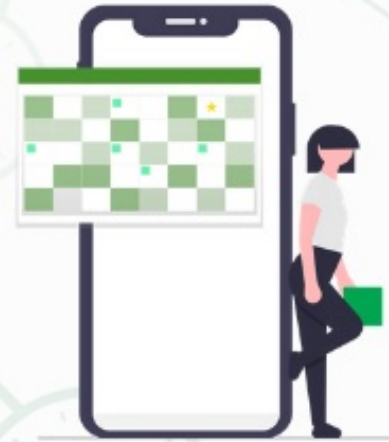




## 21 DAY MINDFULNESS QUEST

Start your mindfulness journey with  
Inner Explorer's 21 Day Mindfulness Quest



Greetings!

### MAKE YOUR SELF-CARE A PRIORITY

Wouldn't it be great to reduce your stress and enhance your sense of wellness in 21 days? Looking for an inviting way to support your children during these challenging times? Inner Explorer has created a 21-Day Quest to help you and your family practice daily mindfulness-based SEL.

### LOGIN → PRESS PLAY → PRACTICE MINDFULNESS

**Here's how it works:** launch your app and click "Sure! Let's Go" on your 21-Day Mindfulness Quest popup window. This will start your 21-Day Quest which includes:

- ✓ Daily text notifications to help you and your children stay motivated
- ✓ App statistics calendar to record your progress
- ✓ Certificate of completion after successfully finishing the quest

**Get involved** with your community by sharing your progress with friends and families on Facebook and Twitter. Rally all those around you and encourage them to start their 21-Day Quest today!

