A LITTLE DOSE OF OPTIMISM

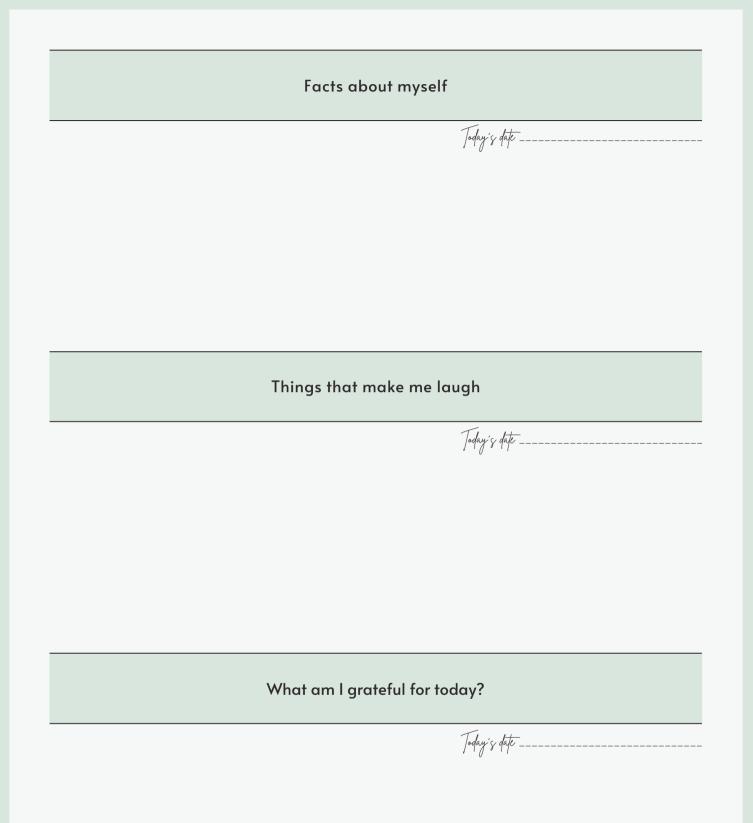
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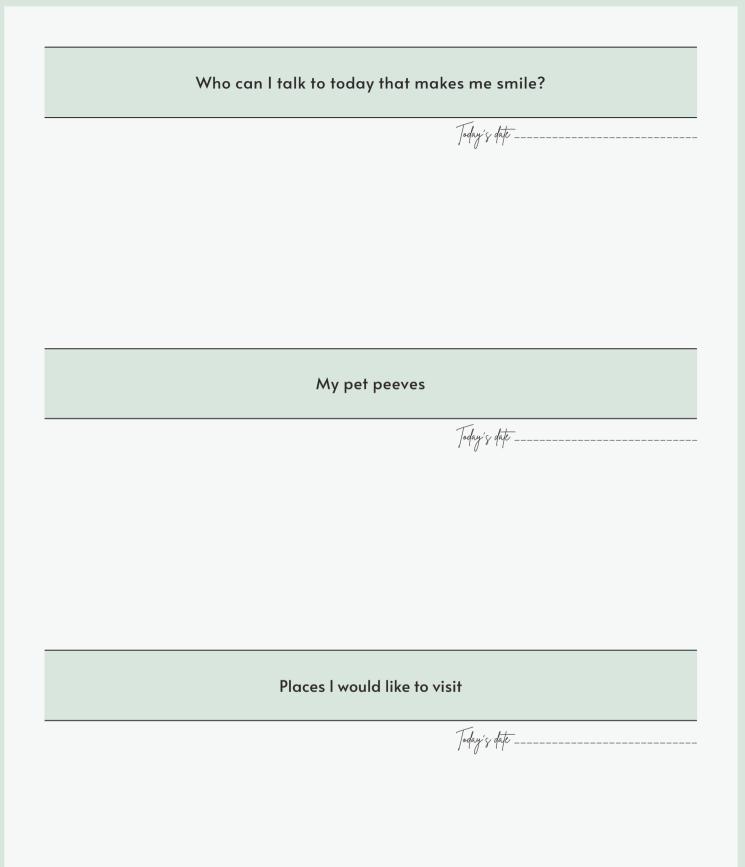


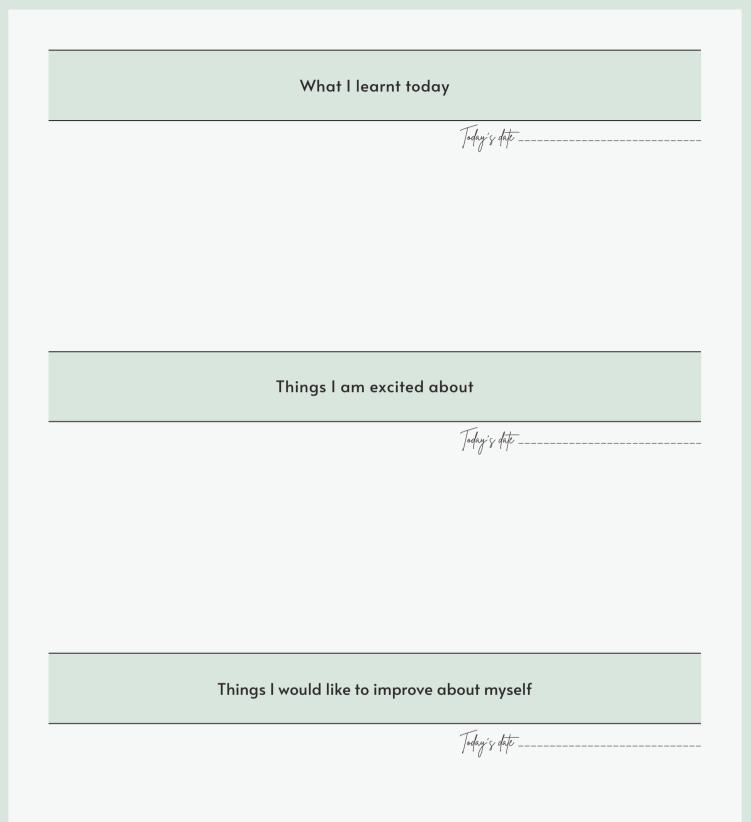


A little dose of optimism: allowing you to take time to truly get to know yourself and celebrate the good things in life.

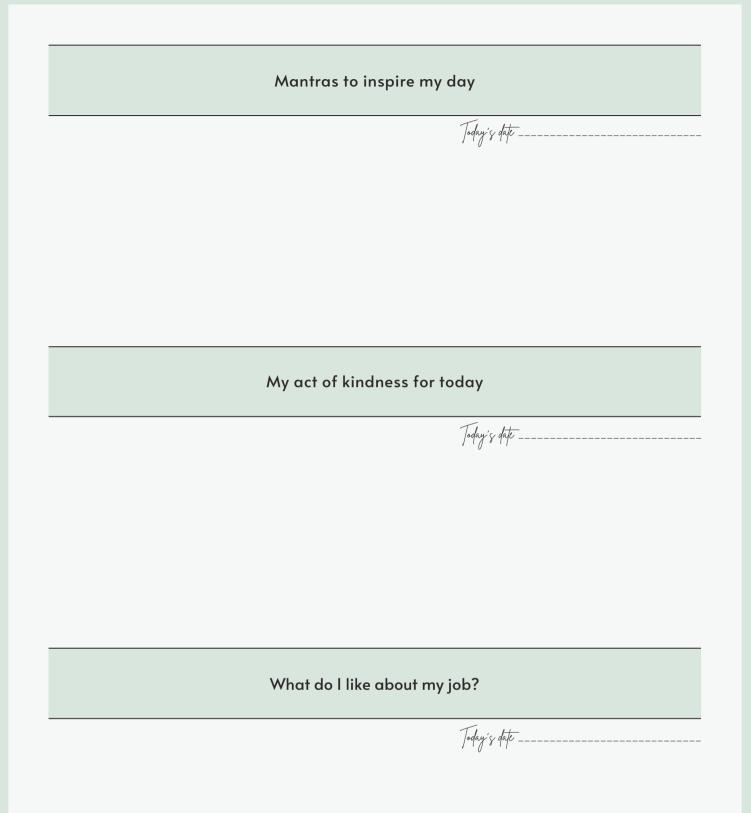
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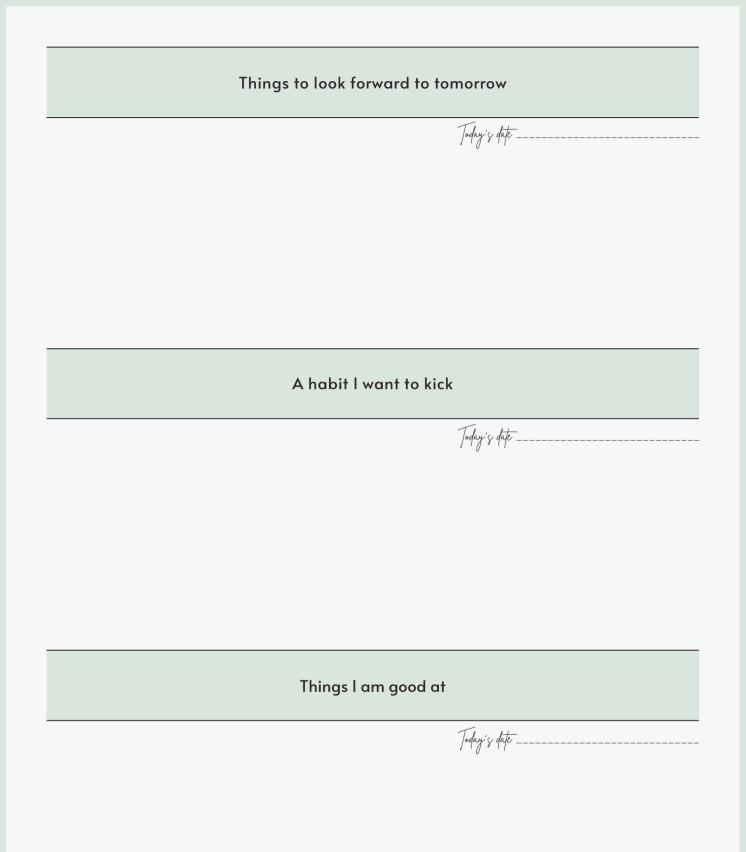






Today's intentions Today's date _____ What do I want to accomplish by this time next year? Today'ş date _____ Highlights from today





Things I love to do Today's date _____ Where can I get my energy from today? Today'ş dat _____ What fuels my drive to success? Today's date _____

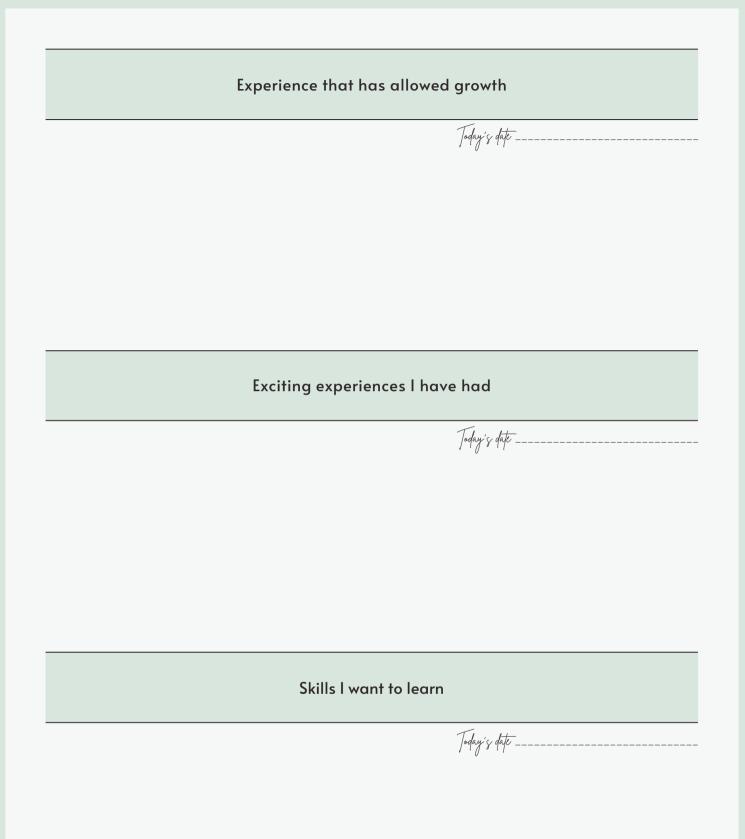
Things that bring me joy Today's date _____ My favourite song that lifts me up Today'ş date _____ What I love about my body

What mindfulness activity will I do today?

My boost in self-esteem affirmation is...

What matters the most in my life?

Today'ş date _____





Keep being you, keep celebrating the good vibes and stay true to yourself.

