

Stay close to the people who feel like sunlight



I am grateful for...

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Daily affirmations

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Three things that made today great:

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Who are you grateful for?

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Paradise isn't a place, it's a feeling



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Daily affirmations

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Three things that made today great:

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What is a feeling you are grateful for?

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The most reliable way to predict the future is to create it



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Daily affirmations

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Three things that made today great:

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What is something you are looking forward to?

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Know who you are and what you want.



I am grateful for...

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Daily affirmations

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Three things that made today great:

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What are your core values?

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Something about you made me feel a little more alive and a far less lost.



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Three things that made today great:

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Who makes you feel loved and why?

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We are what we repeatedly do



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Three things that made today great:

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What good habits do you want to cultivate?

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Let go of the illusion that it could have been any different.



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Three things that made today great:

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Is there something you are still holding onto? Is it time to let go?

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A little progress each day adds up to big results.



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Three things that made today great:

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What do you want your life to be like in five years?

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Be loud about the things that are important to you.



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Three things that made today great:

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How are you feeling today? Why?

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Focus your energy on the good stuff.



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Three things that made today great:

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What excites you?

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