

# BACKYARD OASIS

Create order and promote positive self-talk by tracking your day-to-day thoughts and emotions. Whether it's writing, doodling, or whatever else feels right, having a private place to express feelings is good for the mind and body. - GF781



**1 TALL MUGGIN' - DW414**  
532 ml stainless-steel mug



**2 NEOSKIN® - ST4143**  
Hard cover journal



**3 LARA - G1103**  
Ballpoint pen