

GRATITUDE JOURNAL

DATE: _____

(S) (M) (T) (W) (T) (F) (S)

TODAY I'M GRATEFUL FOR

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TODAY'S AFFIRMATION:

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SOMETHING I'M PROUD OF:

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WATER INTAKE



TOMORROW I LOOK FORWARD TO:

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NOTES/ REMINDERS:



Leefstijlcoach-Rotterdam

Kies voor gezondheid

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