

**I
HATE
THAT PART
OF ME!**

WHAT PART DO YOU HATE?

PRETEND IT IS A LIVING, BREATHING CREATURE. DRAW IT

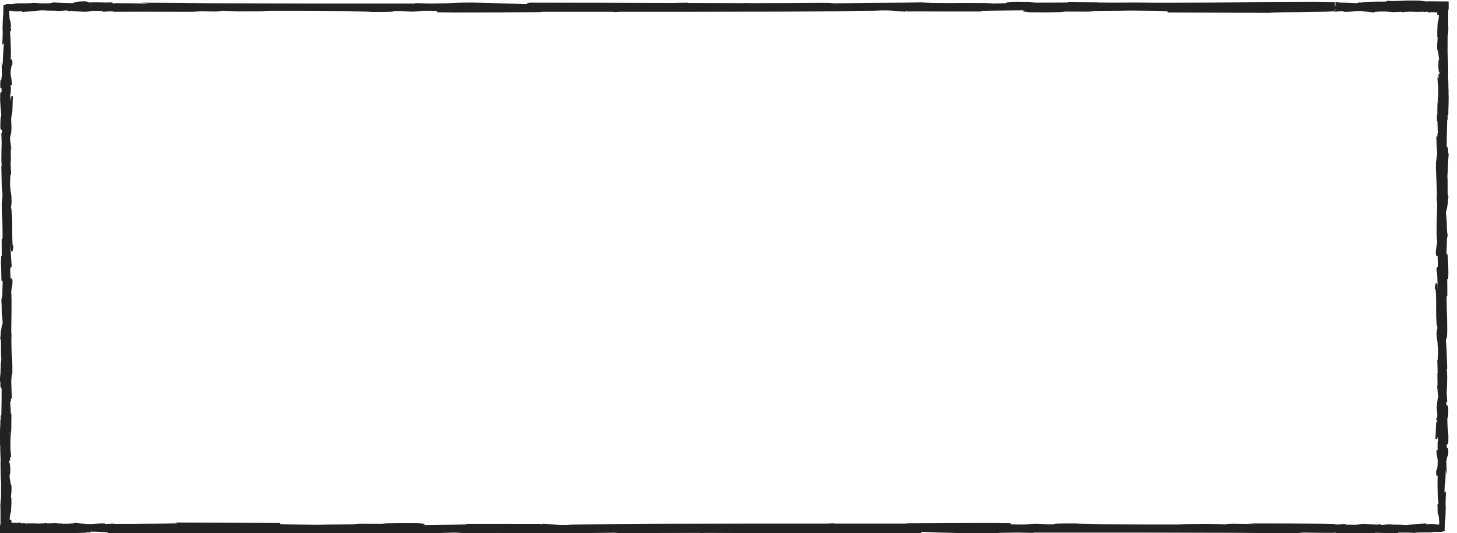
**HOW DID THIS CREATURE HELP OR PROTECT YOU
IN THE PAST?**

PART 2

THANK IT FOR WHAT IT DID.



**WHAT DOES IT NEED TO KNOW SO THAT IT ISN'T
CONSTANTLY TRYING TO HELP OR PROTECT YOU?**



**DRAW THE CREATURE TAKING A NAP AS YOU
GO ABOUT YOUR LIFE.**

