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DATE _____

THE BEST MOMENT OF MY DAY: _____

THE WORST MOMENT OF MY DAY: _____

TODAY I FELT GRATEFUL FOR: _____

DATE _____

THE BEST MOMENT OF MY DAY: _____

THE WORST MOMENT OF MY DAY: _____

TODAY I FELT GRATEFUL FOR: _____

“Be healthy and take care of yourself. But be happy with the beautiful things that make you, you.”

DATE _____

THE BEST MOMENT OF MY DAY: _____

THE WORST MOMENT OF MY DAY: _____

TODAY I FELT GRATEFUL FOR: _____

DATE _____

THE BEST MOMENT OF MY DAY: _____

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