



BOOKS FOR SPIRITUAL GROWTH SERIES

365 DAYS  
**POSITIVITY  
PLANNER**  
& JOURNAL

*CHANGE YOUR HABITS  
CHANGE YOUR LIFE*

C.K. JOHNSON, D.MIN.



"You cannot have a positive life and a negative mind."  
- Joyce Meyer

JANUARY

**MY POSITIVE GOALS FOR JANUARY**

Lined area for writing positive goals for January.

**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

Lined area for writing steps to achieve the goals.

**MY PROGRESS AND RESULTS**

Lined area for tracking progress and results.

**JANUARY 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 3**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 5**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 7**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 9**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 13**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 15**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 17**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 19**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 20**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 23**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 24**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 25**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 26**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 27**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 28**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JANUARY 29**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**"Every Day Brings New Choices."**

- Martha Beck

# February

## MY POSITIVE GOALS FOR FEBRUARY

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## STEPS I NEED TO TAKE TO MAKE THIS HAPPEN

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## MY PROGRESS AND RESULTS

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**FEBRUARY 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**FEBRUARY 3**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**FEBRUARY 5**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**" Love yourself. It is important to stay positive because beauty comes from the inside out."**

- Jenn Proske

**MARCH**

**MY POSITIVE GOALS FOR MARCH**

Lined area for writing positive goals for March.

**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

Lined area for writing steps needed to make goals happen.

**MY PROGRESS AND RESULTS**

Lined area for tracking progress and results.

**MARCH 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 2**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 3**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 4**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 5**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 6**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 7**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 8**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 9**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 10**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 11**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 12**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 13**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 14**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 15**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 16**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 17**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 18**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 19**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 20**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 21**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 22**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 23**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 24**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 25**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 26**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 27**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 28**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 29**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 30**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MARCH 31**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**"Your positive action combined with positive thinking results in success."**

- Shiv Khera

**APRIL**

**MY POSITIVE GOALS FOR APRIL**

Lined area for writing positive goals for April.

**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

Lined area for writing steps to achieve the goals.

**MY PROGRESS AND RESULTS**

Lined area for tracking progress and results.

**APRIL 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 2**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 3**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 4**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 5**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 6**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 7**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 8**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 9**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 10**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 11**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 12**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 13**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 14**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 15**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 16**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 17**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 18**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 20**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 21**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 22**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 24**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 26**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 27**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 28**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 29**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**APRIL 30**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**"Yesterday is not ours to recover, but tomorrow is ours to win or lose."**

- Lyndon B. Johnson

**MAY**

**MY POSITIVE GOALS FOR MAY**

Handwriting practice area for goals, consisting of a dashed green border and five horizontal lines.

**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

Handwriting practice area for steps, consisting of a dashed green border and ten horizontal lines.

**MY PROGRESS AND RESULTS**

Handwriting practice area for progress and results, consisting of a dashed green border and ten horizontal lines.



**MAY 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 2**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 3**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 4**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 5**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 6**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**MAY 7**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**MAY 8**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 9**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 10**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 11**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 12**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 13**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 14**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 15**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 16**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 17**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 18**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 19**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 20**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 21**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 22**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 23**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 24**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 25**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 26**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 27**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MAY 28**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

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**MAY 29**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**MAY 30**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MAY 31**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**"Perpetual optimism is a force multiplier."**

- Colin Powell

**JUNE**

**MY POSITIVE GOALS FOR JUNE**

Lined area for writing positive goals for June.

**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

Lined area for writing steps needed to make goals happen.

**MY PROGRESS AND RESULTS**

Lined area for writing progress and results.



**JUNE 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**JUNE 2**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**JUNE 3**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**JUNE 4**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**JUNE 5**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**JUNE 6**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 7**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 8**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 9**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 10**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**JUNE 11**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 12**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**JUNE 13**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**JUNE 14**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**JUNE 15**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**JUNE 16**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_



**JUNE 17**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 18**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 19**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 20**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 21**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 22**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 23**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 24**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 25**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 26**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 27**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**JUNE 28**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 29**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JUNE 30**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**"Live life to the fullest and focus on the positive."**

- Matt Cameron

**JULY**

**MY POSITIVE GOALS FOR JULY**

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**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

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**MY PROGRESS AND RESULTS**

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**JULY 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 2**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**JULY 3**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 5**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 6**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 7**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 9**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 10**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 11**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 12**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 13**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 14**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 15**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 16**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 17**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 18**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 19**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 20**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 21**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 22**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 23**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 24**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 25**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 26**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 27**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 28**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 29**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 30**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**JULY 31**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**"Keep your face to the sunshine and you  
cannot see a shadow."**

- Helen Keller

**AUGUST**

**MY POSITIVE GOALS FOR AUGUST**

Lined writing area for goals.

**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

Lined writing area for steps.

**MY PROGRESS AND RESULTS**

Lined writing area for progress and results.

**AUGUST 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 3**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 5**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 7**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 9**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 13**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 15**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 17**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 21**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 23**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 25**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 27**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 29**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**AUGUST 31**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**"Delete the negative; accentuate the positive!"**

- Donna Karan

**SEPTEMBER**

**MY POSITIVE GOALS FOR SEPTEMBER**

Lined area for writing positive goals for September.

**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

Lined area for writing steps to achieve the goals.

**MY PROGRESS AND RESULTS**

Lined area for tracking progress and results.

**SEPTEMBER 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**SEPTEMBER 3**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**SEPTEMBER 5**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**SEPTEMBER 13**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

MY POSITIVE THOUGHT OF THE DAY

Five horizontal lines for writing a positive thought.

THINGS TO DO TODAY

Two columns of four horizontal lines each for listing tasks.

CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE

Five horizontal lines for writing about challenges and attitudes.

THREE THINGS I'M GRATEFUL FOR TODAY

Three numbered lines for listing things to be grateful for.

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**SEPTEMBER 21**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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_____	_____

**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**SEPTEMBER 22**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

Handwriting lines for the positive thought section.

**THINGS TO DO TODAY**

Handwriting lines for the things to do section, split into two columns.

**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

Handwriting lines for the challenges section.

**THREE THINGS I'M GRATEFUL FOR TODAY**

Numbered handwriting lines for the gratitude section.

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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_____	_____

**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**SEPTEMBER 25**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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_____	_____

**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**SEPTEMBER 29**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**"Positive thinking will let you use the ability  
which you have, and that is awesome.**

- Zig Ziglar

**OCTOBER**

**MY POSITIVE GOALS FOR OCTOBER**

Handwriting practice area for goals, consisting of a dashed green border and five horizontal lines.

**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

Handwriting practice area for steps, consisting of a dashed green border and ten horizontal lines.

**MY PROGRESS AND RESULTS**

Handwriting practice area for progress and results, consisting of a dashed green border and ten horizontal lines.

**OCTOBER 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_



**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**OCTOBER 6**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

OCTOBER 7

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

OCTOBER 10

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_



**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

OCTOBER 12

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

OCTOBER 14

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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OCTOBER 16

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

OCTOBER 18

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_



**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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OCTOBER 20

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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3. \_\_\_\_\_

OCTOBER 22

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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2. \_\_\_\_\_

3. \_\_\_\_\_

OCTOBER 24

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**OCTOBER 25**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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OCTOBER 26

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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OCTOBER 27

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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OCTOBER 28

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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OCTOBER 30

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**"I surround myself with good people who make me feel great and give me positive energy."**

- Ali Krieger

**NOVEMBER**

**MY POSITIVE GOALS FOR NOVEMBER**

Lined writing area for positive goals for November.

**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

Lined writing area for steps to take to make goals happen.

**MY PROGRESS AND RESULTS**

Lined writing area for progress and results.

**NOVEMBER 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**NOVEMBER 8**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**NOVEMBER 10**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**NOVEMBER 14**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**NOVEMBER 15**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**NOVEMBER 18**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**NOVEMBER 22**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**NOVEMBER 24**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**NOVEMBER 30**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**"In order to carry a positive action, we must  
develop a positive vision."**

- Dalai Lama

**DECEMBER**

**MY POSITIVE GOALS FOR DECEMBER**

Handwriting practice area for goals, consisting of a dashed border and five horizontal lines.

**STEPS I NEED TO TAKE TO MAKE THIS HAPPEN**

Handwriting practice area for steps, consisting of a dashed border and ten horizontal lines.

**MY PROGRESS AND RESULTS**

Handwriting practice area for progress and results, consisting of a dashed border and ten horizontal lines.

**DECEMBER 1**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**DECEMBER 15**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**DECEMBER 25**

**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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**MY POSITIVE THOUGHT OF THE DAY**

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**THINGS TO DO TODAY**

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**CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE**

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**THREE THINGS I'M GRATEFUL FOR TODAY**

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