



1

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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2

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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3

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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4

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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5

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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6

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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7

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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8

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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9

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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10

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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11

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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12

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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13

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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14

DATE: __ / __ / __

HOW DO YOU FEEL TODAY?

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WHAT HAVE YOU DONE FOR YOURSELF TODAY?

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ONE THING YOU'RE GREATFUL FOR TODAY?

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*"What you think, you become.
What you feel, you attract.
What you imagine, you create."*

