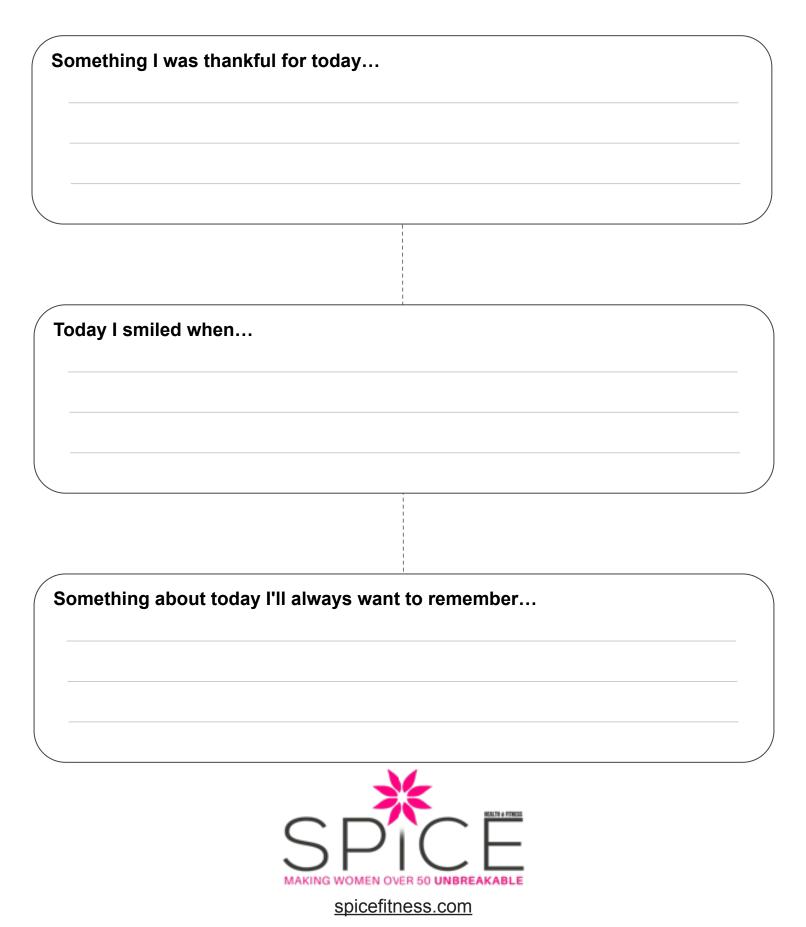




Practice Gratitude 7-Day Challenge Journal













| omething I wa | is happy about to | day | |
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| omething go | od I saw someone | do today… | |
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| Something I di | d well today… | | |
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MAKING WOMEN OVER 50 UNBREAKABLE spicefitness.com