Minute Affirmations Note

__/__/ S M T W TH F S

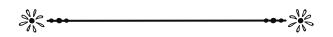
What were your goals today

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3 best things about today

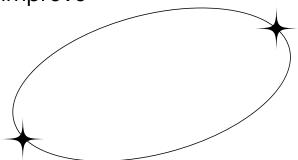


Did you achieve your goals today?



Things that you learned

Things that you want to improve



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Pick an affirmation for today