

___ I meditated today.
During my meditation, I asked about:

During meditation, I saw how grateful I was for:

During my meditation, I saw insight about:

___ I visualized today.
While visualizing the things on my dream board,
I felt strongest about:

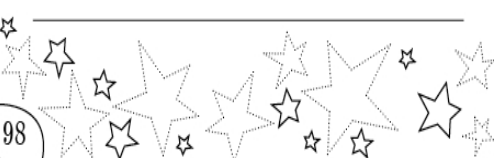
While visualizing the things on my dream board,
I felt grateful for:

While visualizing the things on my dream board,
I found I'm closer to reaching:

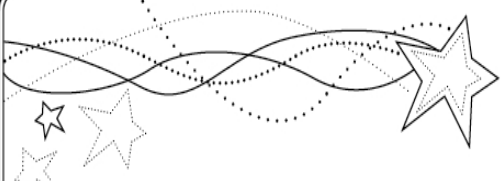
___ I said my affirmations today.
I learned that I really can/do have:

I realized that I am grateful for:

I saw that I have grown in the area of:



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My goal for today is:

My goal for this week is:

My goal for this month is:

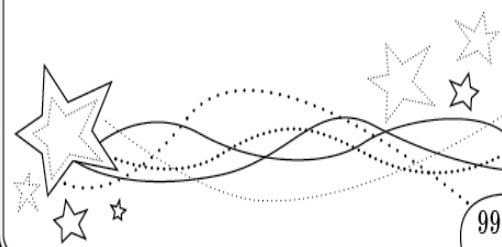
My goal for this year is:

Yesterday I accomplished:

Last week I finished:

Last month I was able to complete:

Last year I realized:



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