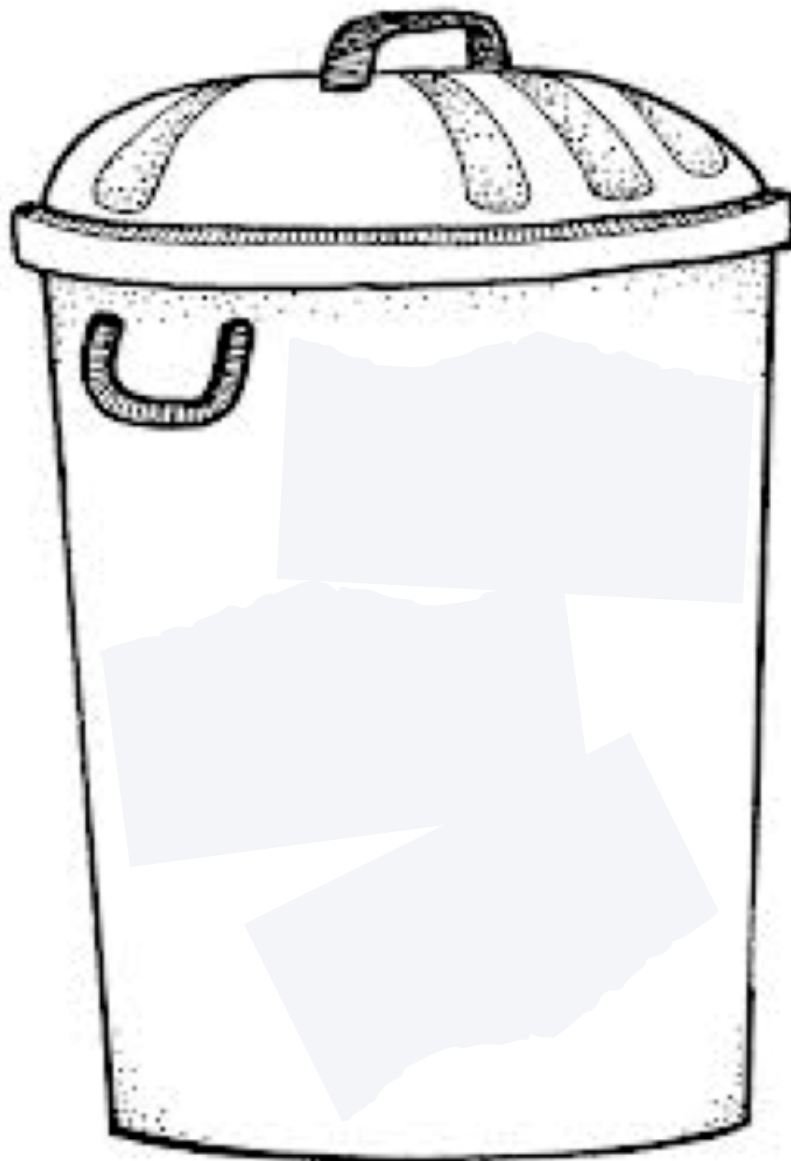


# T'QSS IT

It's time to crumble and rip up any negative thoughts, feelings, words or situations that may be spoiling your environment and keeping you from being the best YOU! 'Toss the negativity & take it out to the trash'.

Once you toss it, let it go from your mind and move forward by focusing on the things that are healthy, safe and positive.



\*Write on the pieces of trash within the garbage can.

