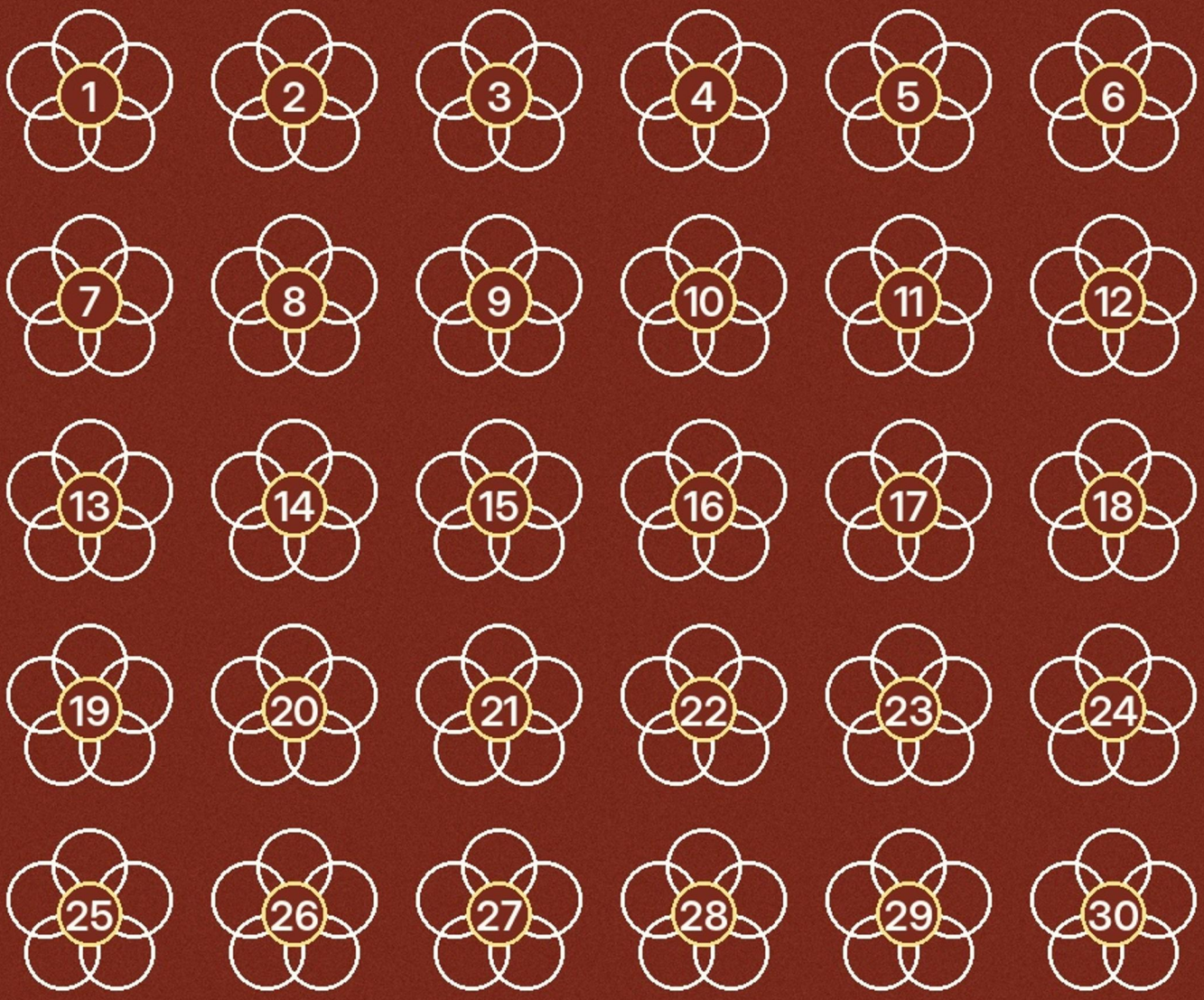
@habits.inbloom

30 days *in bloom.*

nov 1 – nov 30 · fill in a flower each day you show up

5 minutes of journaling a day



progress, not perfection. missed a day? just keep going.

#30daysinbloom