

# GRATITUDE

MONTHLY PREVIEW

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THIS MONTH'S INTENTION IS

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HOW DO YOU FEEL?

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HOW DO YOU WANT TO FEEL?

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WHERE DO YOU WANT TO FOCUS YOUR ENERGY?

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# DAILY GRATITUDE



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TODAY I'M FEELING

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POSITIVE AFFIRMATIONS

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MY FAVORITE MOMENT THE DAY

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TOMORROW I LOOK FORWARD TO

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MONTHLY REVIEW

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## HIGHLIGHTS OF THE MONTH

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WHAT IS SOMETHING NEW YOU'VE LEARNED?

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WHAT WERE SOME OF THE CHALLENGES YOU FACED?

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WHAT IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH?

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HAS PRACTICING GRATITUDE HELPED YOU THIS MONTH?

YES

MAYBE

NO