

*S*uccessful  
*H*appy  
*E*mpowered



# *My Gratitude Journal*

*Building Yourself*  
Life Coaching



# Self Care Sunday

3 Things I am grateful for today



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# Motivational Monday

3 Things I am grateful for today



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# Tenacious Tuesday

3 Things I am grateful for today



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# Willpower Wednesday

3 Things I am grateful for today



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# Thankful Thursday

3 Things I am grateful for today



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# Fun Friday

3 Things I am grateful for today



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# Simple Saturday

3 Things I am grateful for today



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