

*Big Wins This Week*

*Abundance That Showed Up*

DAILY SELF CARE ACTIONS

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Week Of: \_\_\_\_\_

Interesting Conversations I Had

Inspiring Experiences This Week

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Lessons and Challenges

*Daily Gratitude Practice*



Quiet Time Each Day?

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OPPORTUNITIES THAT CAME MY WAY

BOOKS AND ARTICLES AND CLASSES I CONQUERED

*Acts of Kindness I Performed*

New Ideas!