Hello Friend,

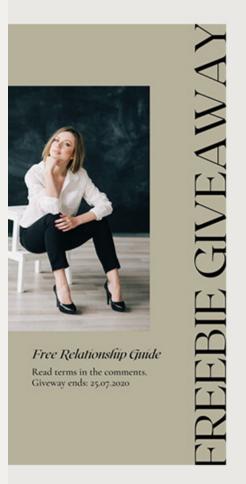
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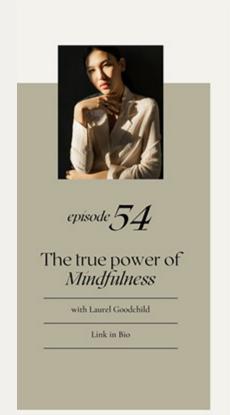
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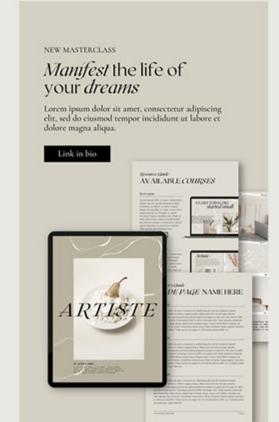


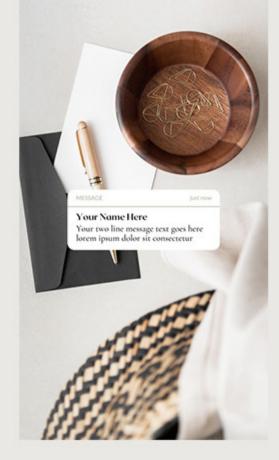




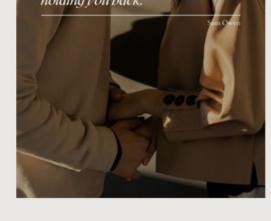






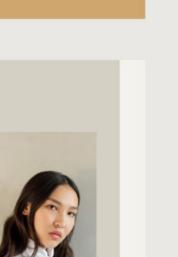












Freebie alert!





TODAY on the blog



So you want to become a coach?

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Self Care Journal

HOW TO DOWNLOAD:

You need a <u>www.canva.com</u> account and an internet connection to edit this template bundle. If you don't have a **Canva** account yet, you will need to register a **free** account before being able to download and edit the template packs. Templates will work with both **FREE** and **PRO** accounts.

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download the posts and matching stories separately. Clicking a
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CANVA HELP:

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HOW TO SAVE FINISHED DESIGNS FOR INSTAGRAM:

In the top right corner, click the "**Download**" button (arrow facing down). A dropdown will open. Select **JPG** file type from the dropdown (saving your image as PNG will result in the image file being too heavy for mobile and web use). Select template pages you wish to download from the "select pages" dropdown. Click "Download". That's it!

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Please download the Instagram Posts and matching Instagram Stories separately via the download buttons located next to the template pack preview image.



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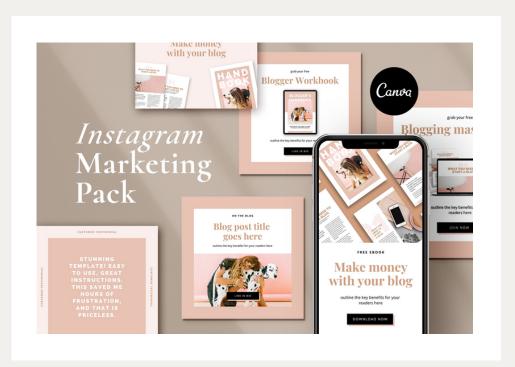
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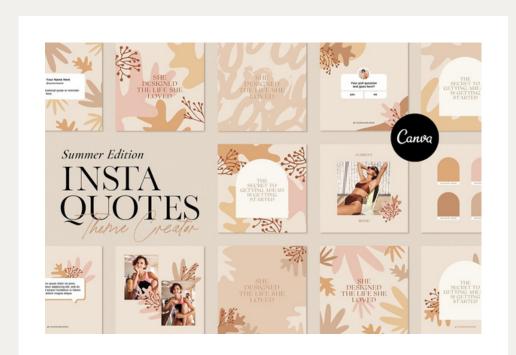
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