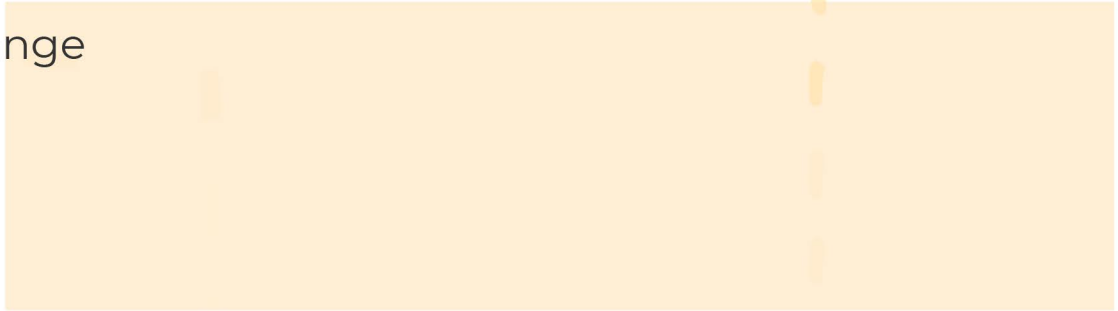


My best self

Habits to change



Skills to learn



Values to enhance



Qualities to adopt

