my rock the day	,
ta-da list	

NOTES

DATE: \_\_\_\_\_

DAILY AFFIRMATION ————		
DAILY GRATITUDE ———		
NAOCT INADODTANIT TACI		
MOST IMPORTANT TASK ————		
		SOCIAL POSTS
TO DO		
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	_	SELF CARE
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	_	MOVE MY BODY
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E CREATIVE BENEFIT