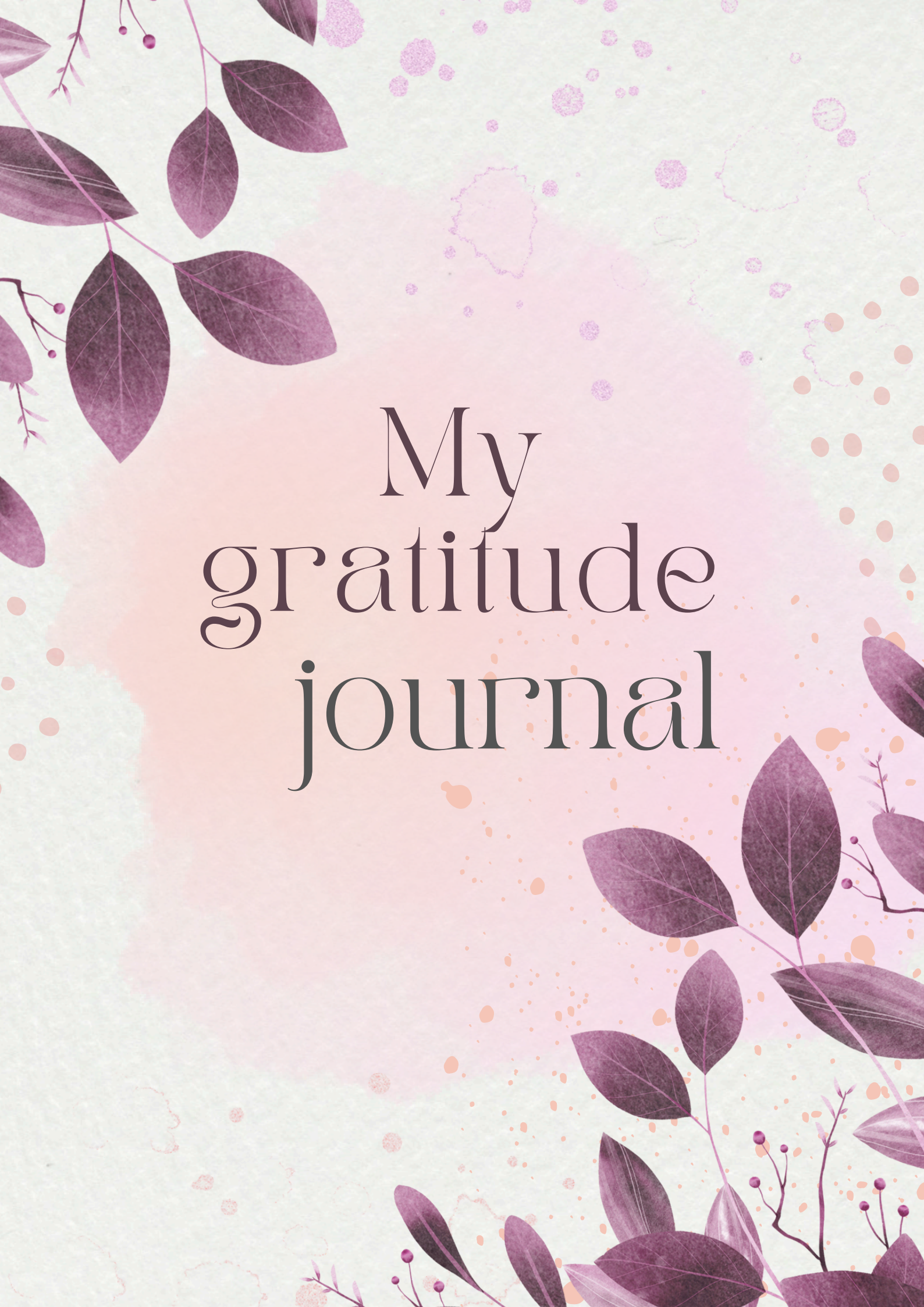
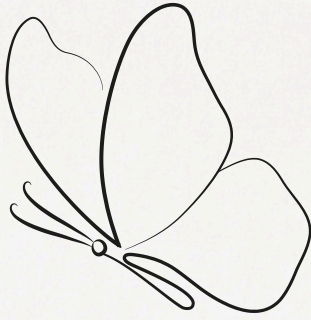




My gratitude journal



GRATITUDE JOURNAL

DATE ____ / ____ / ____

3 positive things that happened today

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My well-being gestures

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My mantra of the day



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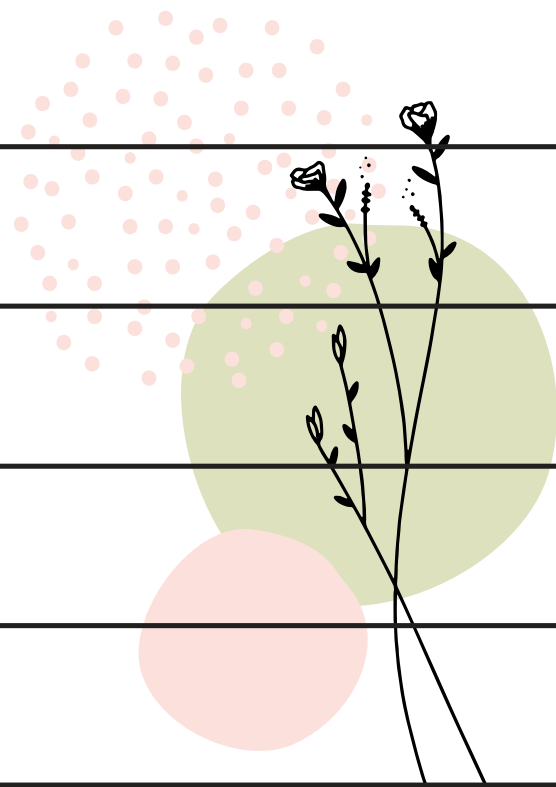
3 things I'm proud of

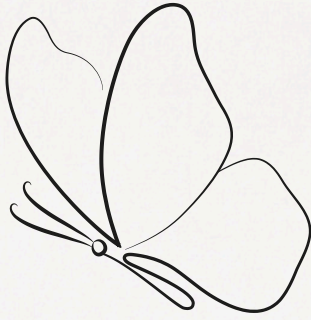
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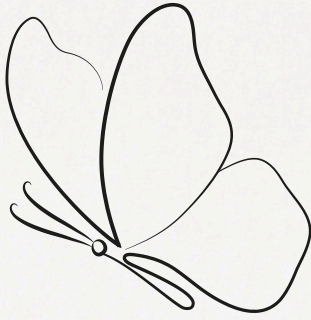
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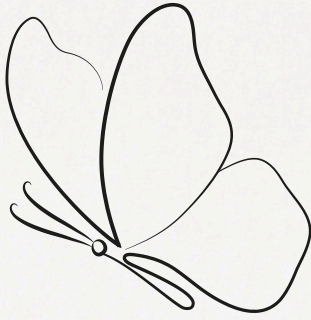
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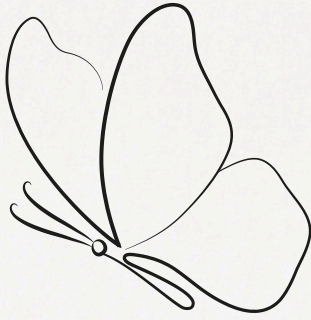
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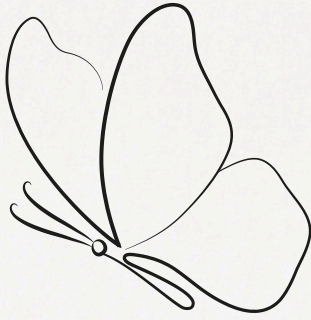
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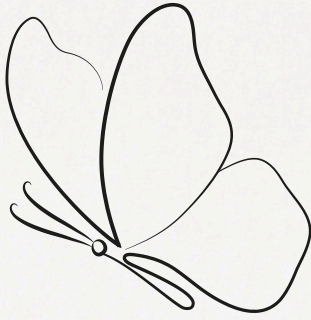
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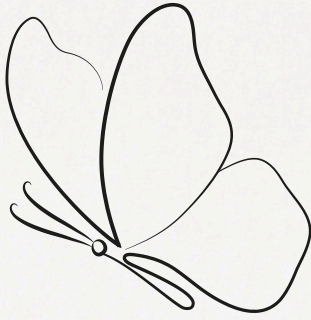
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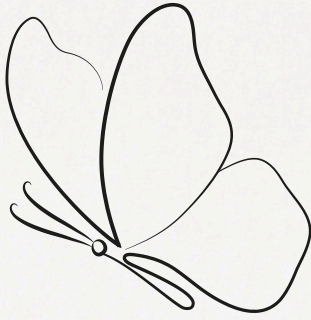
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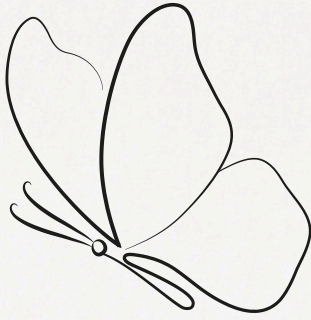
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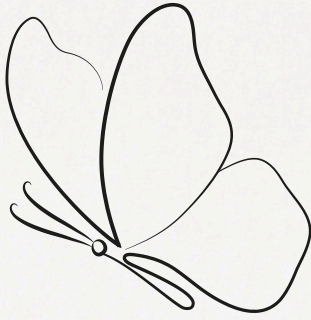
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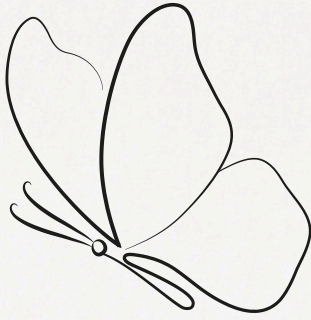
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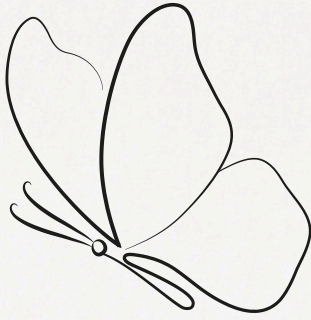
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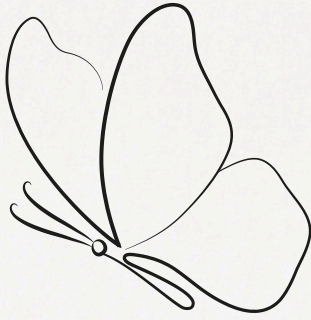
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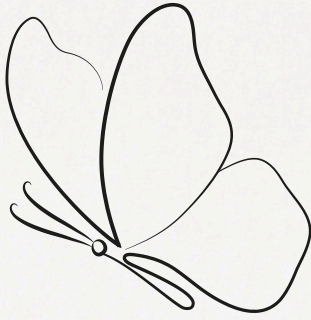
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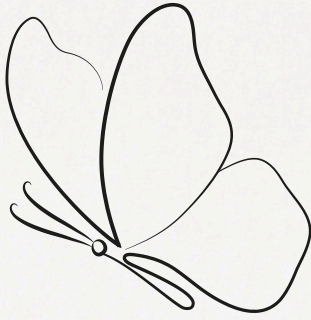
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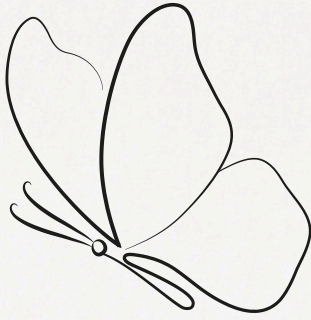
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