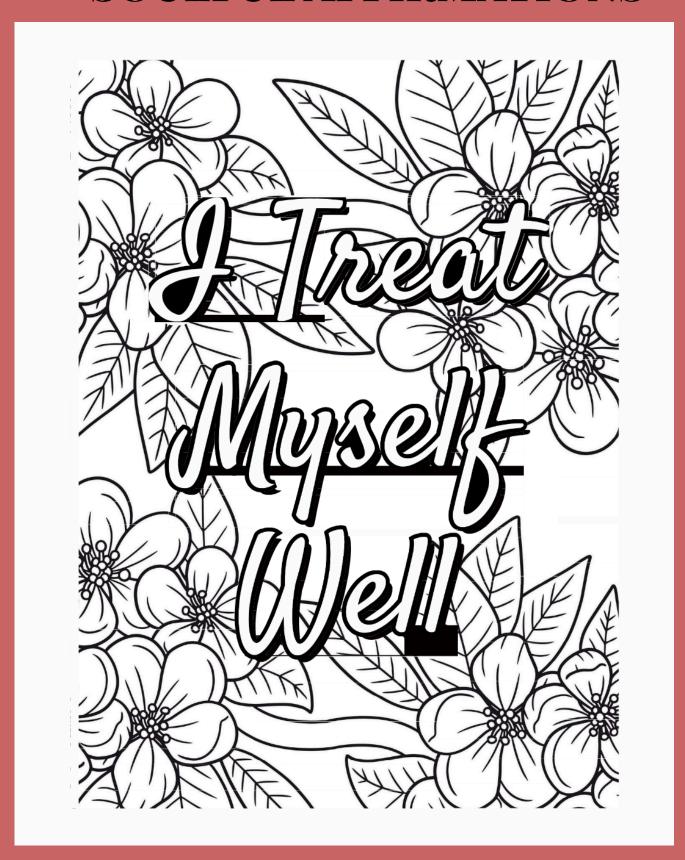
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As you colour, reflect on one way you can treat yourself well today.