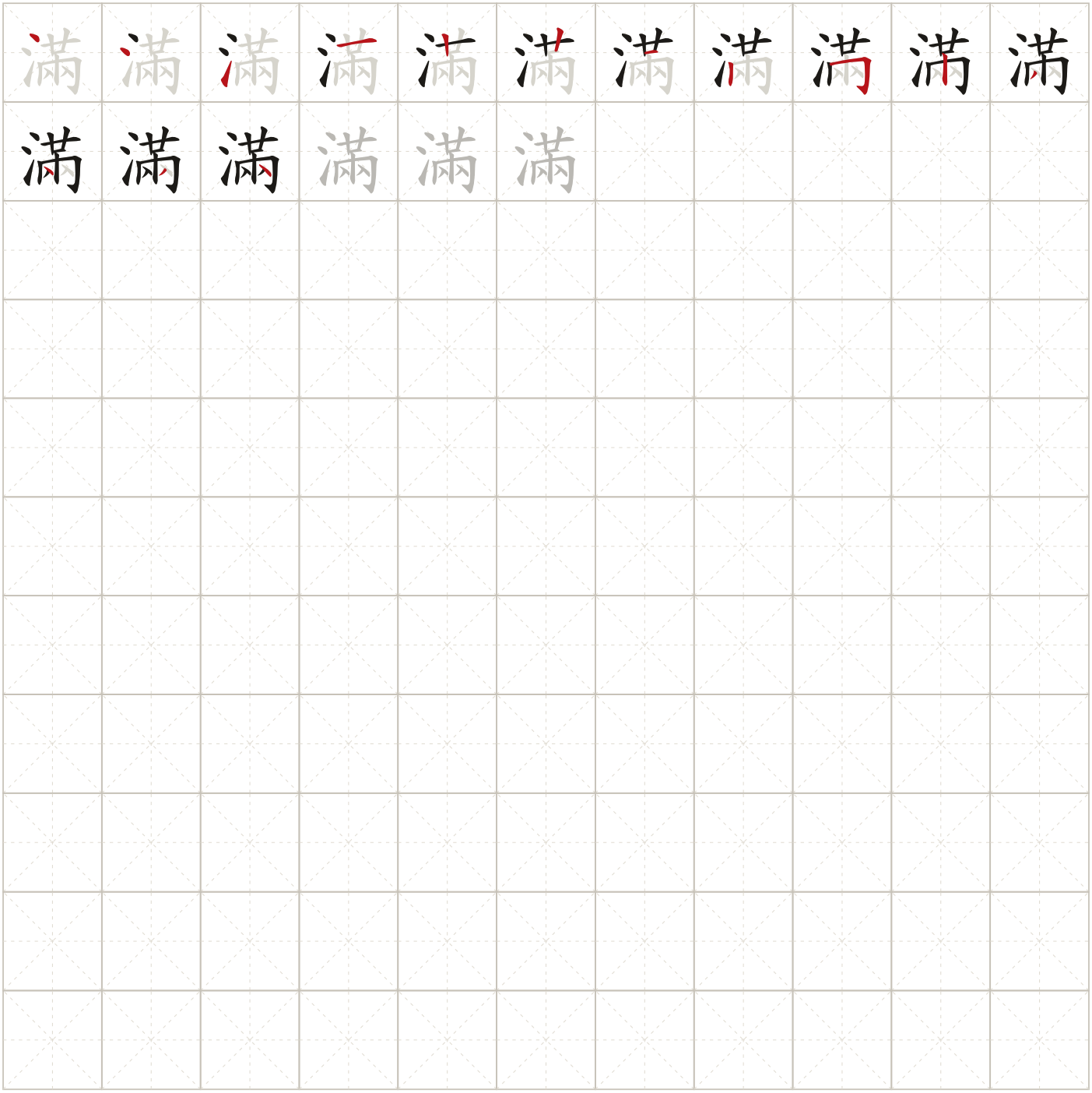
mǎn

滿

full; filled; satisfied

Trace each stroke, then write the character on your own.