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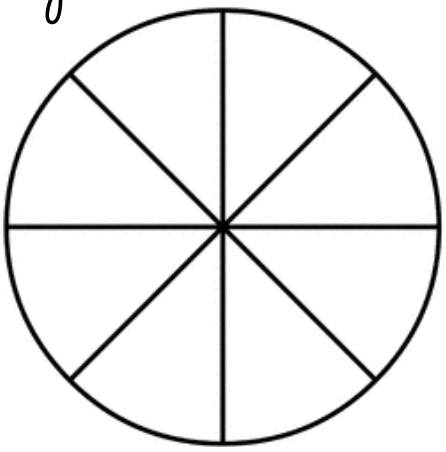
IDEAS | NOTES

intentions

alignment



gratitude
1
2
3
successes
1
2
3
self-care
1
2
3
kindness
1
2
3
room to grow
1
2