

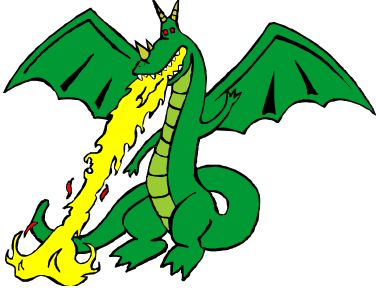



Getting Good at turning down the mad!!

	 Event that made me mad	 How I took a break to cool down	 Hot thought that keeps me mad	 Cool thought that helps me cool down
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Monday				