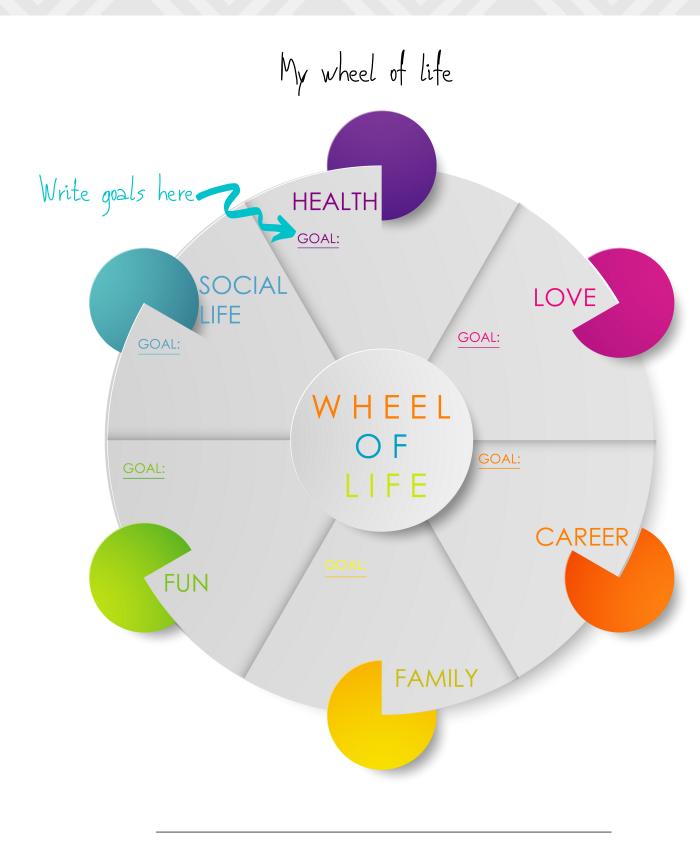
## STRESS MASTERCLASS: 8-WEEK STRESS RELIEF TRAINING

Lecture: Let's Set goals

Task: Set only 1 goal for every area of your life



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