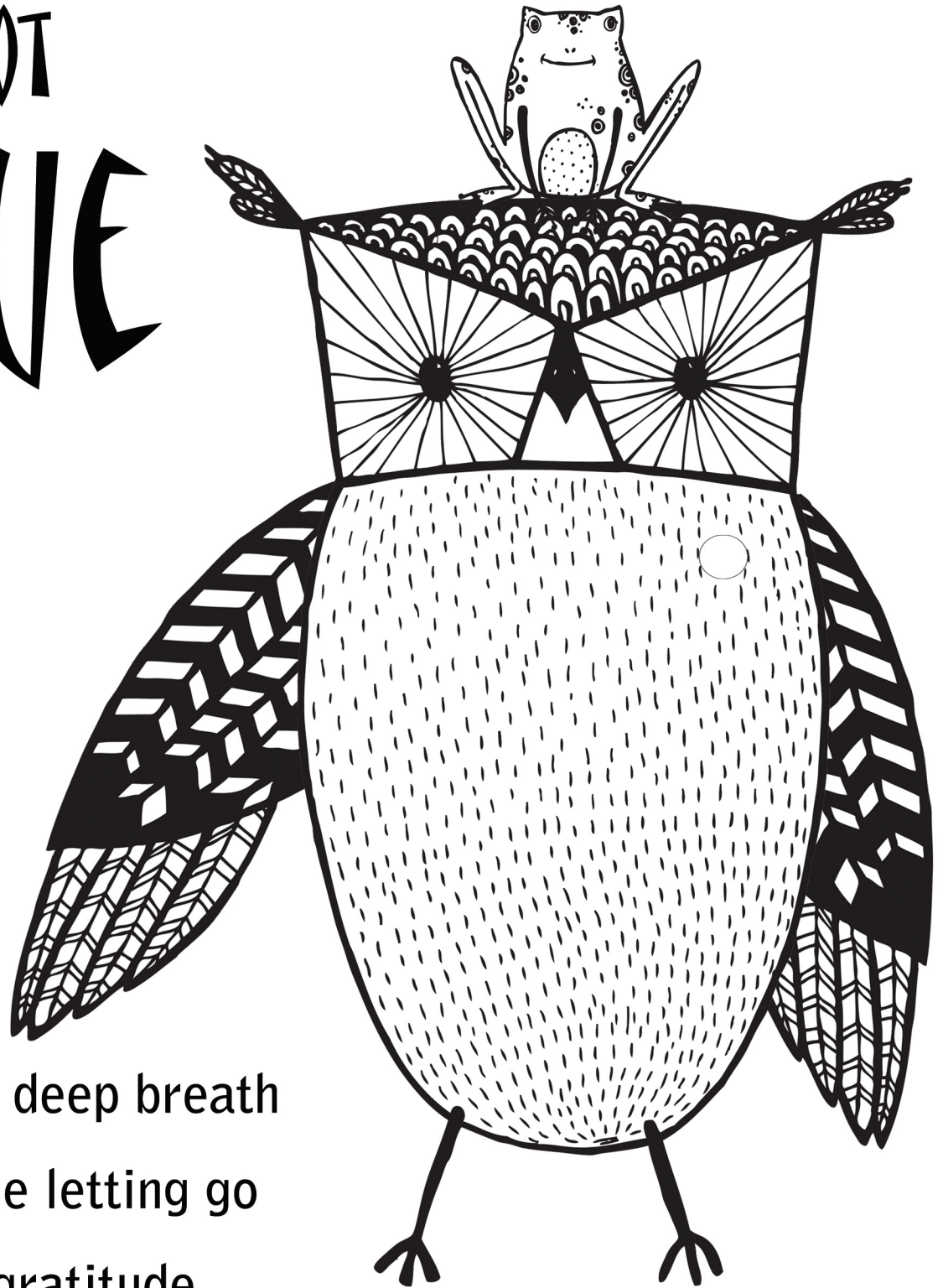


A SPOT OF BLUE



1. Take a deep breath
2. Imagine letting go
3. Invite gratitude
4. Schedule some time for your spots
5. Focus on what you love to do
6. Shake off the worries