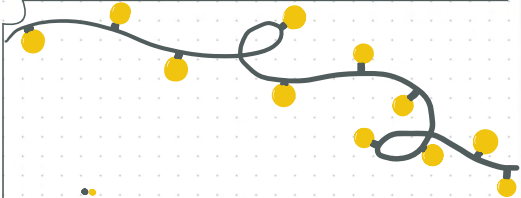
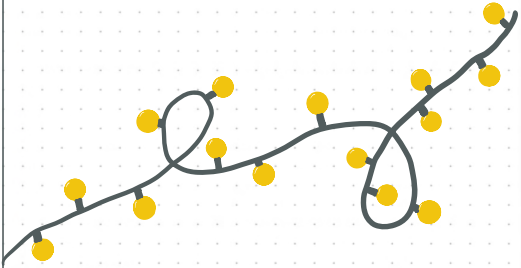
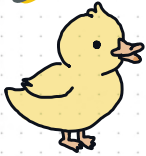


22  
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# january



# gratitude

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- 31

31 horizontal yellow lines for writing gratitude entries.



# habits

S M T W T F S

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28 29  
30 31

S M T W T F S

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28 29  
30 31

S M T W T F S

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28 29  
30 31

S M T W T F S

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22 23 24 25 26 27 28 29  
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S M T W T F S

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8 9 10 11 12 13 14  
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S M T W T F S

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S M T W T F S

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15 16 17 18 19 20 21  
22 23 24 25 26 27 28 29  
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S M T W T F S

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8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28 29  
30 31

S M T W T F S

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8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28 29  
30 31

S M T W T F S

1 2 3 4 5 6 7  
8 9 10 11 12 13 14  
15 16 17 18 19 20 21  
22 23 24 25 26 27 28 29  
30 31



● angry / stressed / annoyed

● bored / meh

● content / normal / neutral

● happy / excited

● sad / depressed / moody

