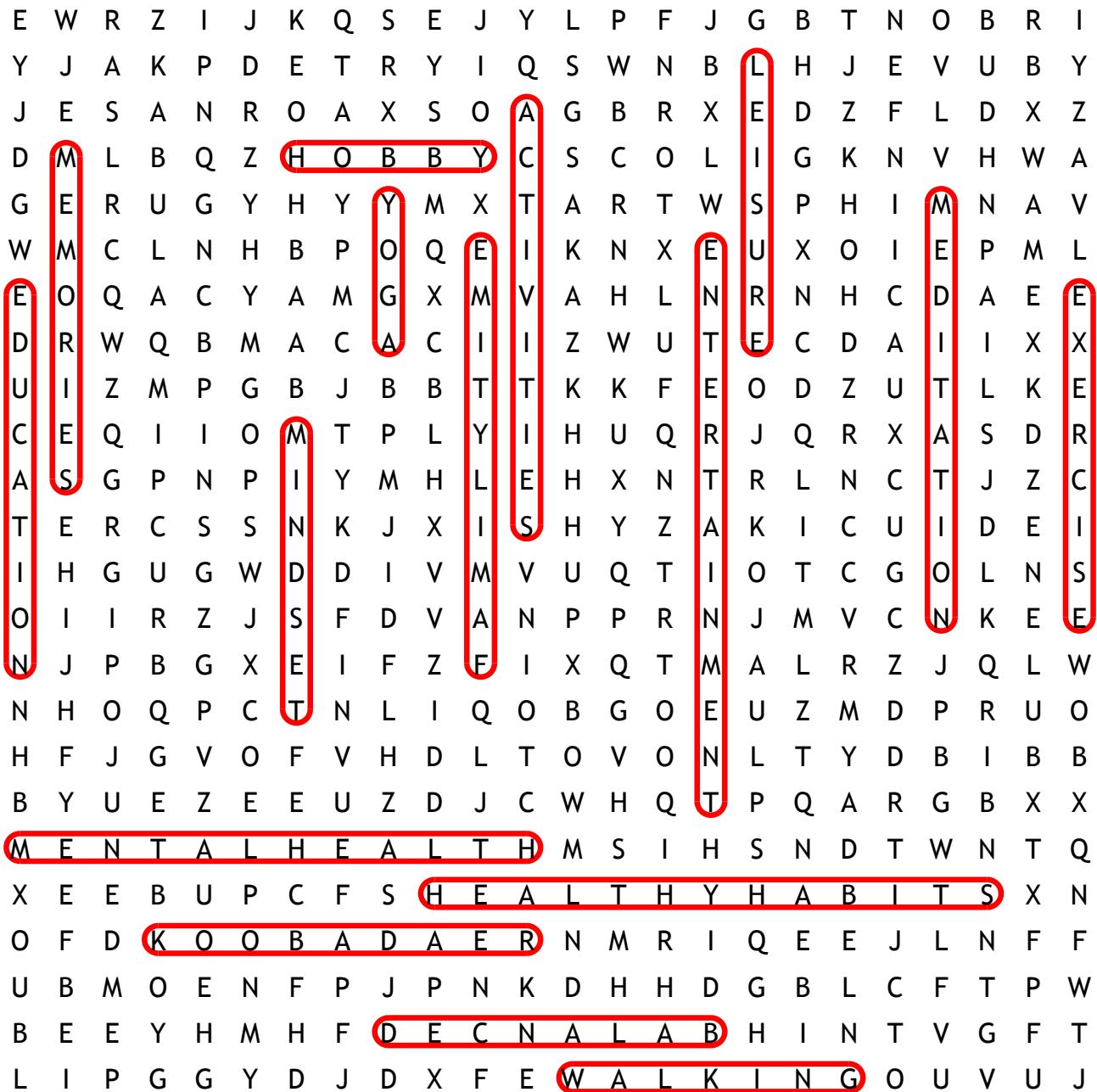


Name: _____

Date: _____

MISA



healthy habits	Entertainment	mental health	family time
read a book	activities	meditation	education
balanced	exercise	memories	Leisure
mindset	walking	hobby	yoga