



# 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