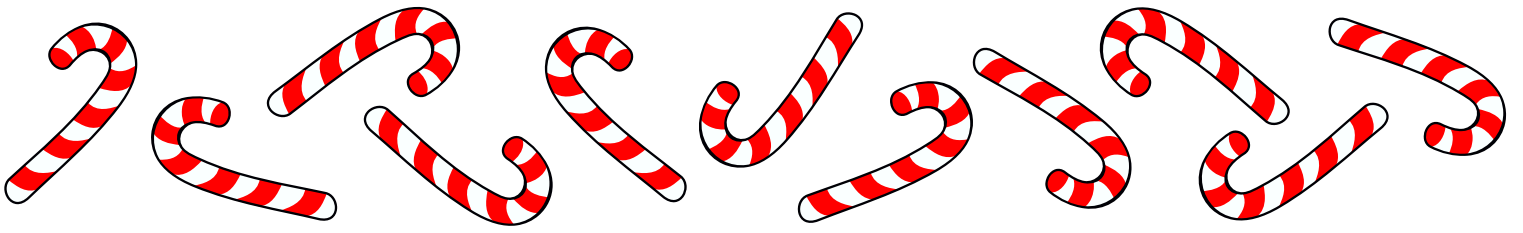


A series of horizontal black lines providing a writing area. The lines are evenly spaced and extend across the width of the page, starting from the first line below the decorative header and continuing down to the bottom of the page.







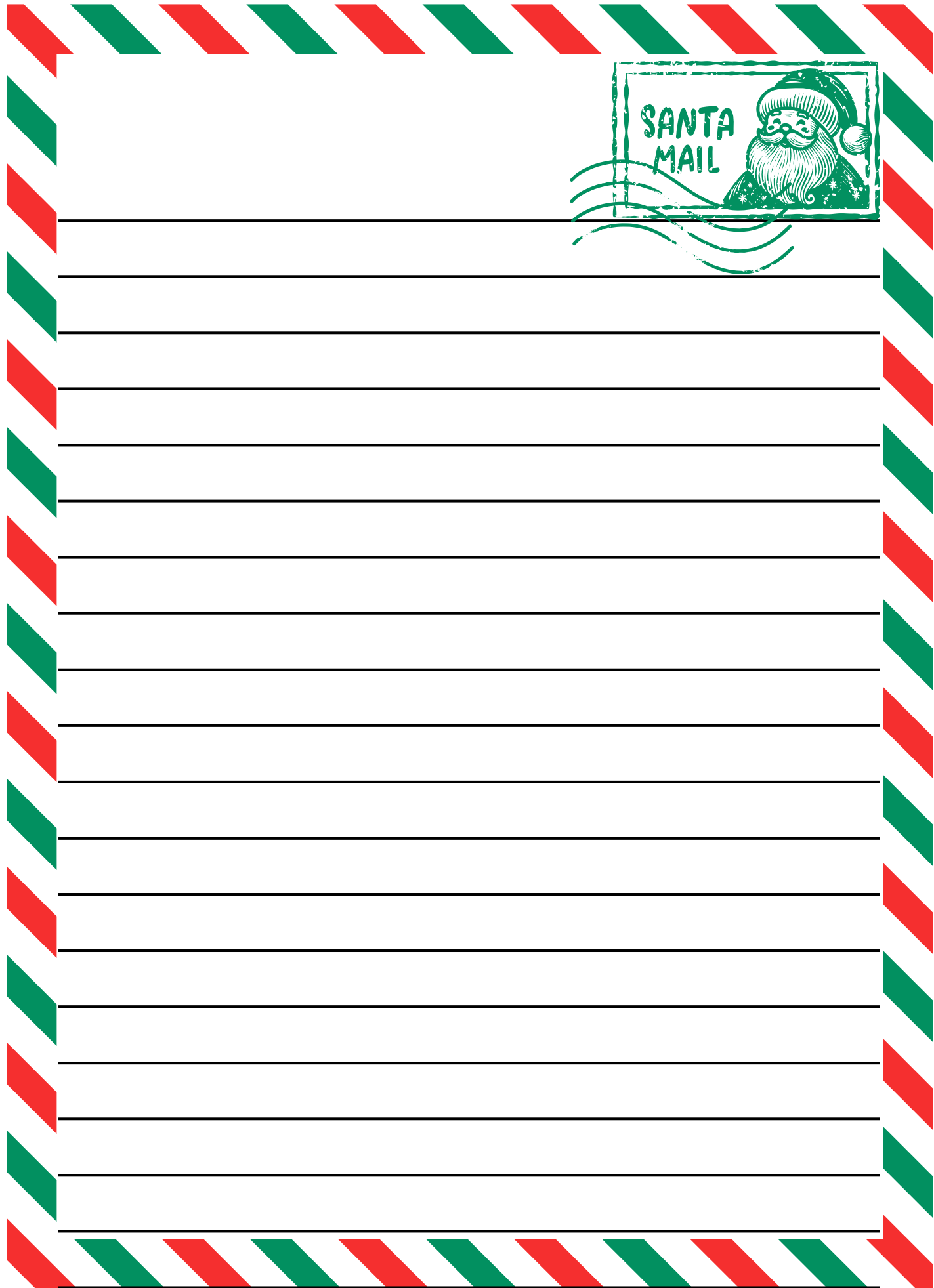


A series of horizontal lines for handwriting practice, consisting of 18 parallel lines spaced evenly down the page.



Treat  
yo'elf





A series of horizontal lines providing a space for writing a message. The lines are evenly spaced and extend across most of the width of the page, leaving a margin on the right side.