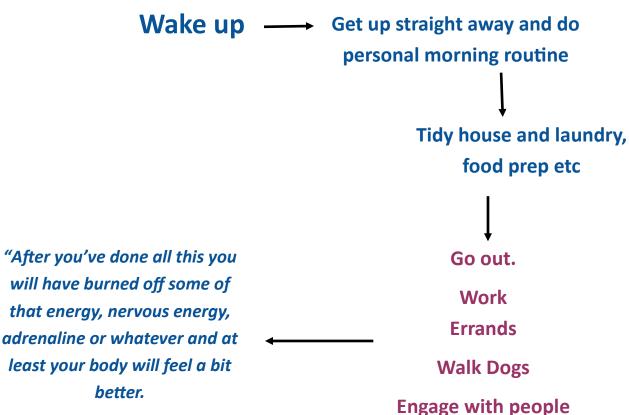
Conners daily wellbeing plan



Or work on the garden

better. Your wellbeing will be improved somewhat which will enable

and help you manage whatever stresses are going on and being worked through"

> Your next need is something that: **Engages your brain and intellect** Or is utterly fascinating Or enables you to shine (skill) Or challenges you physically or mentally (and you called becky high maintenance ha ha)