Equanimity : Keep your me	ntal	cai	min	ess																
what is worrying me today?	A	М.																		
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how can I decatastrophize today's problems?																				
today's problems?																				
what is up to me and what																				
what is up to me and what																				
what I'd I do well today?	P/	И.																		
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what could I have done																				
· · better today? · · · ·																				