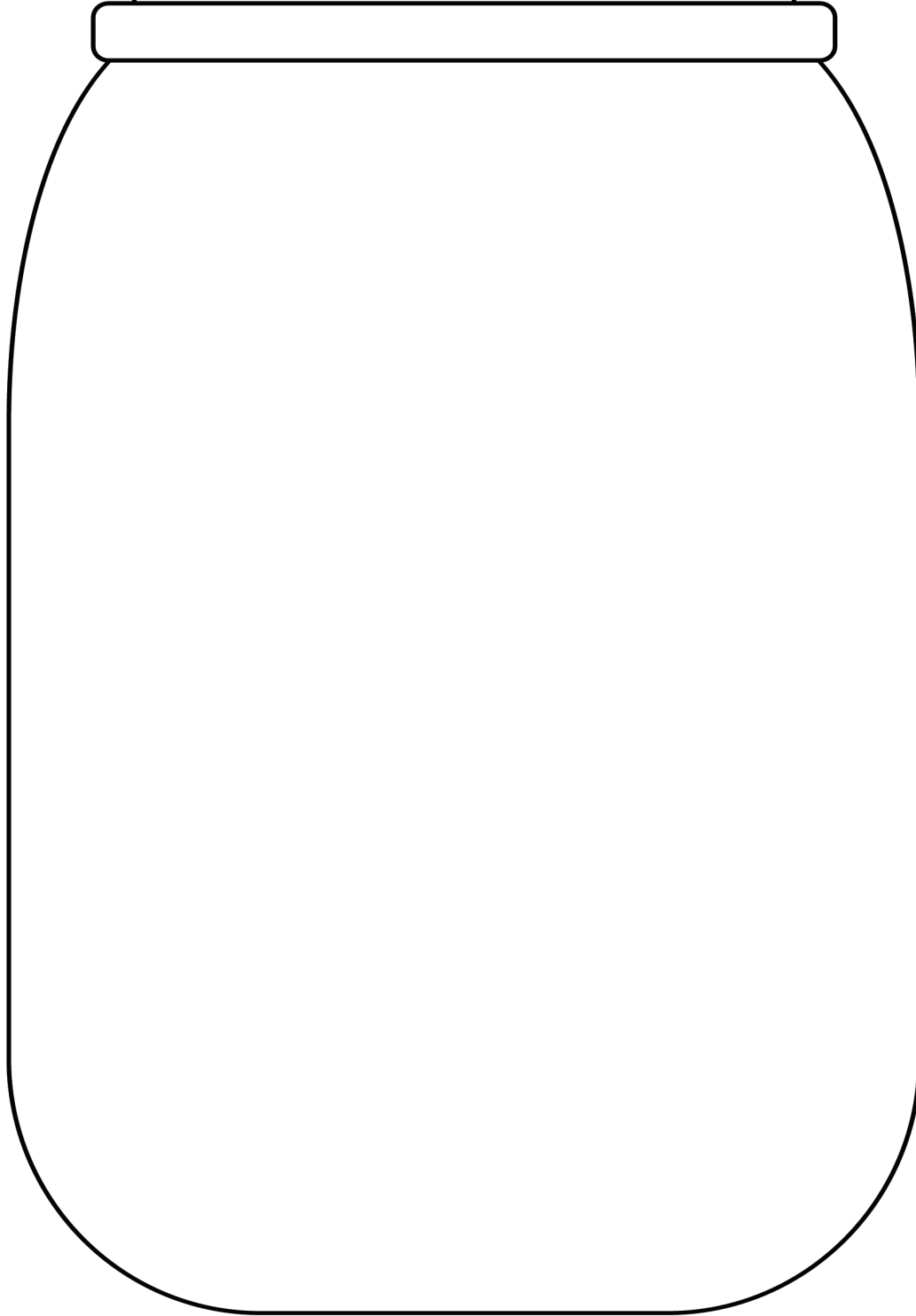


# WORRY JAR



Write down all of your worries in this jar.  
Try not to think about them until your designated worry time:

