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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:		
1.	"MY MOTHER ONCE SAID: HATE		
2.	HAS 4 LETTERS, BUT SO DOES LOVE. ENEMIES HAS 7 LETTERS,		
3.	BUT SO DOES FRIENDS. LYING		
4.	HAS 5 LETTERS, BUT SO DOES TRUTH. CRY HAS 3 LETTERS, BUT		
	SO DOES JOY. NEGATIVITY HAS 10 LETTERS, BUT SO DOES		
TODAY'S MOOD:	POSITIVITY. LIFE IS 2 SIDED, CHOOSE THE BETTER SIDE OF		
	IT."		
ANGRY TIRED SAD HAPPY EXCITED	— UNKNOWN		
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW:		
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QUOTE OF THE DAY:

"TEACHING AND LEARNING SHOULD BRING GREAT JOY."

- RITA PIERSON

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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QUOTE OF THE DAY:

"IT'S NOT ABOUT WHO YOU IMPRESS, IT'S ABOUT WHO YOU IMPACT."

— ANONYMOUS

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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NOTES/REMINDERS:	

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QUOTE OF THE DAY:

"IF IT STILL MAKES YOU CRY,
IT STILL MATTERS."

— PARTH

TODAY'S MOOD:

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REFLECTION OF THE DAY:	

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"TO THE WORLD YOU MAY BE ONE PERSON, BUT TO ONE PERSON, YOU MAY BE THE WORLD."

- DR. SEUSS

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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"DON'T COMPARE YOURSELF WITH OTHER PEOPLE; COMPARE YOURSELF WITH WHO YOU WERE YESTERDAY."

— JORDAN PETERSON

TODAY'S MOOD:

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"I'M NOT INSANE; I'M MENTALLY HILARIOUS."

- UNKNOWN

TODAY'S MOOD:

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QUOTE OF THE DAY:

"ONE MUST LEARN TO CARE FOR ONESELF FIRST, SO THAT ONE CAN THEN DARE TO CARE FOR SOMEONE ELSE."

— MAYA ANGELOU

TODAY'S MOOD:

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REFLECTION OF THE DAY:





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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:	
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2.	"KEEP SOME ROOM IN YOUR HEART FOR THE UNIMAGINABLE."	
3.	UNIMAGINABLE.	
4.	— MARY OLIVER	
TODAY'S MOOD:		
ANGRY TIRED SAD HAPPY EXCITED		
REFLECTION OF THE DAY:		
NOTES/REMINDERS:	GOALS FOR TOMORROW:	
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QUOTE OF THE DAY:

"IF IT DOESN'T MAKE YOU
FEEL FABULOUS, DON'T DO IT,
DON'T BUY IT, DON'T WEAR IT,
DON'T EAT IT, AND DON'T
KEEP IT."

— UNKNOWN

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
1.	"YOU ARE HERE TO CREATE
2.	YOUR VERY OWN FAIRYTALE."
3.	— ABRAHAM HICKS
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TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
1. 2. 3.	"IF OUR CHILDREN ARE TO APPROVE OF THEMSELVES, THEY MUST SEE THAT WE APPROVE OF OURSELVES."
4.	— MAYA ANGELOU
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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"OFTEN WHEN YOU THINK YOU'RE AT THE END OF SOMETHING, YOU'RE AT THE BEGINNING OF SOMETHING ELSE."

— FRED ROGERS

TODAY'S MOOD:

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TODAY'S MOOD:











QUOTE OF THE DAY:

"ALL I KNOW IS THAT MY LIFE IS BETTER WHEN I ASSUME THAT PEOPLE ARE DOING THEIR BEST. IT KEEPS ME OUT OF JUDGMENT AND LETS ME FOCUS ON WHAT IS, AND NOT WHAT SHOULD OR COULD BE."

- BRENE BROWN

REFLECTION OF THE DAY:

NOTES/REMINDER	RS:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:		
1. 2. 3. 4. TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED	"BE A KIND VOICE IN THIS BROKEN-HEARTED WORLD. GIVE GRACE, AND BE READY TO RECEIVE IT. LISTEN SO WELL THAT THE PERSON YOU'RE WITH CAN REST IN YOUR LOVING ATTENTION FOR A MOMENT. BE A LIGHT.BE A LIGHT. BE A LIGHT."		
REFLECTION OF THE DAY: NOTES/REMINDERS:	GOALS FOR TOMORROW: 1. 2.		

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"TO PAY ATTENTION, THIS IS OUR ENDLESS AND PROPER WORK."

— MARY OLIVER

TODAY'S MOOD:

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"TAKING CARE OF YOURSELF IS THE MOST POWERFUL WAY TO BEGIN TO TAKE CARE OF OTHERS."

— BRYANT MCGILL

TODAY'S MOOD:

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REFLECTION OF THE DAY:	

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QUOTE OF THE DAY:

"IT'S NOT SO MUCH WHAT WE HAVE IN THIS LIFE THAT MATTERS. IT'S WHAT WE DO WITH WHAT WE HAVE."

- FRED ROGERS

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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QUOTE OF THE DAY:

"KINDNESS HAS A BEAUTIFUL WAY OF REACHING DOWN INTO A WEARY HEART AND MAKING IT SHINE LIKE THE RISING SUN."

— UNKNOWN

TODAY'S MOOD:

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QUOTE OF THE DAY:

"BE MINDFUL. BE GRATEFUL. BE POSITIVE. BE TRUE. BE KIND."

- ROY T. BENNETT

TODAY'S MOOD:

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REFLECTION OF THE DAY:

NOTES/REMINDERS:

GOALS FOR TOMORROW:

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TODAY I AM GRA	TEFUL FOR:	QUOTE OF THE DAY:
 2. 3. 		"DO THINGS FOR PEOPLE, NOT BECAUSE OF WHO THEY ARE OR WHAT THEY DO IN RETURN, BUT BECAUSE OF WHO YOU ARE."
TODAY'S MOOD:		— HAROLD S. KUSHNER
ANGRY TIRED SAC		
REFLECTION OF	THE DAY:	
NOTES/REMINDE	RS:	GOALS FOR TOMORROW:

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ODAY I AM GRATEFUL FOR:		QUOTE OF THE DAY:
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"BE KIND WHENEVER POSSIBLE. IT IS ALWAYS POSSIBLE."

- THE 14TH DALAI LAMA

TODAY'S MOOD:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
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2.	"KINDNESS CAN BECOME ITS OWN MOTIVE. WE ARE MADE KIND BY BEING KIND."
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4.	— ERIC HOFFER
TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW:
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
1.	"KINDNESS IS THE LIGHT THAT
2.	DISSOLVES ALL WALLS
3.	BETWEEN SOULS, FAMILIES, AND NATIONS."
4.	— PARAMAHANSA
	YOGANANDA
TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
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"A HUG IS ALWAYS THE RIGHT SIZE."

- WINNIE THE POOH

TODAY'S MOOD:

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"NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED."

— AESOP

TODAY'S MOOD:

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REFLECTION OF THE DAY:	

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"A WARM SMILE IS THE UNIVERSAL LANGUAGE OF KINDNESS."

- WILLIAM WARD

TODAY'S MOOD:

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REFLECTION OF THE DAY:	

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QUOTE OF THE DAY:

"IF YOU SEE SOMEONE WITHOUT A SMILE, GIVE THEM YOURS."

— DOLLY PARTON

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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GOALS FOR TOMORROW:

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