

BODY

BODY

VISUALISATION

TEENAGER

TEENAGER

MEDITATION

FUTURE

FUTURE

QUOTES

SOCIAL

SOCIAL

AFFIRMATIONS

ACADEMIC

ACADEMIC

THOUGHT

FEELINGS

FEELINGS

EXERCISES

DEATH/LOSS/LETTING GO DEATH/LOSS/LETTING GO

THINGS TO SEE

ANYTHING ELSE! ANYTHING ELSE!

or WATCH

BODY

BODY

MUSIC

TEENAGER

TEENAGER

SPIRITUALITY

FUTURE

FUTURE

PEOPLE

SOCIAL

SOCIAL

PLACES

ACADEMIC

ACADEMIC

ACTIONS

FEELINGS

FEELINGS

JOURNAL

DEATH/LOSS/LETTING GO DEATH/LOSS/LETTING GO

ANYTHING ELSE! ANYTHING ELSE!