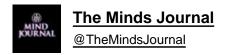
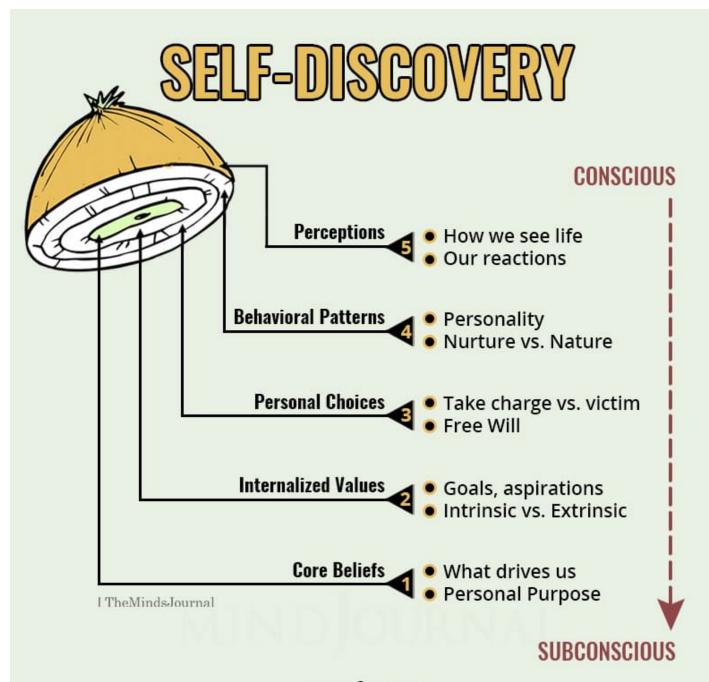
Twitter Thread by The Minds Journal





Here are the different levels of self-awareness!

#selfcare #selfdevelopment #mindsjournal #themindsjournal



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