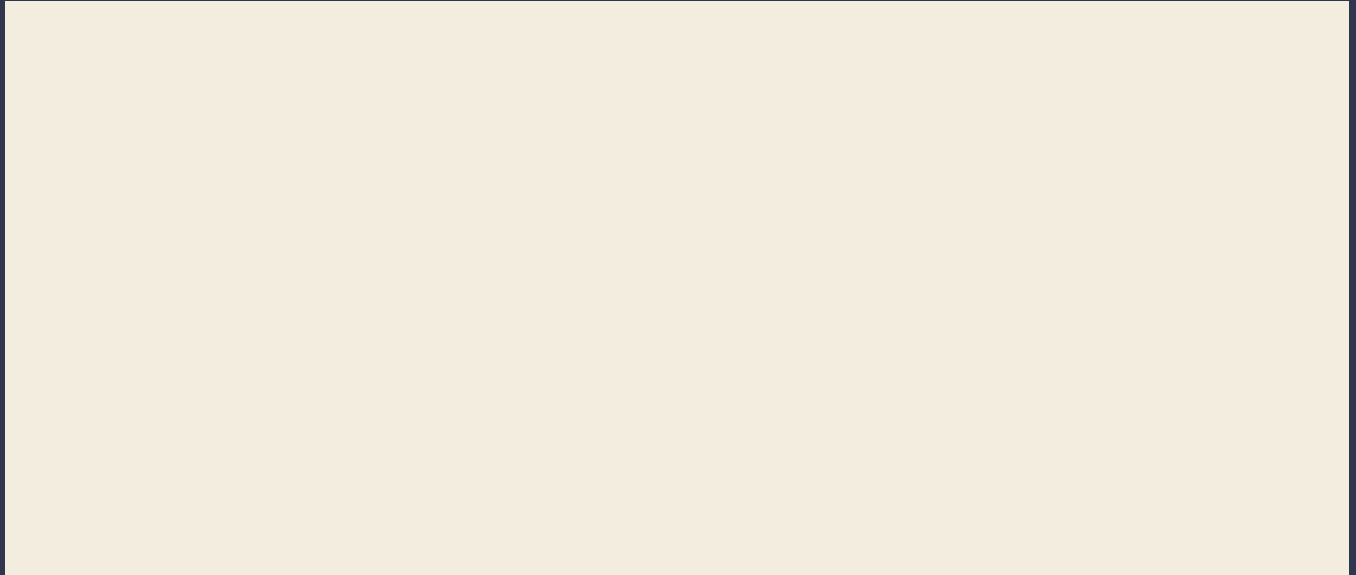


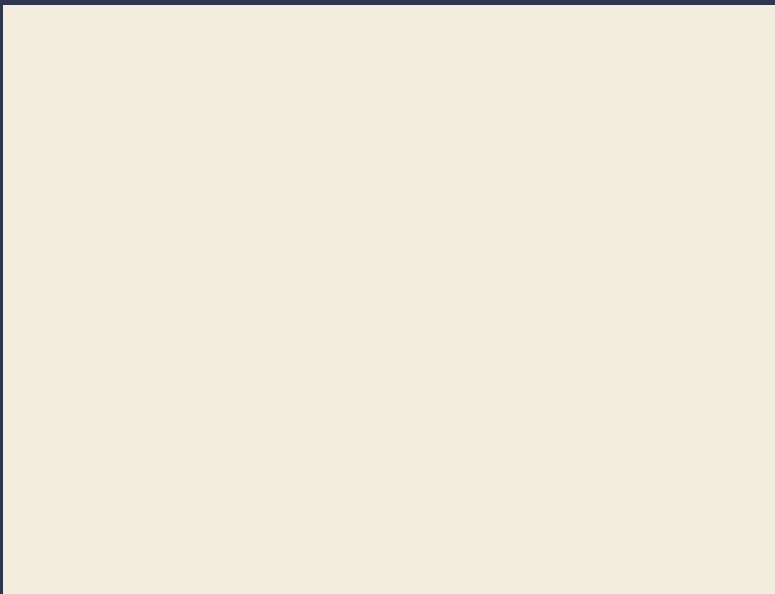
# My Daily Journal

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Today I am thinking...



Today I am grateful for...



Self-Care Checklist

- Yoga**
- Meditation**
- Journaling**
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