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LINCOLN
littles
elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:		
1. 2. 3. 4.	"I AM NOT WHAT HAPPENED TO ME. I AM WHAT I CHOOS TO BECOME." — CARL JUNG		
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED			
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW: 1.		

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"FLOWERS GROW BACK, EVEN AFTER THEY ARE STEPPED ON. SO WILL I."

- UNKNOWN

TODAY'S MOOD:

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ANG	RY









EXCITED

REFLECTION OF THE DAY:	

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"A SOMEBODY WAS ONCE A NOBODY WHO WANTED TO AND DID."

- JOHN BURROUGHS

TODAY'S MOOD:

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ANG	GRY









REFLECTION OF THE DAY:

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NOTES/REMINDERS:	

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:		
1. 2. 3. 4.	"OUR GREATEST GLORY IS NOT IN NEVER FALLING, BUT IN RISING EVERY TIME WE FALL." — CONFUCIUS		
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED			
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW: 1. 2.		

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"EVERYTHING YOU'VE EVER WANTED IS ON THE OTHER SIDE OF FEAR."

- GEORGE ADDAIR

TODAY'S MOOD:

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ANG	GRY









HAPPY EXCITED

REFLECTION OF THE DAY:

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REFLECTION OF THE DAY:	
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED	
} .	— ROBERT FULGHUM
·	"THE GRASS IS GREENEST WHERE IT IS WATERED."
ODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:

NOTES/REMINDERS:	GOAL
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LINCOLN
elevating early childhood

TODAY I AM GRATEFUL FOR:				R:	QUOTE OF THE DAY: "THE THINGS THAT MAKE ME	
2.					DIFFERENT AND THE THINGS THAT MAKE ME, ME."	
4.					— PIGLET	
TODA	Y'S MO	OD:				
ANGRY	TIRED	SAD	HAPPY	EXCITED		
REFLE	ECTION	OF TH	E DAY:			
NOTES/REMINDERS:			•		GOALS FOR TOMORROW: 1.	

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"HAPPINESS IS NOT SOMETHING READY-MADE. IT COMES FROM YOUR OWN ACTIONS."

— DALAI LAMA

TODAY'S MOOD:

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REFLECTION OF THE DAY:

NOTES/REMINDERS:	GOALS FOR TOMORROW:	

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:			
2.	"CHILDREN ARE THE MOST VALUABLE RESOURCE."			
3.	— HERBERT HOOVER			
1.				
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:

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QUOTE OF THE DAY:

"A LITTLE CONSIDERATION, A LITTLE THOUGHT FOR OTHERS, MAKES ALL THE DIFFERENCE."

— EEYORE

TODAY'S MOOD:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
1.	WIE IT WACNUT HADD
2.	"IF IT WASN'T HARD, EVERYONE WOULD DO IT. IT'S
3.	THE HARD THAT MAKES IT GREAT."
4.	— TOM HANKS
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. 4.	"YOU MAY NOT ALWAYS BE ABLE TO DRIVE THE CHANGE, BUT BY SUPPORTING OTHERS, YOU EMPOWER THOSE WHO STEP UP TO TAKE THE LEAD." — BHAWNA GAUTAM
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED	
REFLECTION OF THE DAY:	
NOTES/REMINDERS:	GOALS FOR TOMORROW: 1. 2.

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"IF YOU REALIZED HOW
POWERFUL YOUR THOUGHTS
ARE, YOU WOULD NEVER
THINK A NEGATIVE THOUGHT."

— PEACE PILGRIM

TODAY'S MOOD:

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REFLECTION OF THE DAY:

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GOALS FOR TOMORROW:

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"YESTERDAY I WAS CLEVER, SO I WANTED TO CHANGE THE WORLD. TODAY I AM WISE, SO I AM CHANGING MYSELF."

— RUMI

TODAY'S MOOD:

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ANG	GRY









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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.	"YOU'RE BRAVER THAN YOU BELIEVE, STRONGER THAN YOU		
3.	SEEM AND SMARTER THAN YOU THINK."		
4.	— CHRISTOPHER ROBIN		
TODAY'S MOOD:			
ANGRY TIRED SAD HAPPY EXCITED			
REFLECTION OF THE DAY:			
NOTES/REMINDERS:	GOALS FOR TOMORROW:		
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"SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT."

- ROBERT COLLIER

TODAY'S MOOD:

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TODAY I AM GRATEFUL FOR:

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QUOTE OF THE DAY:

"MINDS ARE CONQUERED NOT BY ARMS, BUT LOVE AND NOBILITY."

— BARUCH SPINOZA

TODAY'S MOOD:

ANGRY	









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ODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:
2.	"LEAP AND THE NET WILL APPEAR."
	— JOHN BURROUGHS
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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:
2.	"CARING ABOUT THE HAPPINESS OF OTHERS, W
3.	FIND OUR OWN."
4.	— PLATO
TODAY'S MOOD:	
ANGRY TIRED SAD HAPPY EXCITED	

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NOTES/REMINDERS:	GOALS
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:	
1	"RAISE YOUR WORDS, NOT YOUR VOICE. IT IS RAIN THAT GROWS FLOWERS, NOT THUNDER." — RUMI	
TODAY'S MOOD: ANGRY TIRED SAD HAPPY EXCITED		
REFLECTION OF THE DAY:		
NOTES/REMINDERS:	GOALS FOR TOMORROW:	
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"BREATHE IN PEACE AND BREATHE OUT BLESSINGS TO ALL."

- UNKNOWN

TODAY'S MOOD:

ANGRY



NOTES/REMINDERS:







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"IF IT DOESN'T CHALLENGE YOU IT WON'T CHANGE YOU."

- FRED DEVITO

TODAY'S MOOD:

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LINCOLN
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elevating early childhood

TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:	
1. 2. 3. 4.	"YOUR DIRECTION IS MORE IMPORTANT THAN YOUR SPEED." — RICHARD EVANS	
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:	

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"EVERYONE THINKS THEY HAVE THE BEST DOG. AND NONE OF THEM ARE WRONG."

- W.R. PURCHE

TODAY'S MOOD:

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ANG	GRY









EXCITED

REFLECTION OF THE DAY	:	
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GOALS FOR TOMORROW:

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:				
1.	"WHEN EVERYTHING SEEMS TO				
2.	BE GOING AGAINST YOU,				
3.	REMEMBER THAT THE AIRPLANE TAKES OFF AGAINST				
4.	THE WIND, NOT WITH IT."				
	— HENRY FORD				
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:

"WHEN YOU DO THINGS FROM YOUR SOUL, YOU FEEL A RIVER OF JOY WITHIN YOU."

— RUMI

TODAY'S MOOD:

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ANG	GRY









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NOTES/REMINDERS:	

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"EVERY GREAT STORY ON THE PLANET HAPPENED WHEN SOMEONE DECIDED NOT TO GIVE UP, BUT KEPT GOING NO MATTER WHAT."

— SPRYTE LORIANO

TODAY'S MOOD:

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"IT NEVER HURTS TO KEEP LOOKING FOR SUNSHINE."

- EEYORE

TODAY'S MOOD:

ANGRY	









TIRED

REFLECTION OF THE DAY:

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NOTES/REMINDERS:	

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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY: "THE BEST WAY TO CAPTURE MOMENTS IS TO PAY ATTENTION. THIS IS HOW WE CULTIVATE MINDFULNESS." — JON KABAT-ZINN		
1. 2. 3. 4.			
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:

"THE MOST IMPORTANT
MOMENT IN YOUR
MEDITATION PRACTICE IS THE
MOMENT YOU SIT DOWN TO
DO IT."

— SHARON SALZBERG

TODAY'S MOOD:

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ANG	GRY









REFLECTION OF THE DAY:

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GOALS FOR TOMORROW:

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LINCOLN	
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TODAY I AM GRATEFUL FOR:	QUOTE OF THE DAY:	
1.	"WE ARE RESPONSIBLE FOR THE SEEDS WE PLANT,	
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3.	BECAUSE THEY WILL BLOOM."	
	— RUTH KING	
4.		
TODAY'S MOOD:		
ANGRY TIRED SAD HAPPY EXCITED		
REFLECTION OF THE DAY:		
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NOTES/REMINDERS:	GOALS FOR TOMORROW:	
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