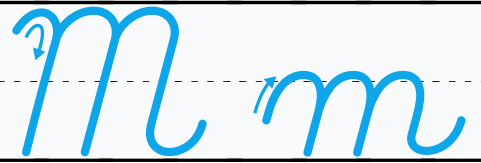


M in Cursive

Name: _____

Date: _____



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Mindfulness practices can improve mental clarity and reduce stress in everyday life.

Maintaining a healthy work-life balance is essential for long-term productivity and well-being.

Money management is a crucial skill that impacts every aspect of life, from career choices to retirement planning.

Motivation is often driven by a