

Date: \_\_\_\_\_

*"Fill your paper with the breathings of your heart."*

*-William Wordsworth*

I am feeling:

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Things I am grateful for today:

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3 energies I want to bring to my day:

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3 ways I can bring these energies to life today:

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My 3 Top priorities to complete by the end of the day:

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3 good things that happened with me today:

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# Journal Magic