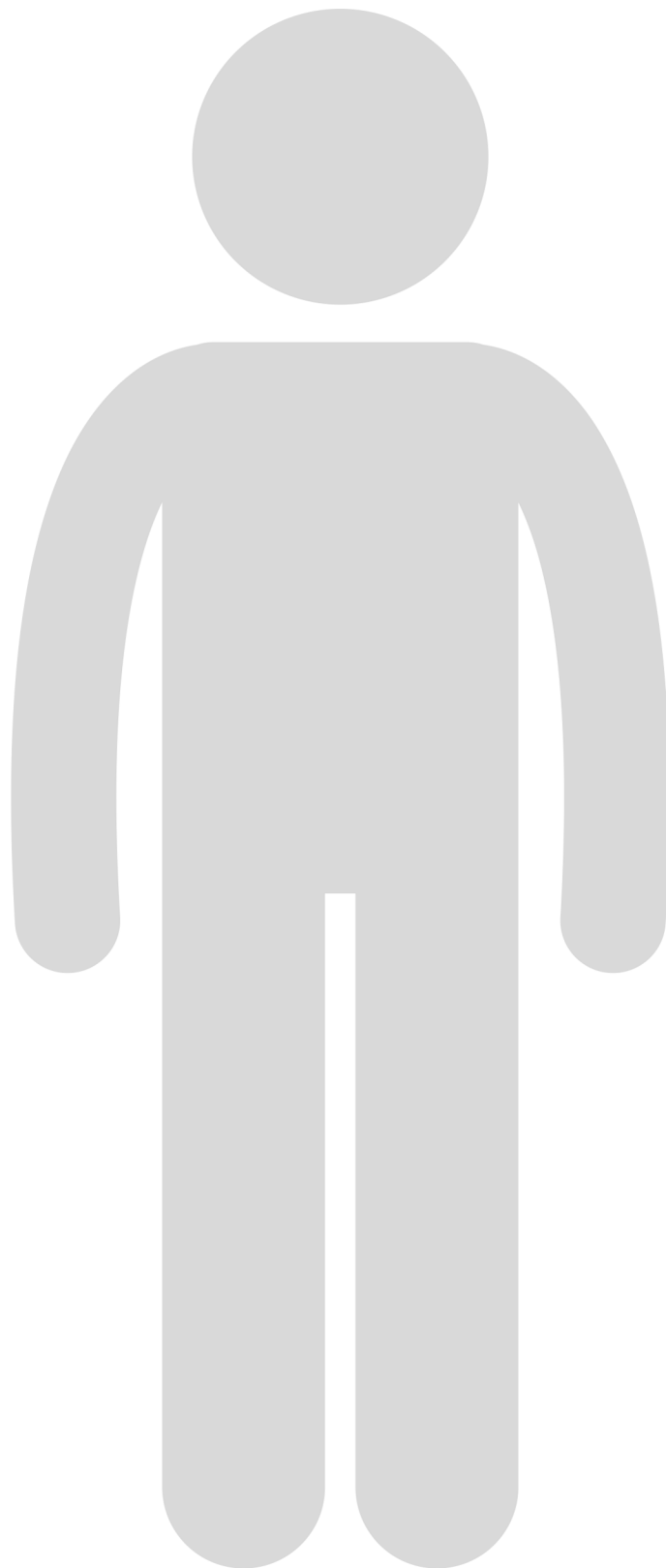


NAME: _____

SIDE A

My Inner Hero and Villain



Movement and Recovery Mindsets

What my Inner Hero
looks like:




What my Inner Villain
looks like:

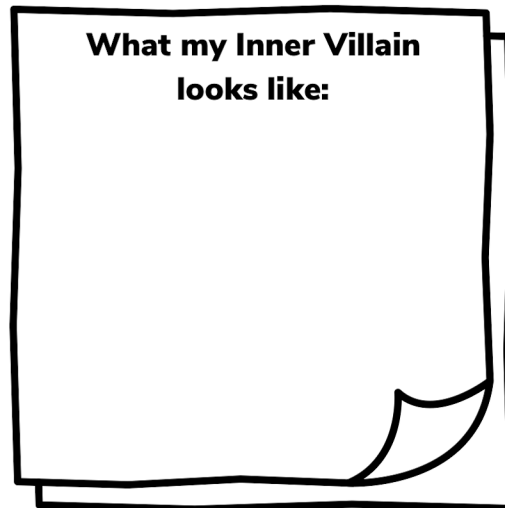


Nutrition Mindsets

What my Inner Hero
looks like:



What my Inner Villain
looks like:



Mindfulness Mindsets

What my Inner Hero
looks like:



What my Inner Villain
looks like:

