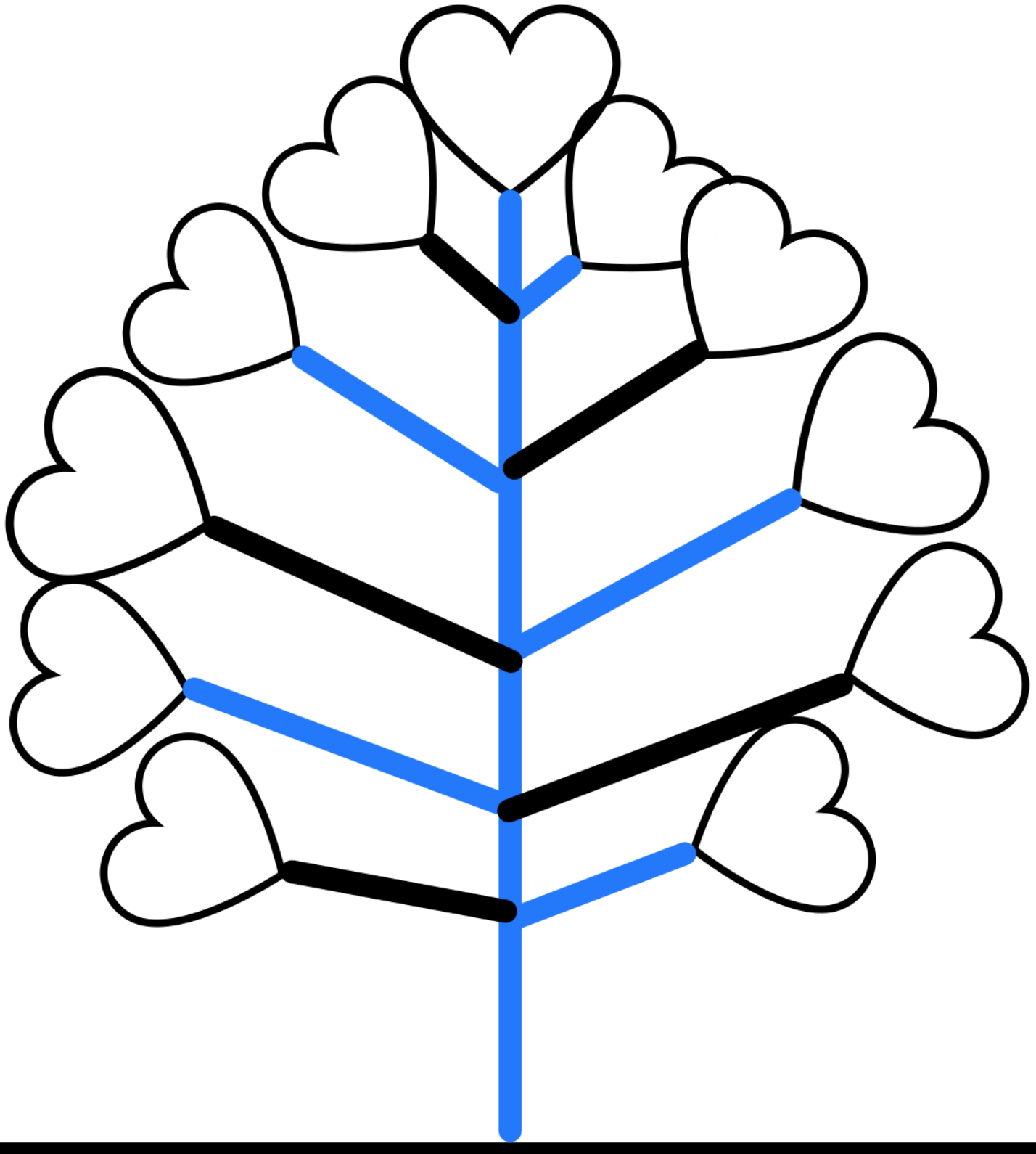
UPRAWR MENTAL HEALTH FOUNDATION

Self Love Tree

Write down things you like/love about yourself