

DAILY  
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**TODAY I AM GRATEFUL FOR:**

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**QUOTE OF THE DAY:**

*"I AM NOT WHAT HAPPENED TO ME. I AM WHAT I CHOOSE TO BECOME."*

— CARL JUNG

**TODAY'S MOOD:**



ANGRY



TIRED



SAD



HAPPY



EXCITED

**REFLECTION OF THE DAY:**

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**NOTES/REMINDERS:**

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**GOALS FOR TOMORROW:**

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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:**



ANGRY



TIRED



SAD



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**QUOTE OF THE DAY:**

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

— JOHN BURROUGHS

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"OUR GREATEST GLORY IS NOT  
IN NEVER FALLING, BUT IN  
RISING EVERY TIME WE FALL."*

— CONFUCIUS

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

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

— GEORGE ADDAIR

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"THE GRASS IS GREENEST  
WHERE IT IS WATERED."*

— ROBERT FULGHUM

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"THE THINGS THAT MAKE ME  
DIFFERENT AND THE THINGS  
THAT MAKE ME, ME."*

— PIGLET

**TODAY'S MOOD:**



ANGRY



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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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**QUOTE OF THE DAY:**

*"CHILDREN ARE THE MOST VALUABLE RESOURCE."*

— HERBERT HOOVER

**TODAY'S MOOD:**



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**QUOTE OF THE DAY:**

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

— EYORE

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"IF IT WASN'T HARD,  
EVERYONE WOULD DO IT. IT'S  
THE HARD THAT MAKES IT  
GREAT."*

— TOM HANKS

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

*"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



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**QUOTE OF THE DAY:**

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

— PEACE PILGRIM

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

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

— RUMI

**TODAY'S MOOD:**



ANGRY



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**TODAY I AM GRATEFUL FOR:**

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**QUOTE OF THE DAY:**

*"YOU'RE BRAVER THAN YOU BELIEVE, STRONGER THAN YOU SEEM AND SMARTER THAN YOU THINK."*

— CHRISTOPHER ROBIN

**TODAY'S MOOD:**



ANGRY



TIRED



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**QUOTE OF THE DAY:**

*"SUCCESS IS THE SUM OF  
SMALL EFFORTS, REPEATED  
DAY IN AND DAY OUT."*

— ROBERT COLLIER

**TODAY'S MOOD:**



ANGRY



TIRED



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**QUOTE OF THE DAY:**

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

— BARUCH SPINOZA

**TODAY'S MOOD:**



ANGRY



TIRED



SAD



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**TODAY I AM GRATEFUL FOR:**

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**QUOTE OF THE DAY:**

*"LEAP AND THE NET WILL  
APPEAR."*

— JOHN BURROUGHS

**TODAY'S MOOD:**



ANGRY



TIRED



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**REFLECTION OF THE DAY:**

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**QUOTE OF THE DAY:**

*"CARING ABOUT THE  
HAPPINESS OF OTHERS, WE  
FIND OUR OWN."*

— PLATO

**TODAY'S MOOD:**



ANGRY



TIRED



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**QUOTE OF THE DAY:**

*"RAISE YOUR WORDS, NOT  
YOUR VOICE. IT IS RAIN THAT  
GROWS FLOWERS, NOT  
THUNDER."*

— RUMI

**TODAY'S MOOD:**



ANGRY



TIRED



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**QUOTE OF THE DAY:**

*"BREATHE IN PEACE AND  
BREATHE OUT BLESSINGS TO  
ALL."*

— UNKNOWN

**TODAY'S MOOD:**



ANGRY



TIRED



SAD



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**QUOTE OF THE DAY:**

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

— FRED DEVITO

**TODAY'S MOOD:**



ANGRY



TIRED



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**QUOTE OF THE DAY:**

*"YOUR DIRECTION IS MORE  
IMPORTANT THAN YOUR  
SPEED."*

— RICHARD EVANS

**TODAY'S MOOD:**



ANGRY



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**QUOTE OF THE DAY:**

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

— W.R. PURCHE

**TODAY'S MOOD:**



ANGRY



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**TODAY I AM GRATEFUL FOR:**

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**QUOTE OF THE DAY:**

*"WHEN EVERYTHING SEEMS TO  
BE GOING AGAINST YOU,  
REMEMBER THAT THE  
AIRPLANE TAKES OFF AGAINST  
THE WIND, NOT WITH IT."*

— HENRY FORD

**TODAY'S MOOD:**



ANGRY



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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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**QUOTE OF THE DAY:**

*"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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**QUOTE OF THE DAY:**

*"IT NEVER HURTS TO KEEP  
LOOKING FOR SUNSHINE."*

— EEYORE

**TODAY'S MOOD:**



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**TODAY I AM GRATEFUL FOR:**

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**QUOTE OF THE DAY:**

*"THE BEST WAY TO CAPTURE  
MOMENTS IS TO PAY  
ATTENTION. THIS IS HOW WE  
CULTIVATE MINDFULNESS."*

— JON KABAT-ZINN

**TODAY'S MOOD:**



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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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**TODAY I AM GRATEFUL FOR:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**QUOTE OF THE DAY:**

*"WE ARE RESPONSIBLE FOR  
THE SEEDS WE PLANT,  
BECAUSE THEY WILL BLOOM."*

— RUTH KING

**TODAY'S MOOD:**



ANGRY



TIRED



SAD



HAPPY



EXCITED

**REFLECTION OF THE DAY:**

\_\_\_\_\_

**NOTES/REMINDERS:**

\_\_\_\_\_

**GOALS FOR TOMORROW:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_