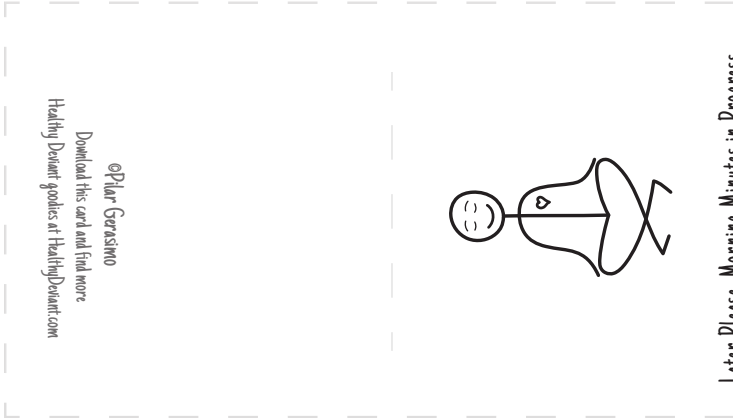


Cut out and fold for tent card. ↘



Learn more about the Morning Minutes practice and other Renegade Rituals in my book, *The Healthy Deviant: A Rule Breaker's Guide to Being Healthy in an Unhealthy World*.

