

GRATITUDE

MONTHLY PREVIEW

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THIS MONTH'S INTENTION IS

HOW DO YOU FEEL?	HOW DO YOU WANT TO FEEL?
WHERE DO YOU WANT T	O FOCUS YOUR ENERGY?



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HIGHLIGHTS OF THE MONTH

		YOU'VE L	EARNED?	
ERE SOME	OF THE CH	ALLENGES	YOU FACED?	
TICING GR	ATITUDE H	ELPED YOU	J THIS MONTH?	,
S	МАҮВЕ		NO	
	T IS SOME ERE SOME YOURS	T IS SOMETHING NEW ERE SOME OF THE CH T IS THE BEST THING YOURSELF THIS PA	T IS SOMETHING NEW YOU'VE LETER SOME OF THE CHALLENGES T IS THE BEST THING YOU HAVE YOURSELF THIS PAST MONTH	T IS SOMETHING NEW YOU'VE LEARNED? ERE SOME OF THE CHALLENGES YOU FACED? T IS THE BEST THING YOU HAVE DONE FOR YOURSELF THIS PAST MONTH? TICING GRATITUDE HELPED YOU THIS MONTH?