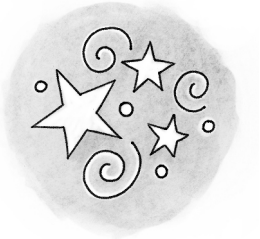

Thought Log

Are you ready to notice your thoughts? If so, here is a sheet for you to write them down.