

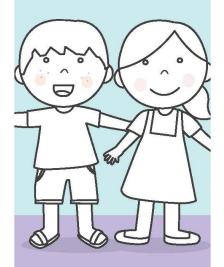
I am a superstar at MINDFUL BREATHING



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I am a
SUPERSTAR
at
MINDFUL
BREATHING



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I am calm

I am happy

l am important



 $head and heartmin {\color{red} d fulness.com.au}\\$



l am
calm
l am
happy
l am
important



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