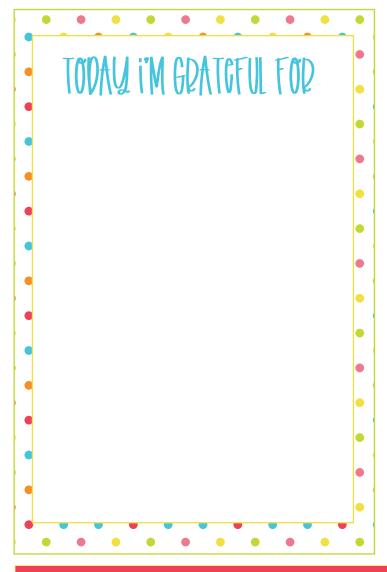
## CRATITUDE JOURNAL



date\_\_\_\_

## TODAY'S MEMORIES

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## TODAY'S AFFIRMATIONS



how I helped Today









