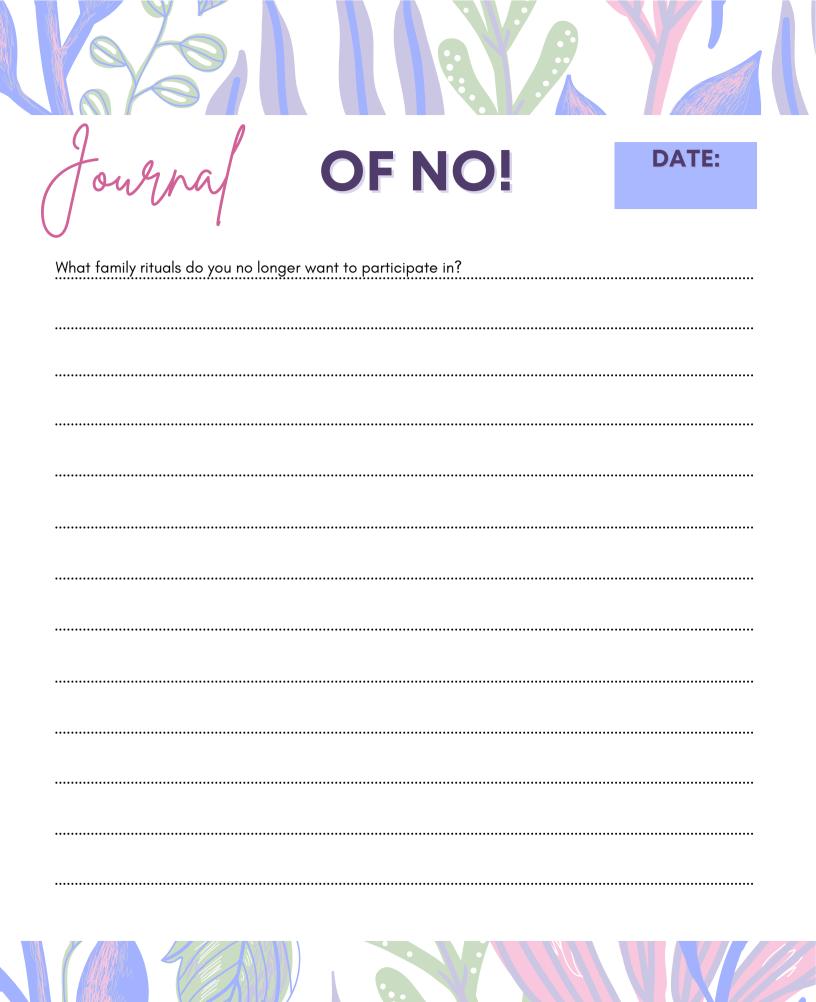
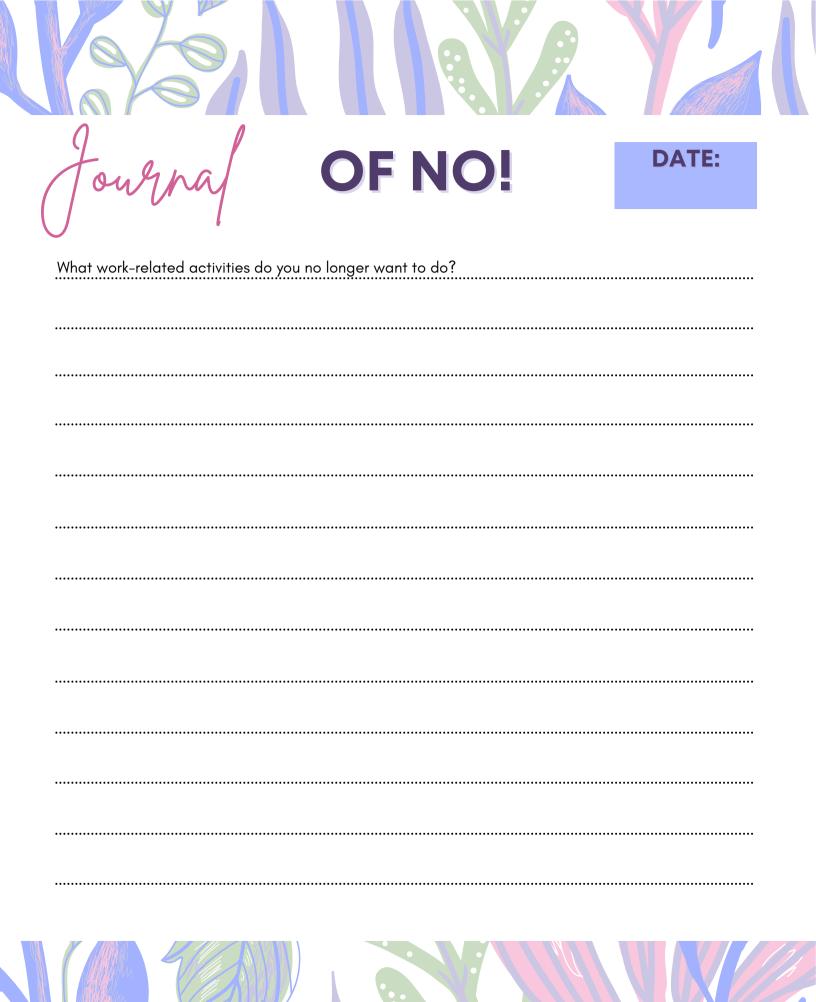
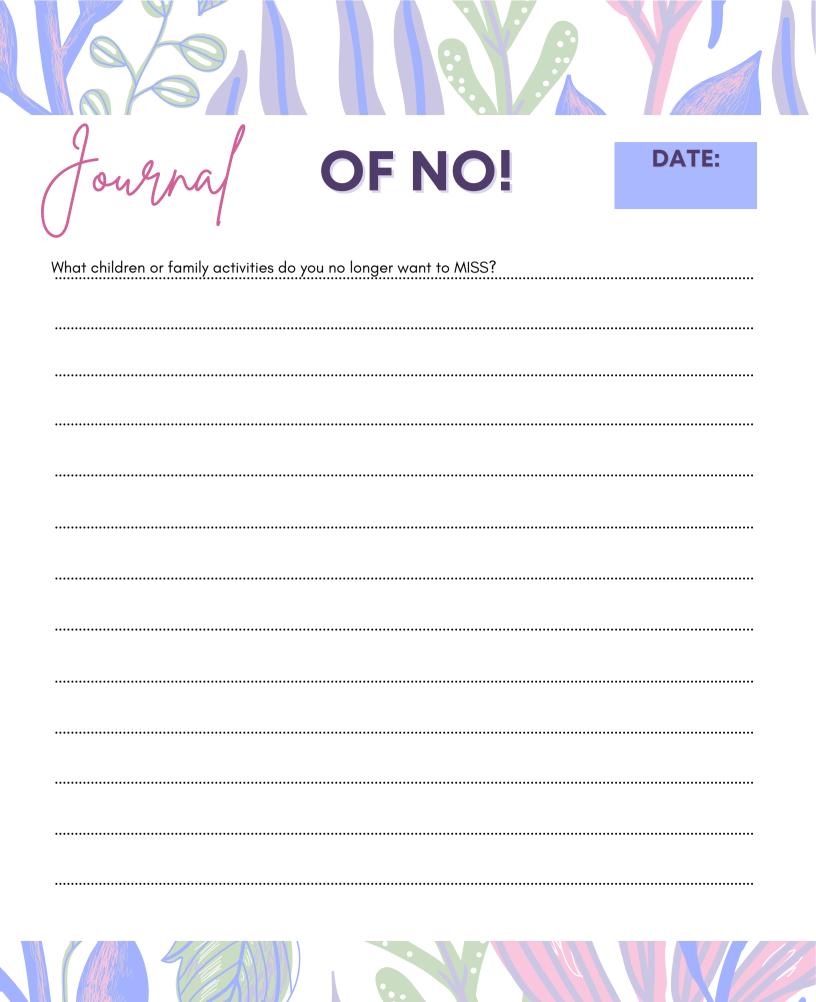




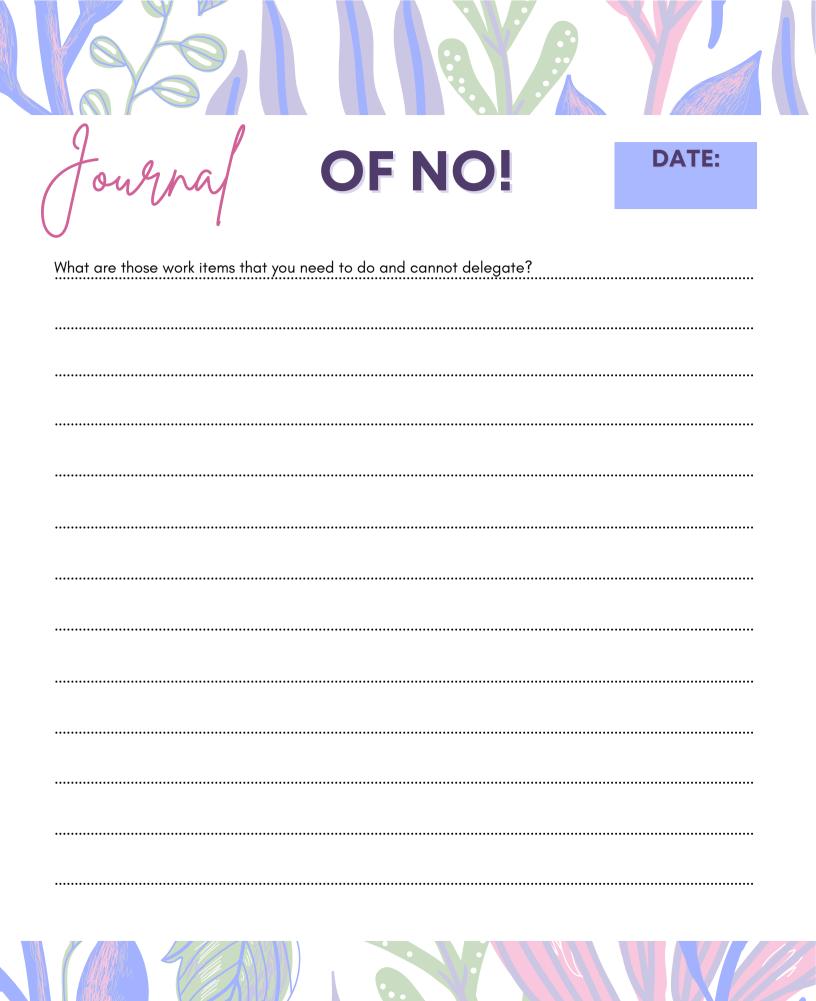
To Con		OF N	DA	TE:
Journ	ay .			
What Chores do yo	ou no longer want to	o do?	 	

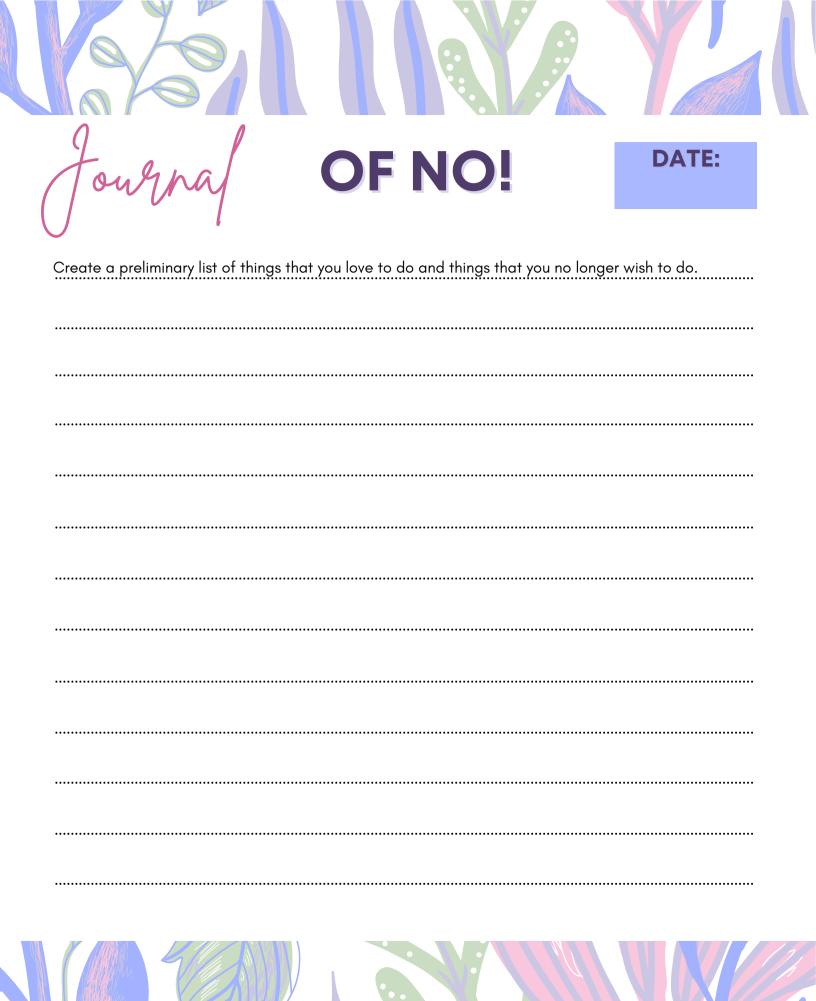






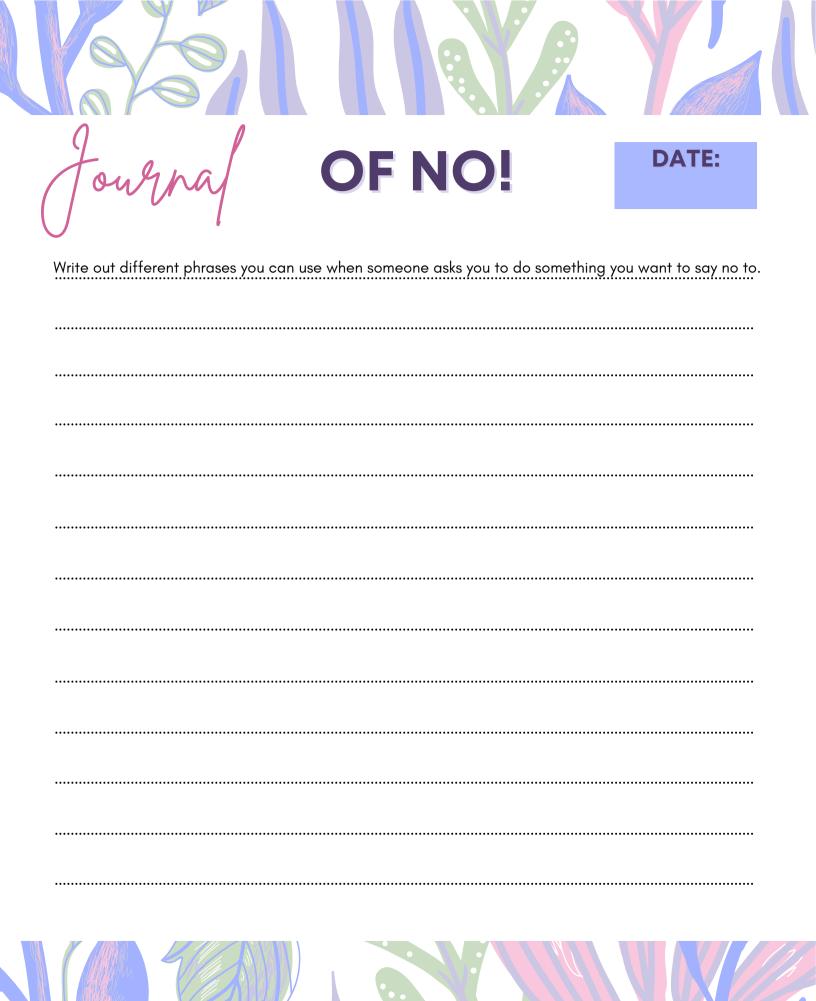
For Calor		FNO	 DATE:
Jownhy			
Vhat activities do you lov	ve to do?		
			 •••••

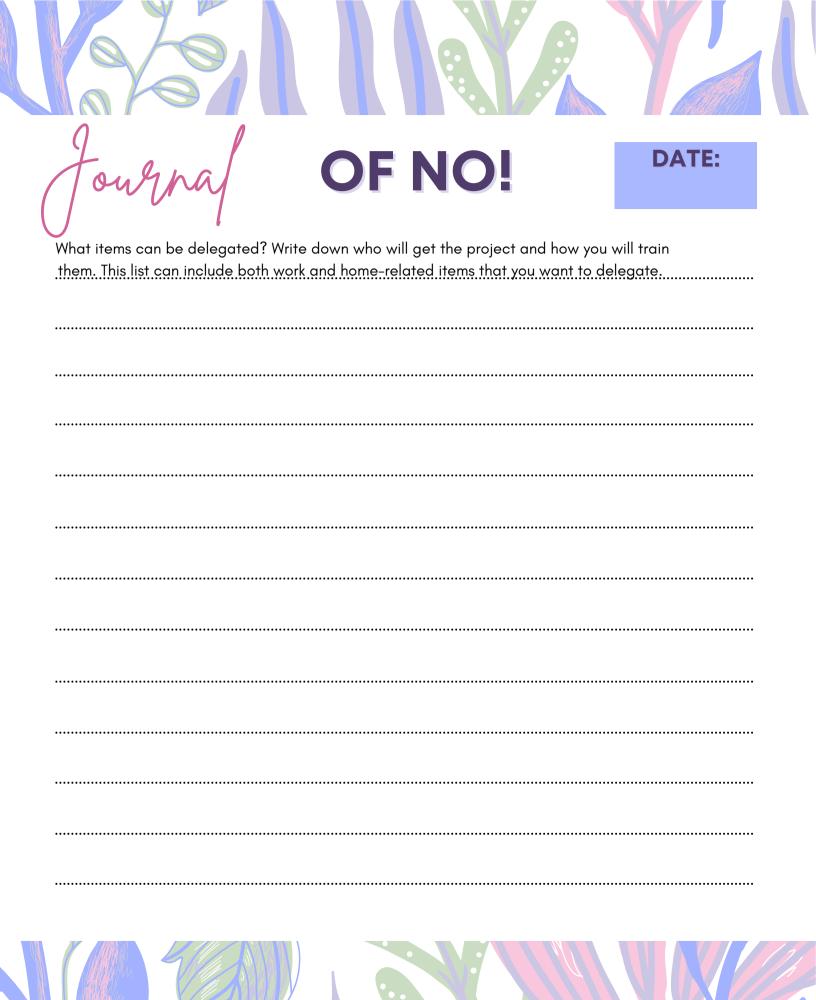












Foughal	OF	NO!	DATE:
Have you said no yet? Hov	w does it feel?		



9 1		
Tournal	OF NO!	DATE:
Are you feeling better about sayi f not, what steps can you take?	ing no and have you freed up your tim	e and reduced your stress?
•••••••••••••••••••••••••••••••••••••••	• • • • • • • • • • • • • • • • • • • •	•••••••••••••••••••••••••••••••••••••••