

Date

Quote of the day: "Don't let the sadness of your past and the fear of your future ruin the happiness of your present." -- Tinybuddha.com

Morning writing

Word for the day:

Song of the day:

Free write:

Evening writing

Lesson learned today:

Success of the day:

Things I am grateful today:

Date

Quote of the day: "When we let go of what other people think and own our story, we gain access to our worthiness- the feelings that we are enough." – Brene Brown Ph.D

Morning writing

Word for the day:

Song of the day:

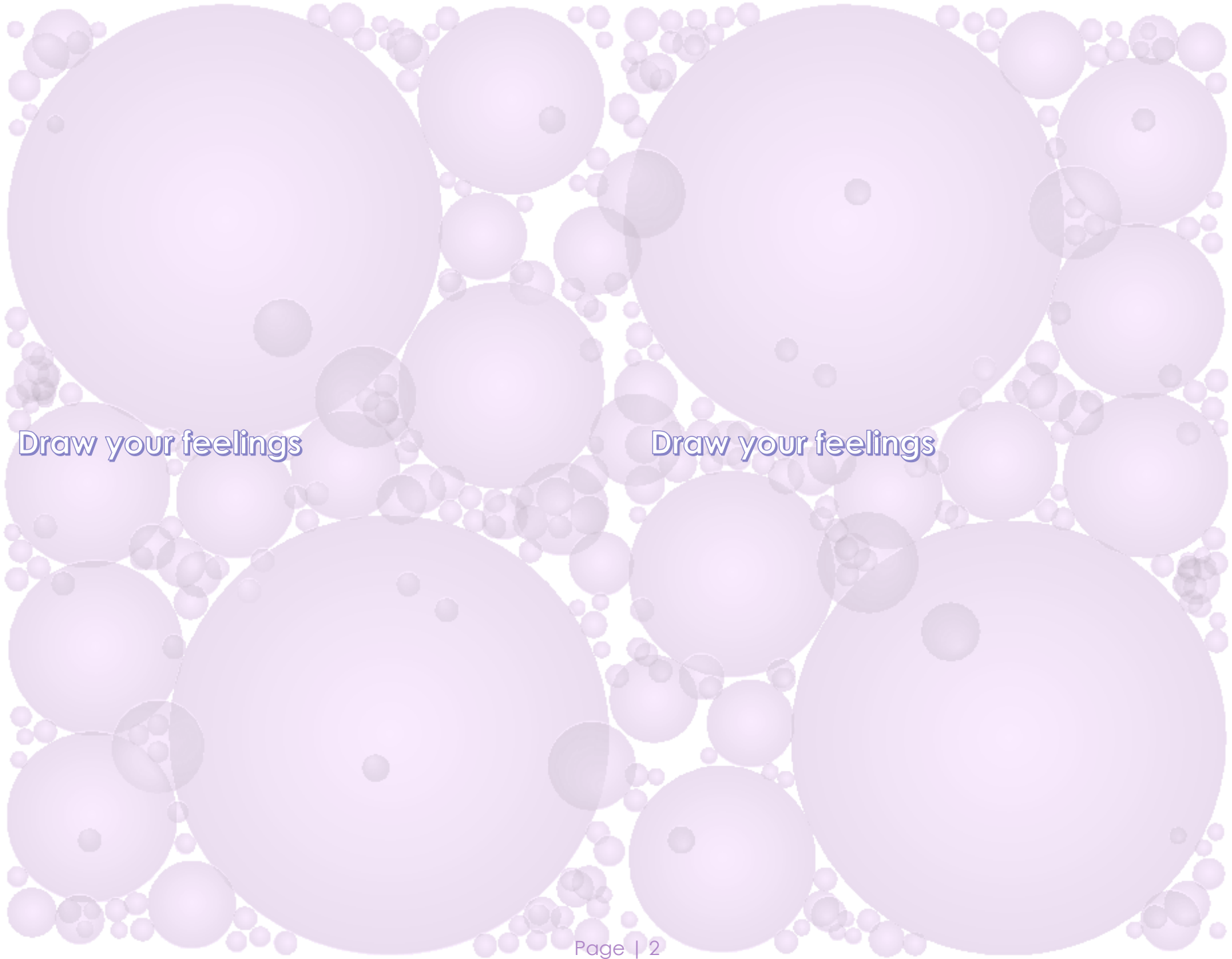
Free write:

Evening writing

Lesson learned today:

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Draw your feelings

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