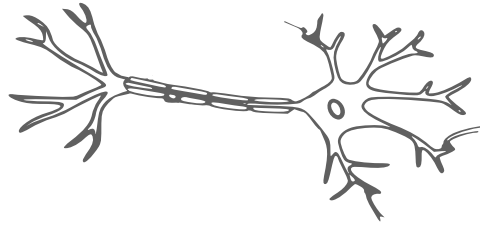


Strengthening Connections



| Crawl | Walk |
|--------------|-------------|
| | |
| | |
| | |
| | |
| | |

Visualization is a useful technique that helps you reach goals and live your dreams. It works by getting your mind and body ready for what you want to achieve.

Find or draw images representing what you put into the second column on page one.

