



# Today's Inspirations

My focus determines the reality I experience

The most important to do's

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I am grateful for... (1 to 3 things)

Words to live by

Notes

Water Hydration- Filtered



**Appointments**

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- I moved my body
- Connected with my goals
- Ate as intuitively as I could
- Did something creative
- Crazy danced for 5 mins
- Meditated
- Learnt something new
- Spent time in nature