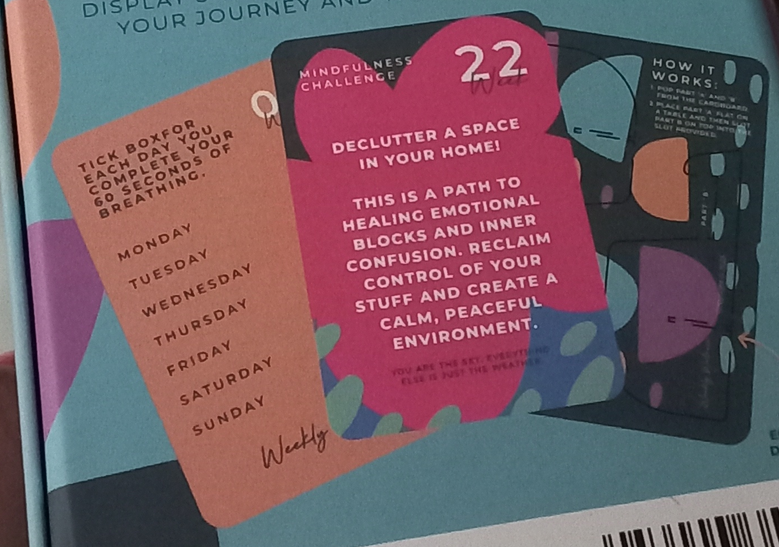
THE MINDFULNESS CHALLENGE

THE MINDFULNESS WEEKLY WELLNESS CARDS ARE DESIGNED TO HELP IMPROVE YOUR MINDSET AND WELLBEING. THESE FUN, WEEKLY CHALLENGES FOCUS ON IMPROVING YOUR LIFESTYLE AND CONNECTING YOU WITH YOUR THOUGHTS AND EMOTIONS. WITH 52 UNIQUE CHALLENGE CARDS AND AN ECO-FRIENDLY DISPLAY STAND, THIS PACK WILL HELP YOU ALONG YOUR JOURNEY AND TRACK YOUR PROGRESS.



INCLUDES ECO-FRIENDLY DISPLAY STAND

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