

MARCO

Build strength	Inspiration	Nurture	Growth	Ongoing practice
Buddies	Integrity	Nurturing	Gratefulness	Open-minded
Boundaries	Independence	FREE	Green space	Overcome fear
Balance	Increase awareness	New mindset	Grounding	Open communication
Bright future	Innovate	New goals	Good health	Overjoyed

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Be mindful	Ice packs	Nurturing	Gentle yoga	Objectives
Be patient	Improvements	Notes of gratitude	Gratitude	Open-minded
Buddies	Inner peace	FREE	Green space	Ongoing practice
Breakthrough	Insight	Nurture	Group support	Overjoyed
Boundaries	Increase awareness	New goals	Gym	Outdoors

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Breakthrough	Interactive activities	Nurturing	Gentle yoga	Organize
Believe in yourself	Introspection	Nourish body	Gentle care	Open up
Be mindful	Increase awareness	FREE	Good deeds	Outdoors
Breathing exercises	Integrity	New goals	Gym	Optimism
Boundaries	Innovate	Nutrition	Group support	Outlook