


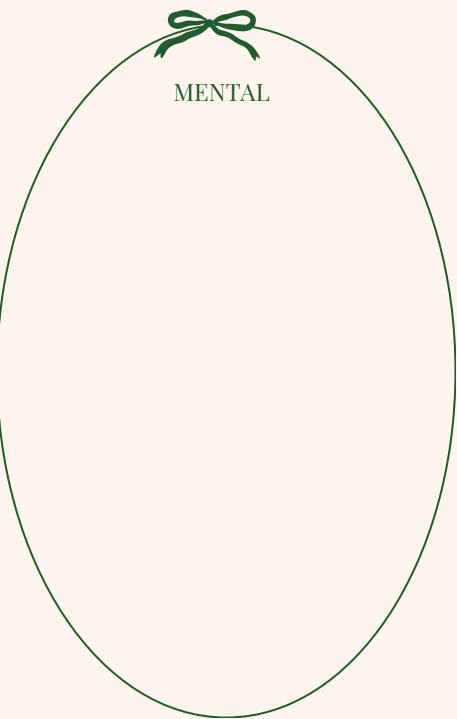
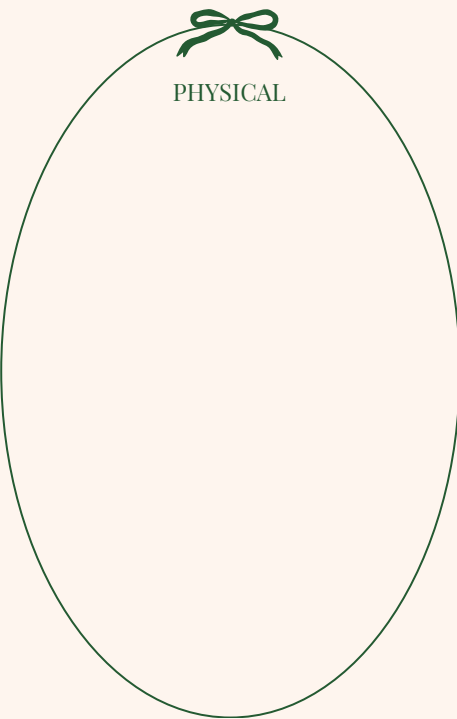
Gratitude Planner

(Remember)

CULTIVATING GRATITUDE IS A POWERFUL PRACTICE THAT CAN POSITIVELY IMPACT YOUR MINDSET AND OVERALL WELL-BEING. ENJOY THIS DAILY RITUAL, AND WATCH HOW IT CONTRIBUTES TO FULFILLED LIFE.

<i>(Day):</i>			<i>(Month):</i>			<i>(Year):</i>		
<i>3 best things about today</i> ✦ ✦ ✦				<i>Inspiration of the day</i>				
<i>Water Intake</i>  1L 2L 3L				<i>Today I'm grateful for</i>				
<i>Mood of the day</i>								

(How I feel) *ESTABLISH A CONNECTION WITH YOUR THREE WORLDS (MENTAL / PHYSICAL / SPIRITUAL).
SET AN INTENTION FOR EACH AND SHARE HOW YOU FEEL*

 MENTAL	 PHYSICAL	 SPIRITUAL
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