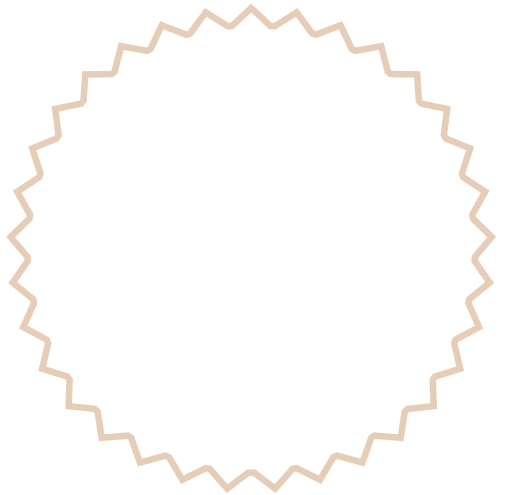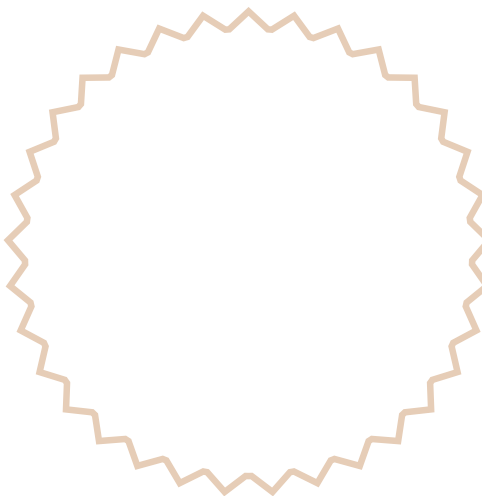
INCOMPLETE GOALS

FEAR

SORROW

PROCRASTINATIONS

ANGER

DISCOURAGEMENTS