

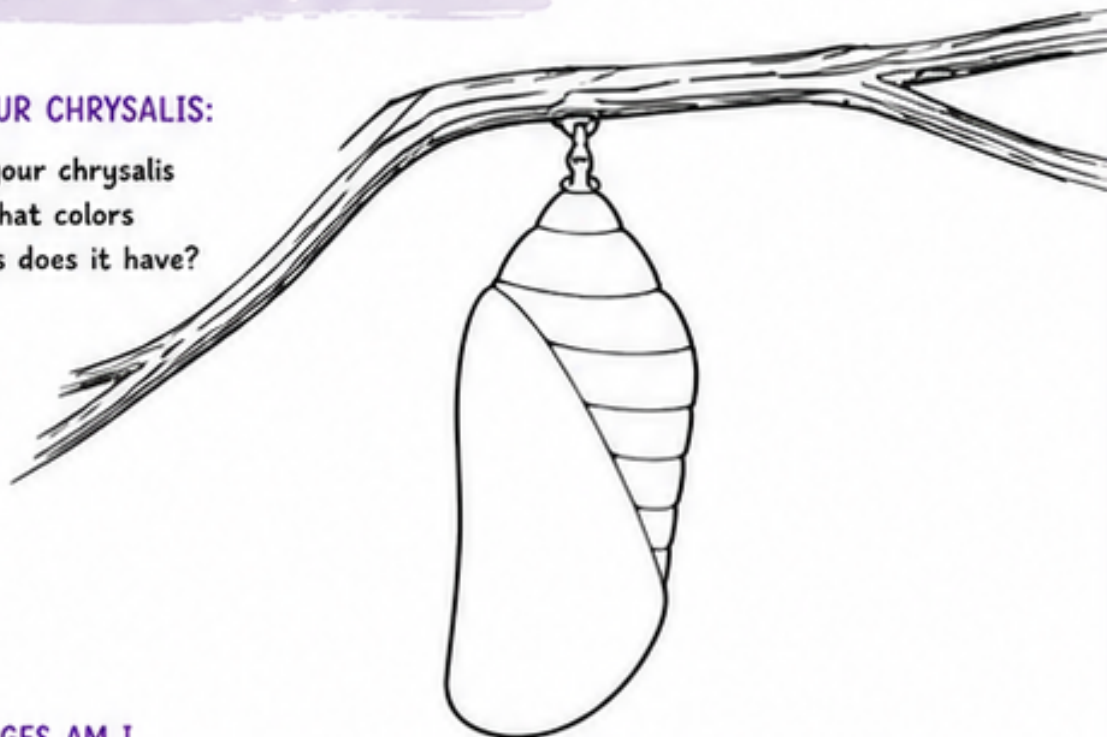
I AM IN THE CHRYSALIS STAGE

TODAY I FEEL:

I am changing on the inside in ways
I can't always see.

DESIGN YOUR CHRYSALIS:

What does your chrysalis
look like? What colors
and patterns does it have?



WHAT CHANGES AM I
EXPERIENCING INSIDE ME?

♥ WHAT DO I NEED RIGHT NOW?



HOW I AM TAKING CARE OF MYSELF DURING THIS TIME:
