

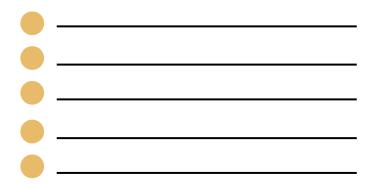
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Date: \_\_\_\_\_

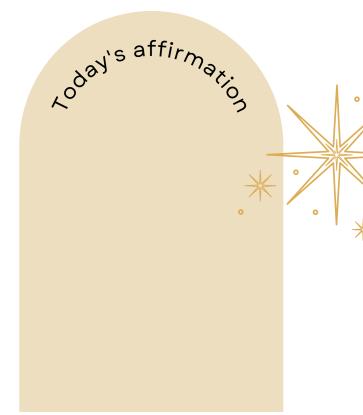
## SMTWTFS

How did I feel today

## Today I achieved



Things that made me happy



## Note to self

