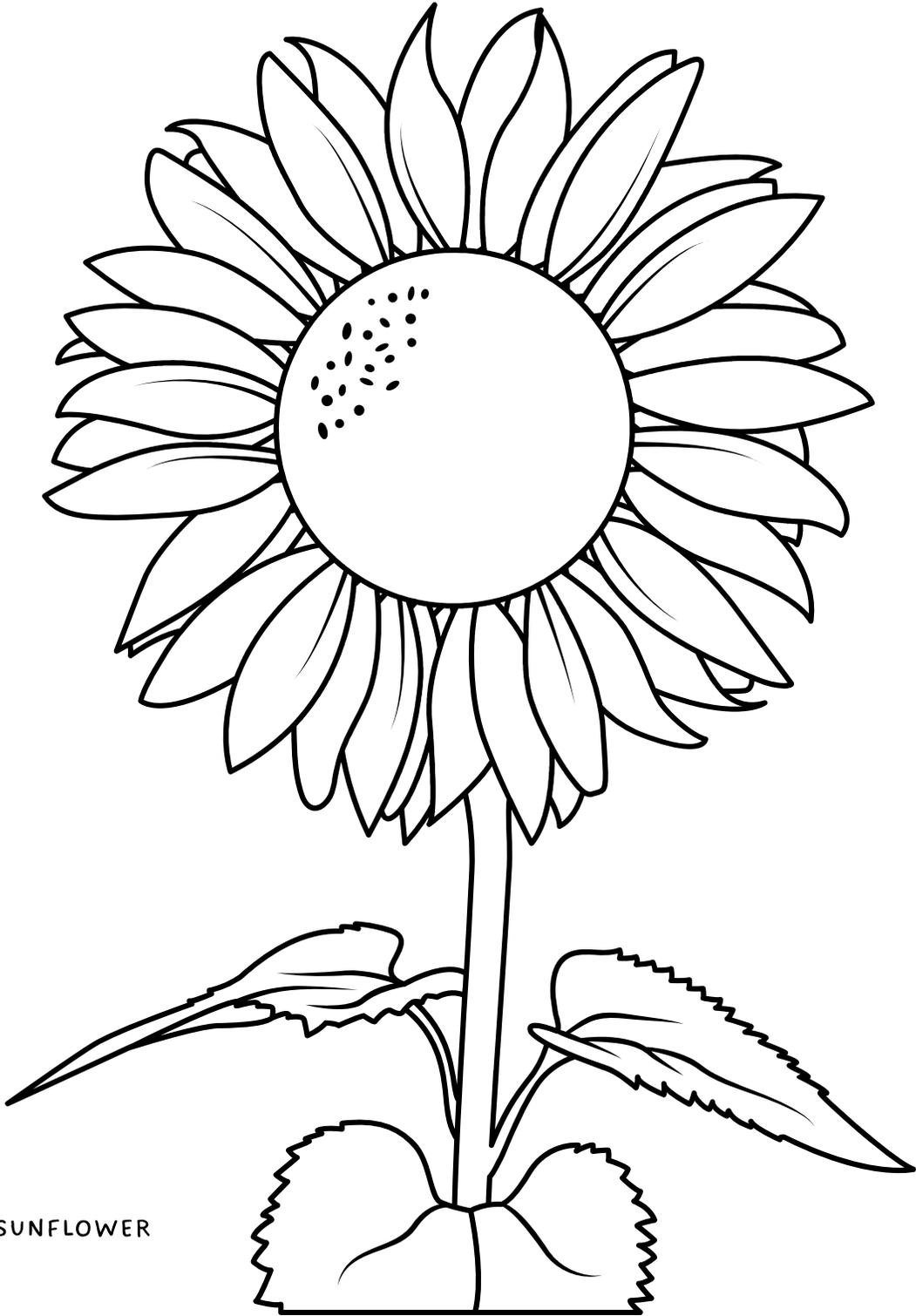


Phone call focus flower



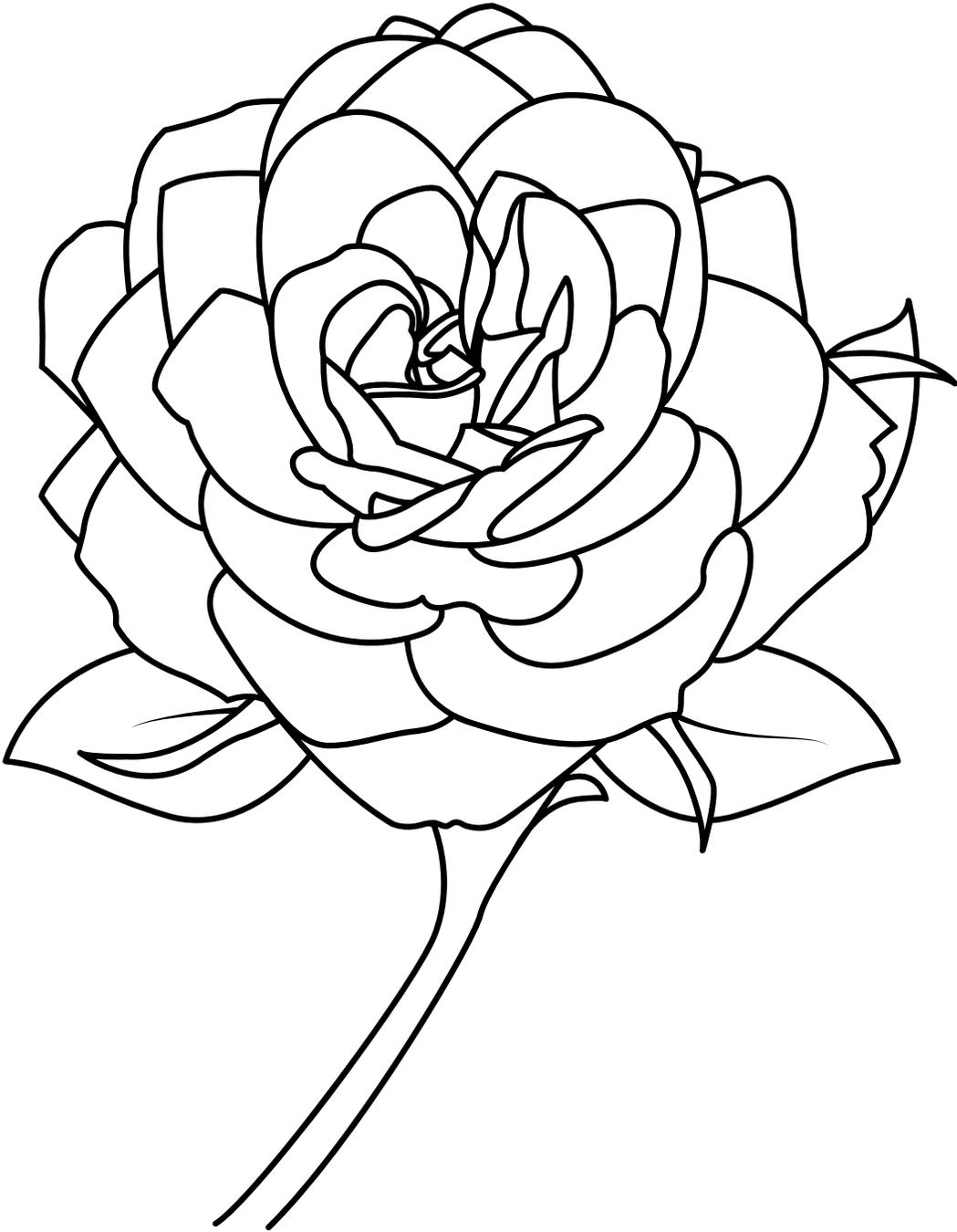
SUNFLOWER

Phone call focus flower



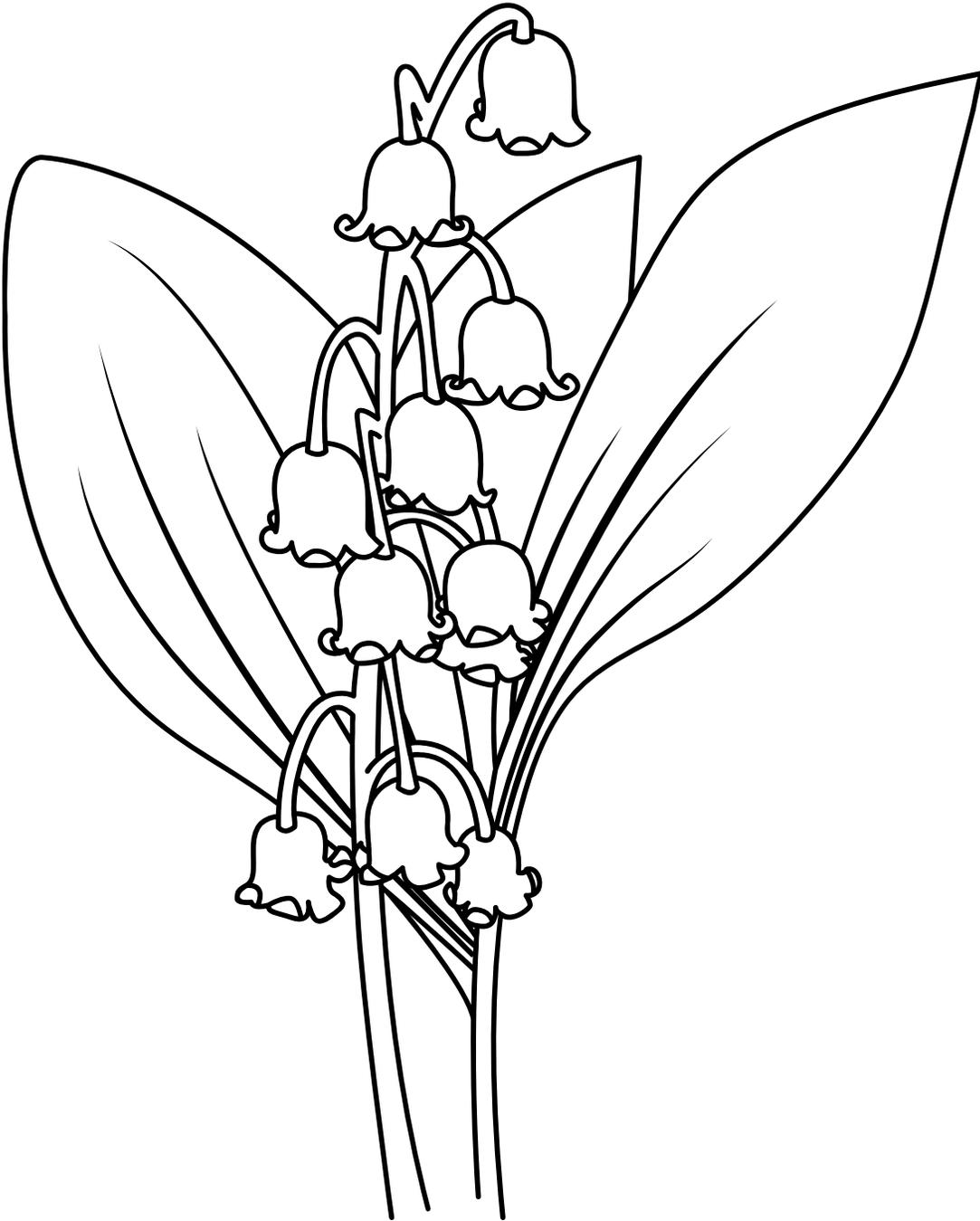
LILY

Phone call focus flower



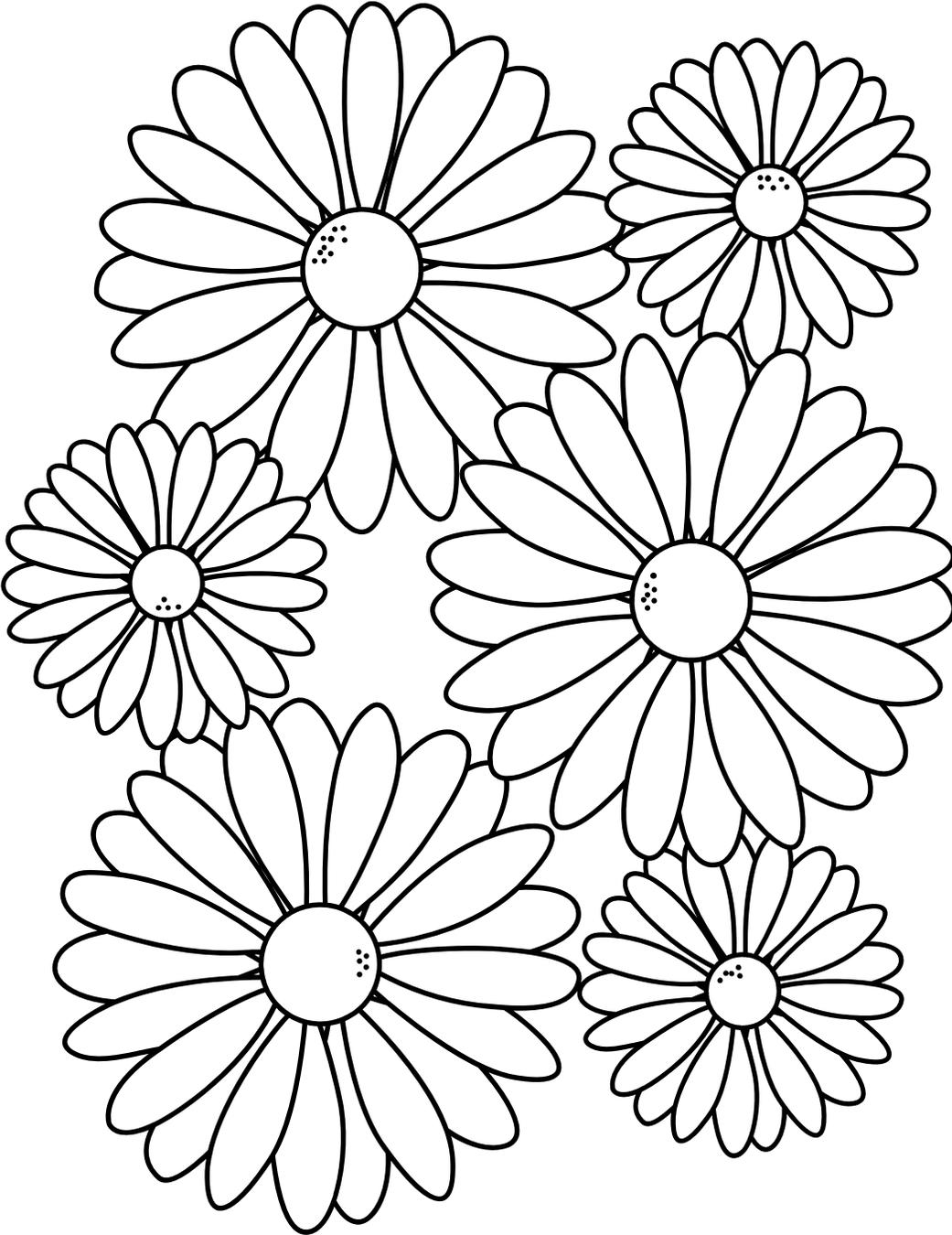
ROSE 1

Phone call focus flower



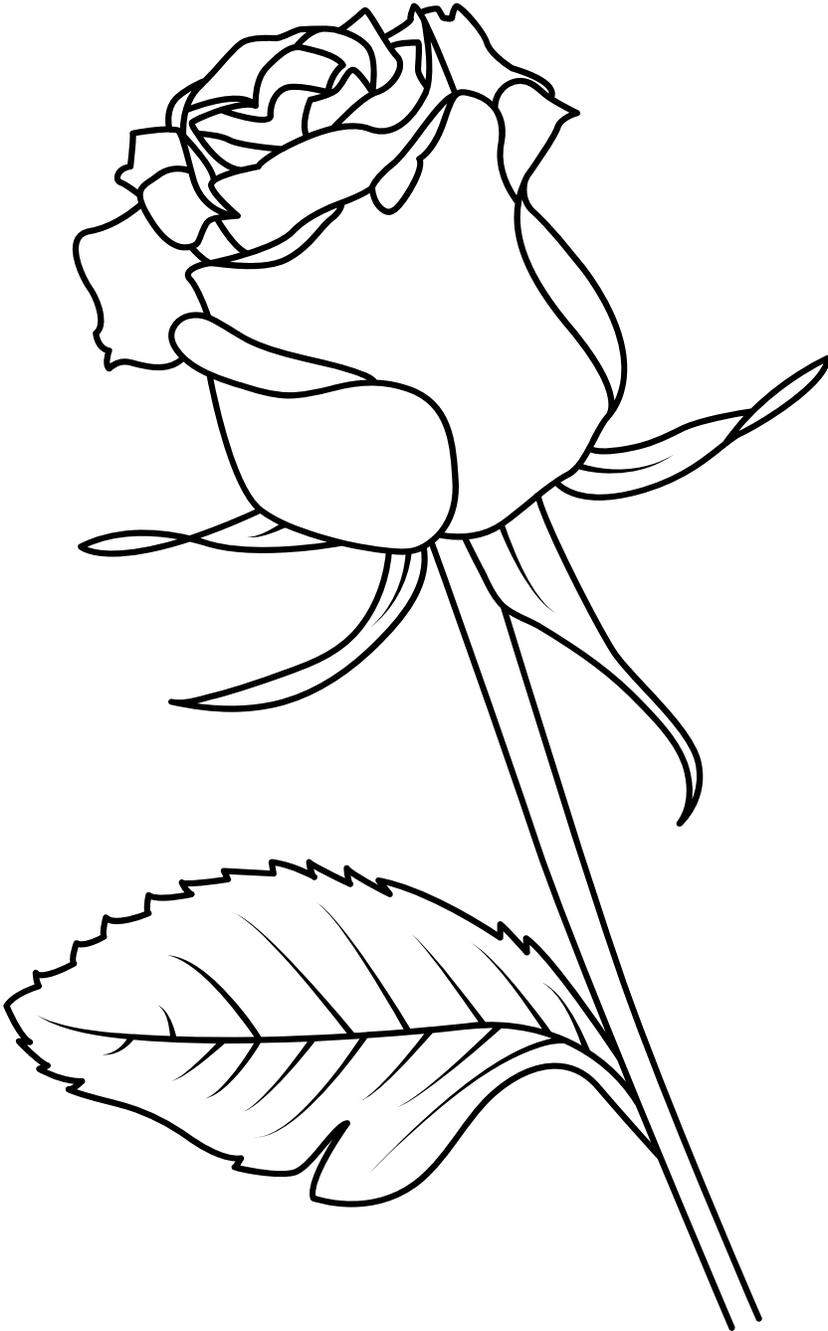
BLUEBELL

Phone call focus flower



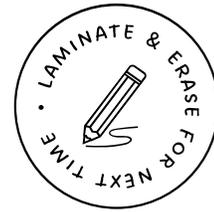
DAISY

Phone call focus flower



ROSE 2

Productivity power petals



Put this flower next to you while you're deep diving into hyperfocus, to make sure you remember to take breaks and look after yourself. Color in a petal every time you complete a mini break.

*BB = bathroom break

