

# Daily Reflection

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Today I am grateful for these three things...

Date:

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- 1.
  - 2.
  - 3.
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*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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