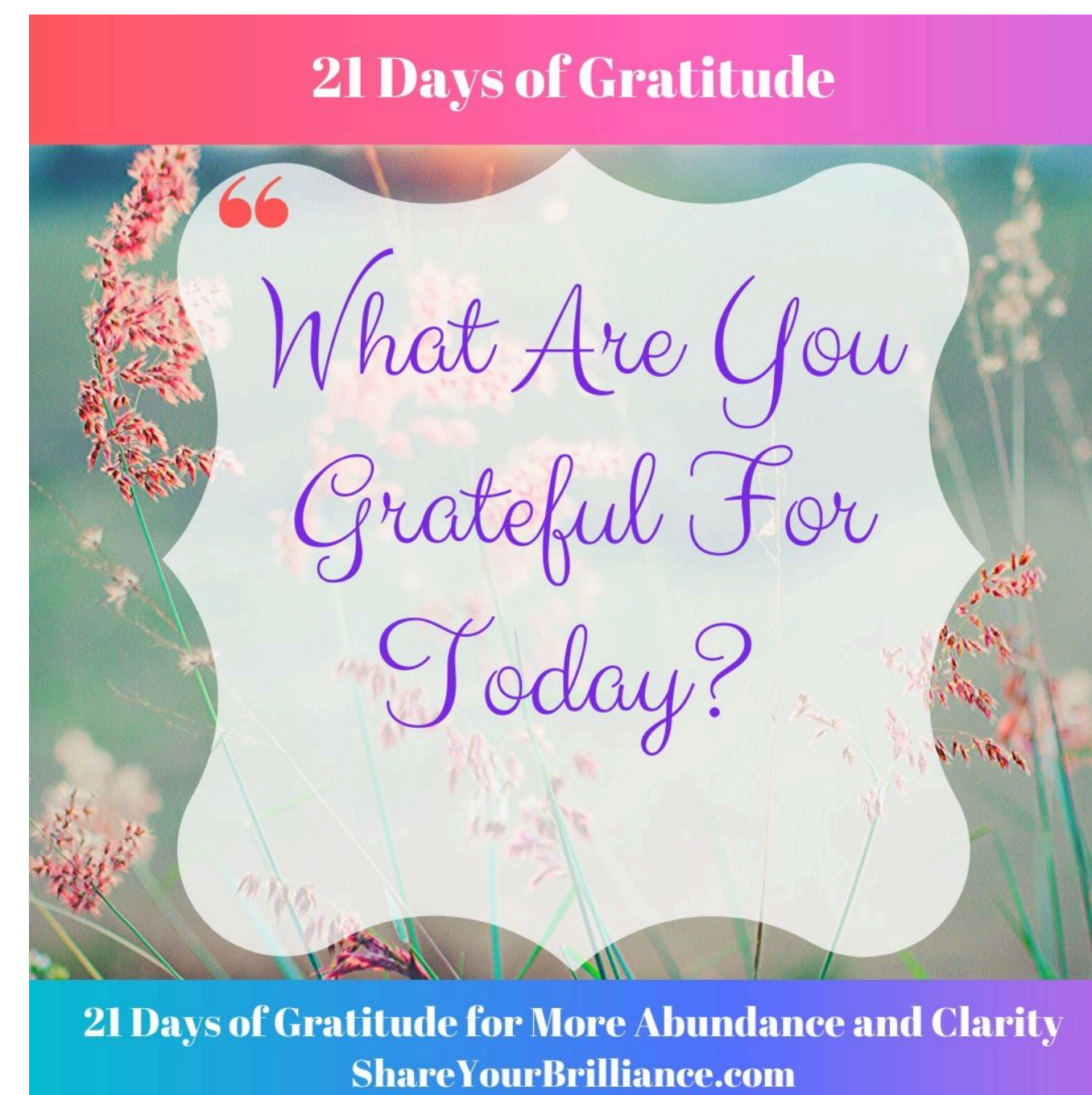


21 Days of Gratitude



Gratitude

Journal

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21 Days of Gratitude

Embracing gratitude to create more abundance and clarity, requires creating new habits, commitment and focus.

In this journal, you have access to 21 gratitude exercises. These are designed to help you maximize your efforts and make your life as joyful and stress-free as possible.

Gratitude can spill over into every area of your life—especially when you honor your body and mind with exercise, good food, rest and mindfulness. It's like sunshine on a dark day.

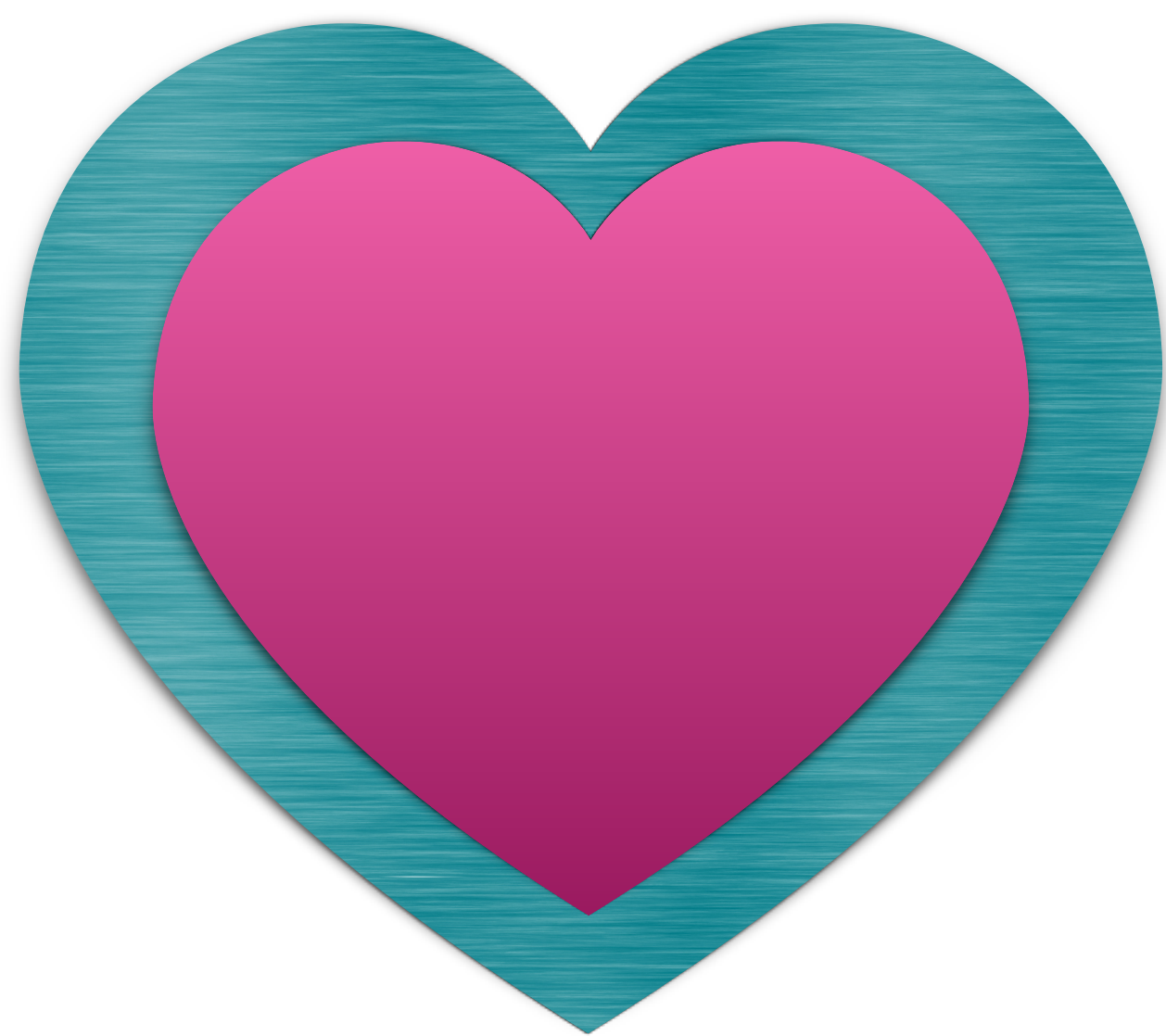
May these exercises serve you well & enrich your life!

Gratitude

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21 Days of Gratitude

Gratitude

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Day 1



What Can You Do to Surround Yourself with More Beauty?

Journal

What I'm Grateful For

Gratitude

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Day 2



Describe What “Dress for Success” Means to You in Your Life

Journal

What I'm Grateful For

Gratitude

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Stickers



Day 3

Day 3 - Incorporate Color Therapy



Wear gorgeous, rich and vibrant colors to boost your mood.

Embrace your joyful side.

Reflect on where in your life you can use color to boost your mood and enhance your feeling of gratitude.

21 Days of Gratitude for More Abundance and Clarity
ShareYourBrilliance.com

How Can You Incorporate More Color into Your Life?

Journal

What I'm Grateful For

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Day 4



When's the Best Time of Day for You to Reflect on Gratitude?

Journal

What I'm Grateful For

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Day 5



What's Something You Love About
Someone You've Been Upset With?

Journal

What I'm Grateful For

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Day 6

Day 6 - Be Grateful for the Small Things

“ Sometimes the things we should be most grateful for, we miss. Instead, we take them for granted. Look for small, over-looked details in your life that help you to be more aware and help you to appreciate the wonder of life, including what is wonderful about others.

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ShareYourBrilliance.com

What Are Some Small Things That You've Taken for Granted?

Journal

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Day 7

Day 7 - Volunteer Your Time

“Nothing helps us see our blessings more clearly than volunteering to help others.

Volunteer your time and get out in your community.

When you help others, you may experience that you are also being blessed with something to be grateful for.

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ShareYourBrilliance.com

Where Can You Volunteer in Your Community?

Journal

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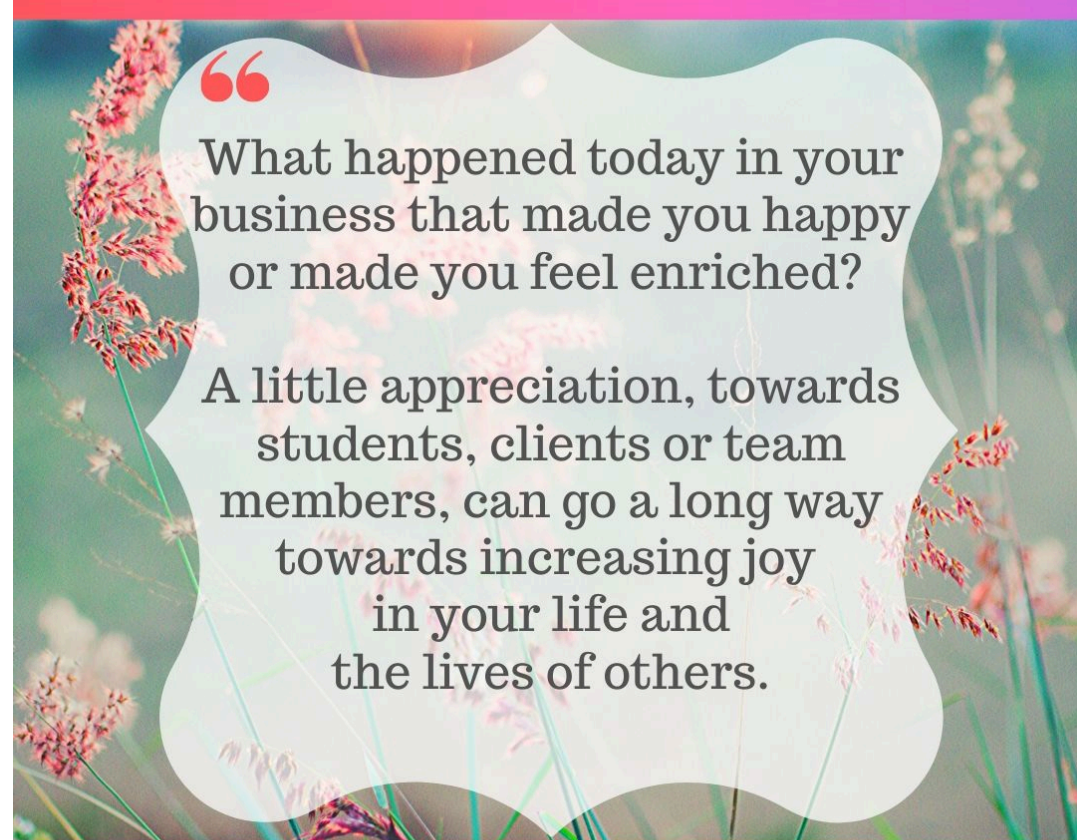
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Day 8

Day 8 - Be Grateful for Your Business



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Who Are You Appreciative of in Your Business?

Journal

What I'm Grateful For

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Day 9

Day 9 - Reframe Your Conversation

“

Ever catch yourself
complaining about someone
or something?
Ever berate yourself with
negative self-talk?

If you don't talk kindly to
yourself, you'll find it much
harder to speak
kindly to others.

21 Days of Gratitude for More Abundance and Clarity
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How Can You Reframe Conversations & Focus on the Positive?

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Day 10

Day 10 - Forgive Yourself and Others

“

Forgiveness is liberating. It is an act; not a feeling ... just as you are not your mistakes.

You are a whole person who loves and evolves and grows.

So, among all the other hurts and humiliations and mistakes you are forgiving, be sure to forgive yourself too.

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ShareYourBrilliance.com

What Can You Do to Forgive Yourself (or Others)?

Journal

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Day 11

Day 11 - Write Thank You Letters

“

Think of people in your life who make your life better. Write them thank-you letters, even if you never send them.

Putting in words what you appreciate about the people in your life (past or present) is a wonderful way of creating neural pathways of gratitude in your brain.

21 Days of Gratitude for More Abundance and Clarity
ShareYourBrilliance.com

Write a Thank You Letter to Someone in Your Life

Journal

What I'm Grateful For

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Day 12



What Might You Say for Grace at Your Next Meal?

Journal

What I'm Grateful For

Gratitude

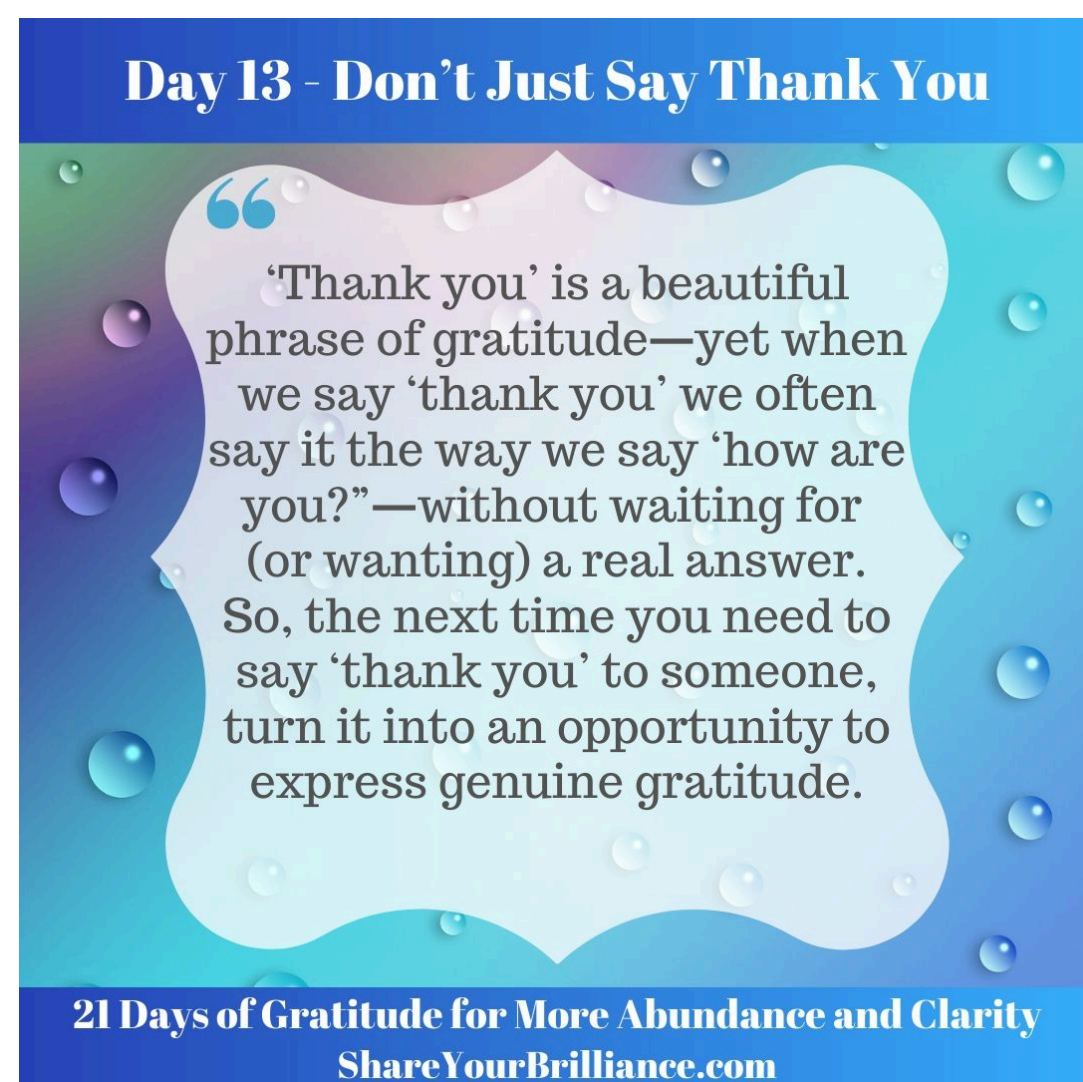
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Day 13



Write a Thank You Note to Someone You Appreciate

Journal

What I'm Grateful For

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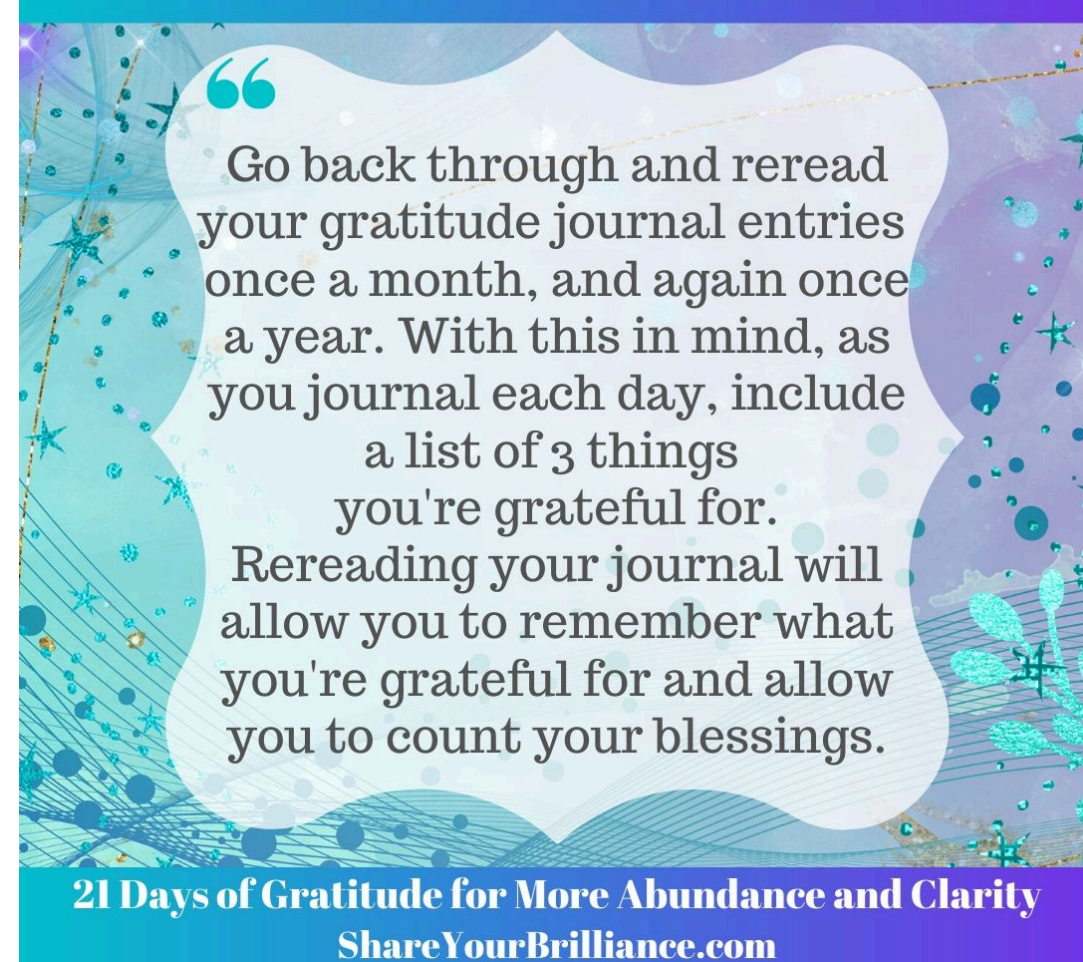
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Day 14

Day 14 - Re-read Old Journal Entries



Look Through Your Journals and Make a Gratitude List

Journal

What I'm Grateful For

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Day 15

Day 15 - Be in the Moment

“
Get into the habit of stopping yourself several times a day, simply to notice what you are doing and how you are feeling. Notice the sun shining on a sunny day. Notice the beautiful bouquet of flowers on the table.
Say to yourself, “I am alive in this moment, and I am grateful for the gifts in my life.”

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In This Moment, What Are You Grateful For?

Journal

What I'm Grateful For

Gratitude

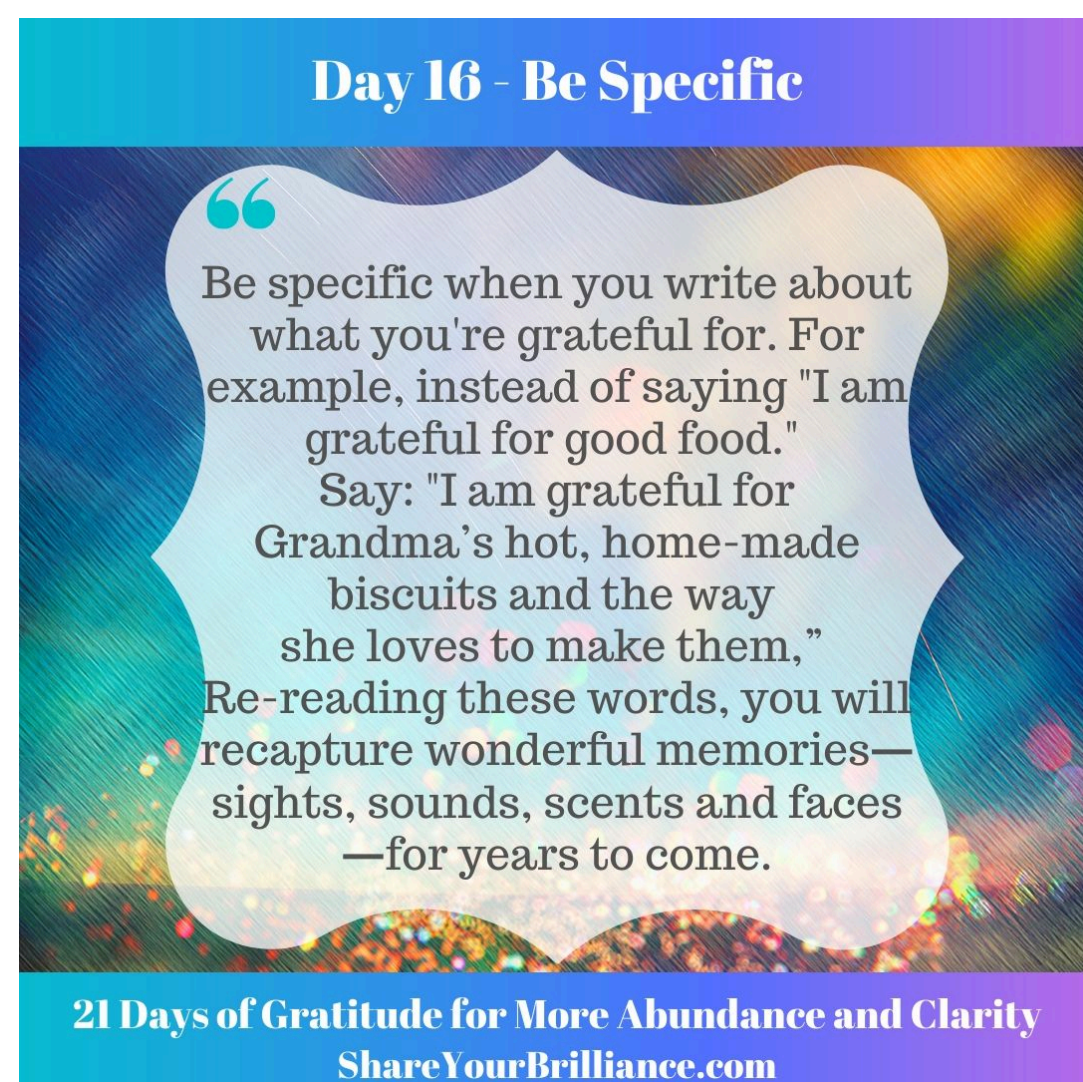
Journal

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Day 16



Be Specific and Describe Something You Are Grateful For

Journal

What I'm Grateful For

Gratitude

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Day 17

Day 17 - Make a Gratitude Template

“

If certain things you've expressed gratitude for in your journal really resonate when you re-read them, use that comment as a template for the way you write down other expressions of gratitude such as:

What I'm Grateful For Today
The Best Part of My Day
Etc.

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ShareYourBrilliance.com

What Would You Like to Record in Your Gratitude Journal?

Journal

What I'm Grateful For

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Day 18

Day 18 - Find the Right Journal

“

Not every journal works for every person—and if you go onto Amazon.com and search for “gratitude journals” or “daily journals” you’ll find a wide variety to choose from. Having the right journal, one that you love to write in, increases the chances that you’ll write in your journal on an ongoing basis.

21 Days of Gratitude for More Abundance and Clarity
ShareYourBrilliance.com

Describe Your Ideal Journal

Journal

What I’m Grateful For

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Day 19

Day 19 - Keep it Short

“
In regards to developing "gratitude habits" - start off by keeping your practices and exercises short.
Less is more, if it means you will do something consistently, each and every day.

21 Days of Gratitude for More Abundance and Clarity
ShareYourBrilliance.com

Write Down Three Things You're Grateful For

Journal

What I'm Grateful For

Gratitude

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Day 20

Day 20 - Write Testimonials

“Write testimonials for people in your life. Describe what they contribute to your well-being or business, talk about the personality traits that you admire about them and share an example of how they put their skills or values into practice. This is a wonderful way to share your gratitude with them.”

21 Days of Gratitude for More Abundance and Clarity
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Write a Testimonial for Someone in Your Life

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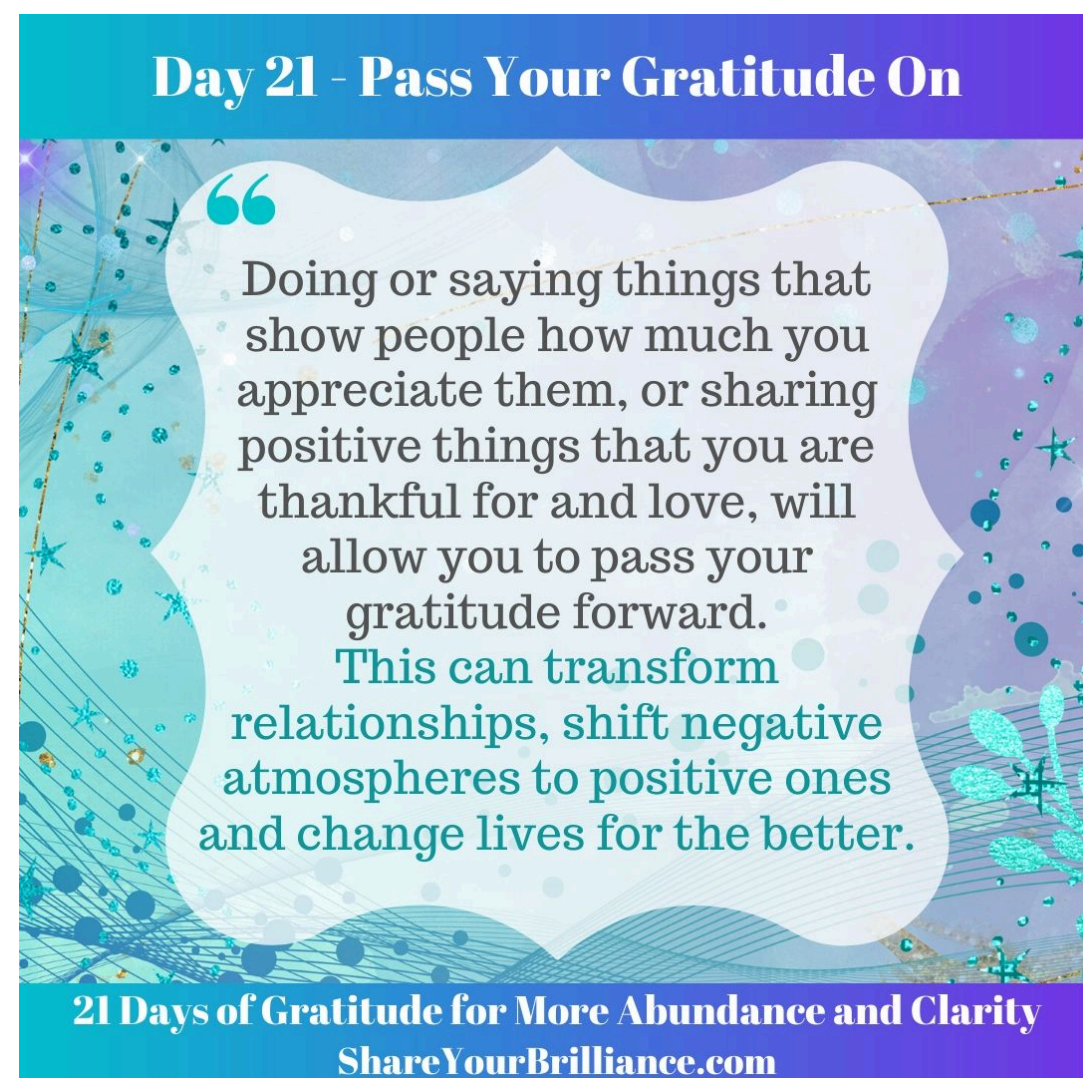
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Day 21



What Can You Do to Pass on Gratitude in Your Life?

Journal

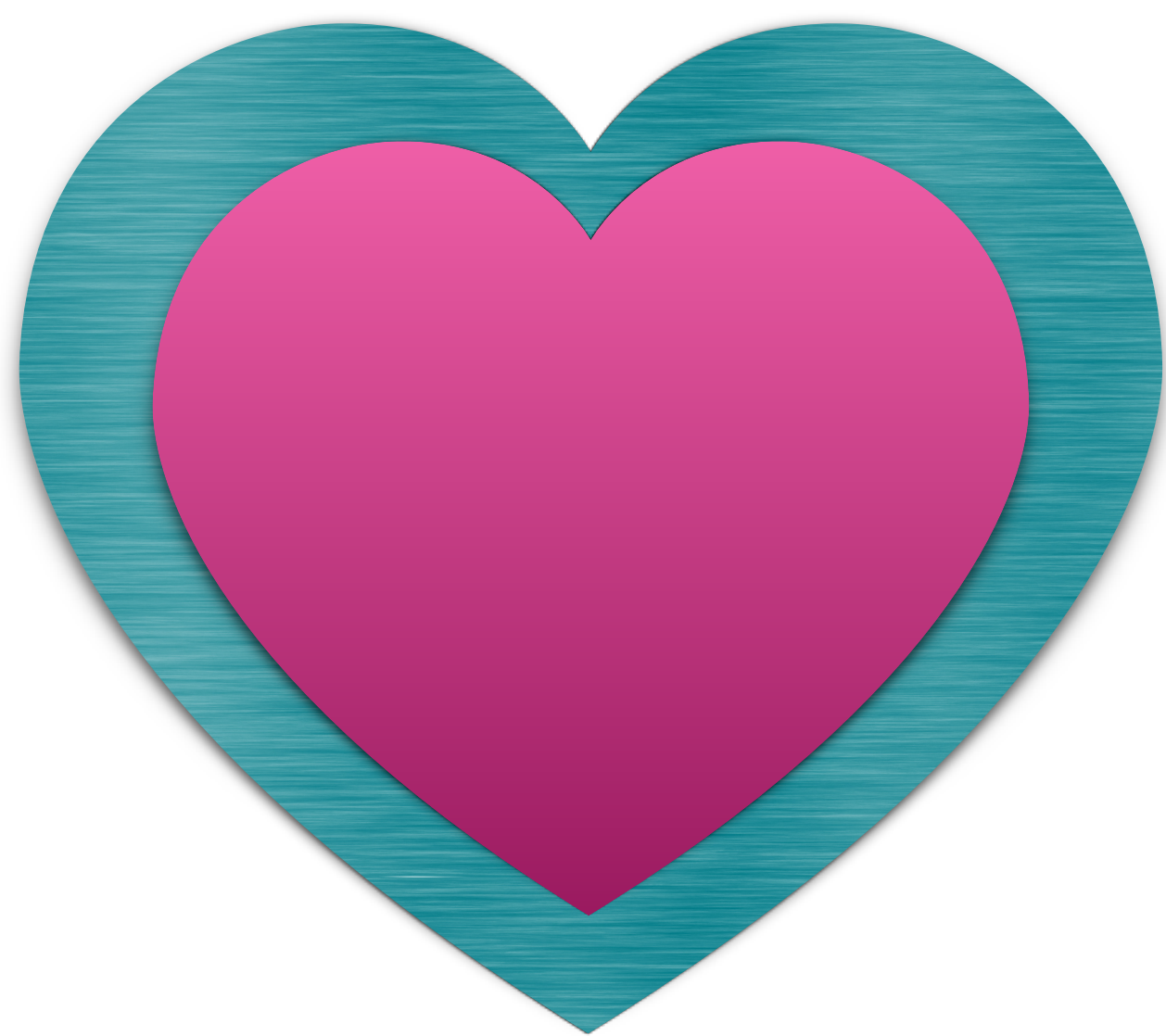
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The Best Part of My Day

Something I Learned Today

What I'm Grateful For

Reflections

Gratitude

Journal

Notes

Stickers



The Best Part of My Day

Something I Learned Today

What I'm Grateful For

Reflections

Gratitude

Journal

Notes

Stickers



The Best Part of My Day

Something I Learned Today

What I'm Grateful For

Reflections

Gratitude

Journal

Notes

Stickers



The Best Part of My Day

Something I Learned Today

What I'm Grateful For

Reflections

Gratitude

Journal

Notes

Stickers



My Gratitude Journal - Date: _____

The Best Part of My Day

Something I Learned Today

What I'm Grateful For

Reflections

Gratitude

Journal

Notes

Stickers



The Best Part of My Day

Something I Learned Today

What I'm Grateful For

Reflections

Gratitude

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The Best Part of My Day

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The Best Part of My Day

Something I Learned Today

What I'm Grateful For

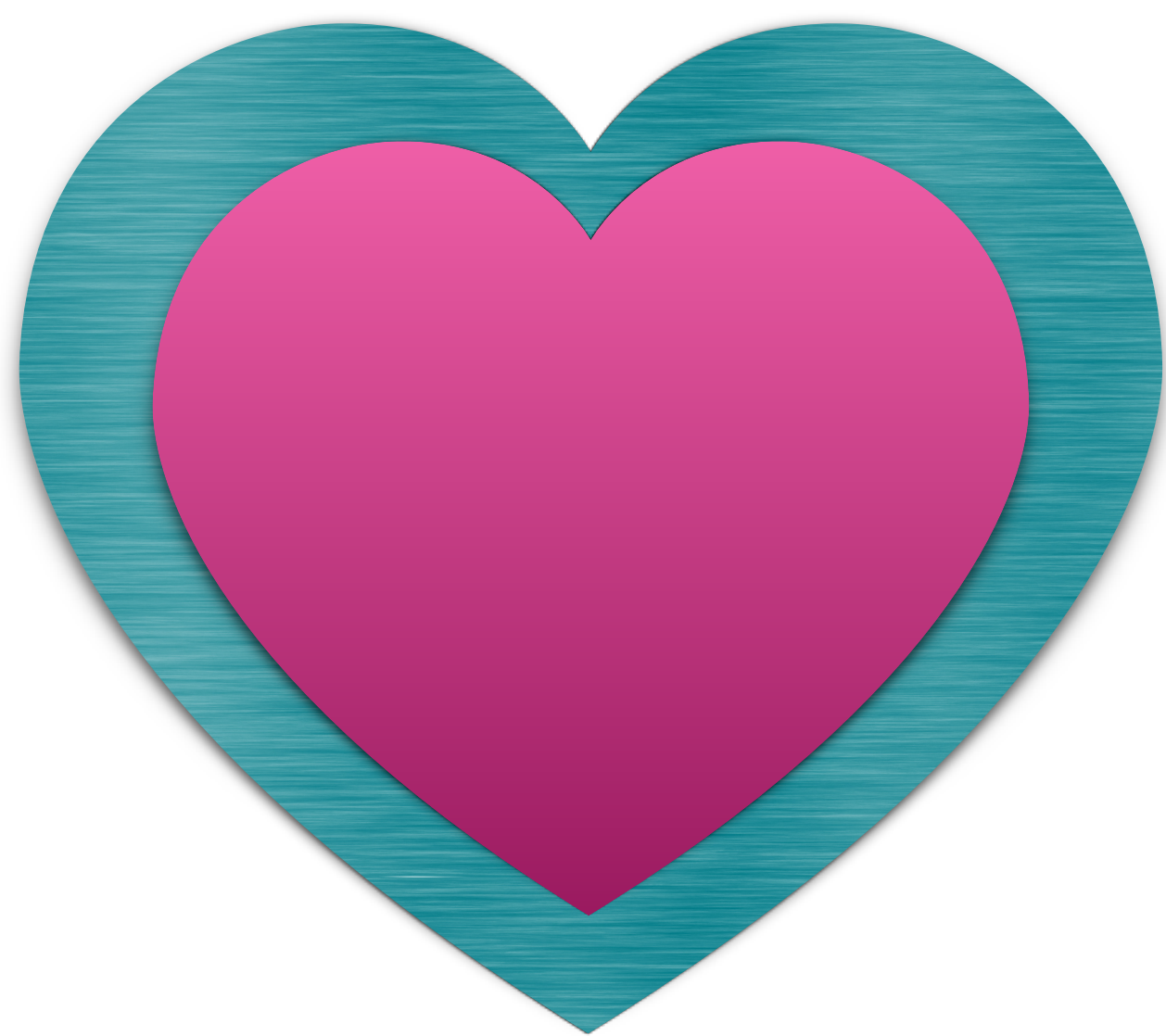
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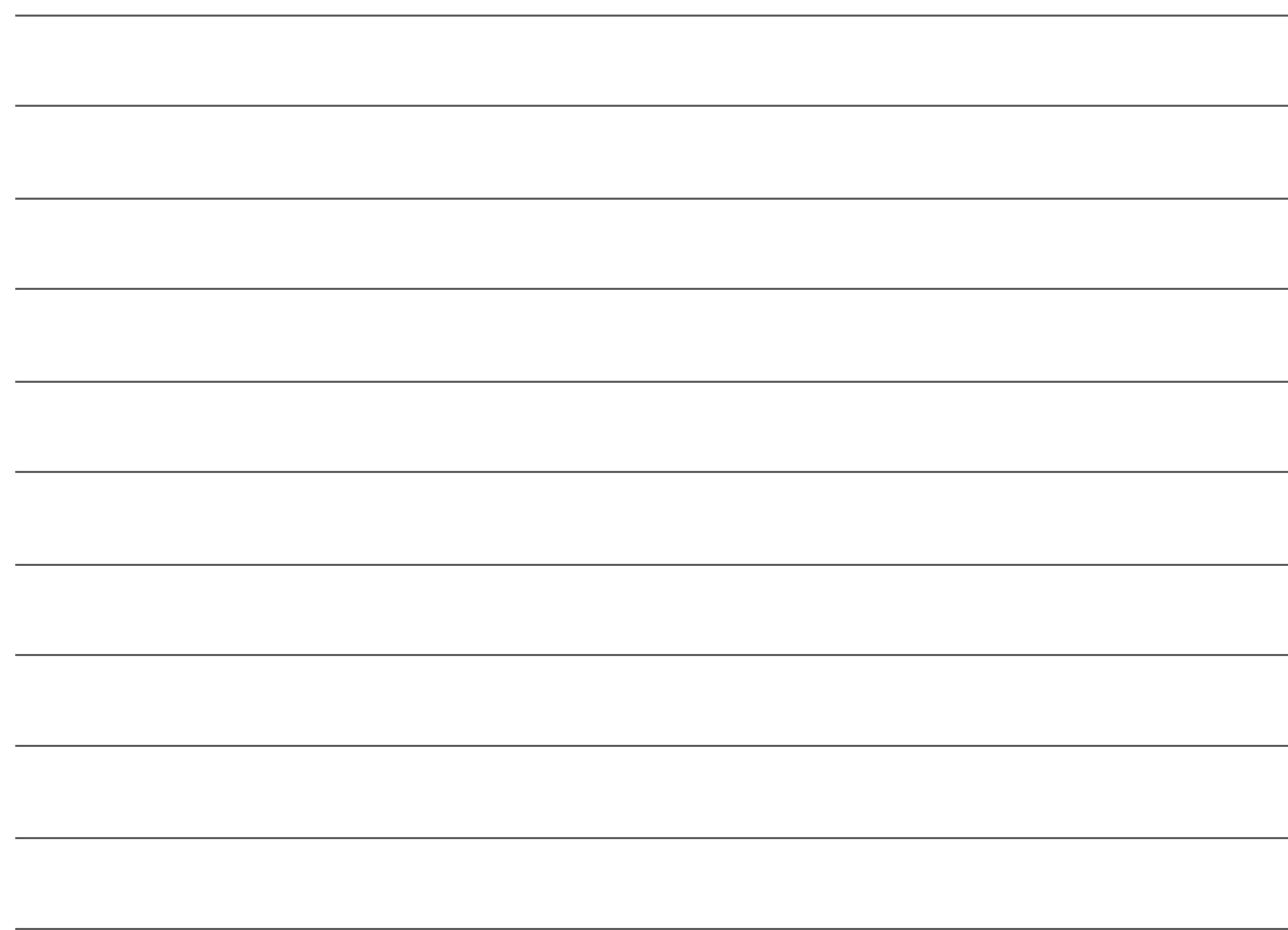
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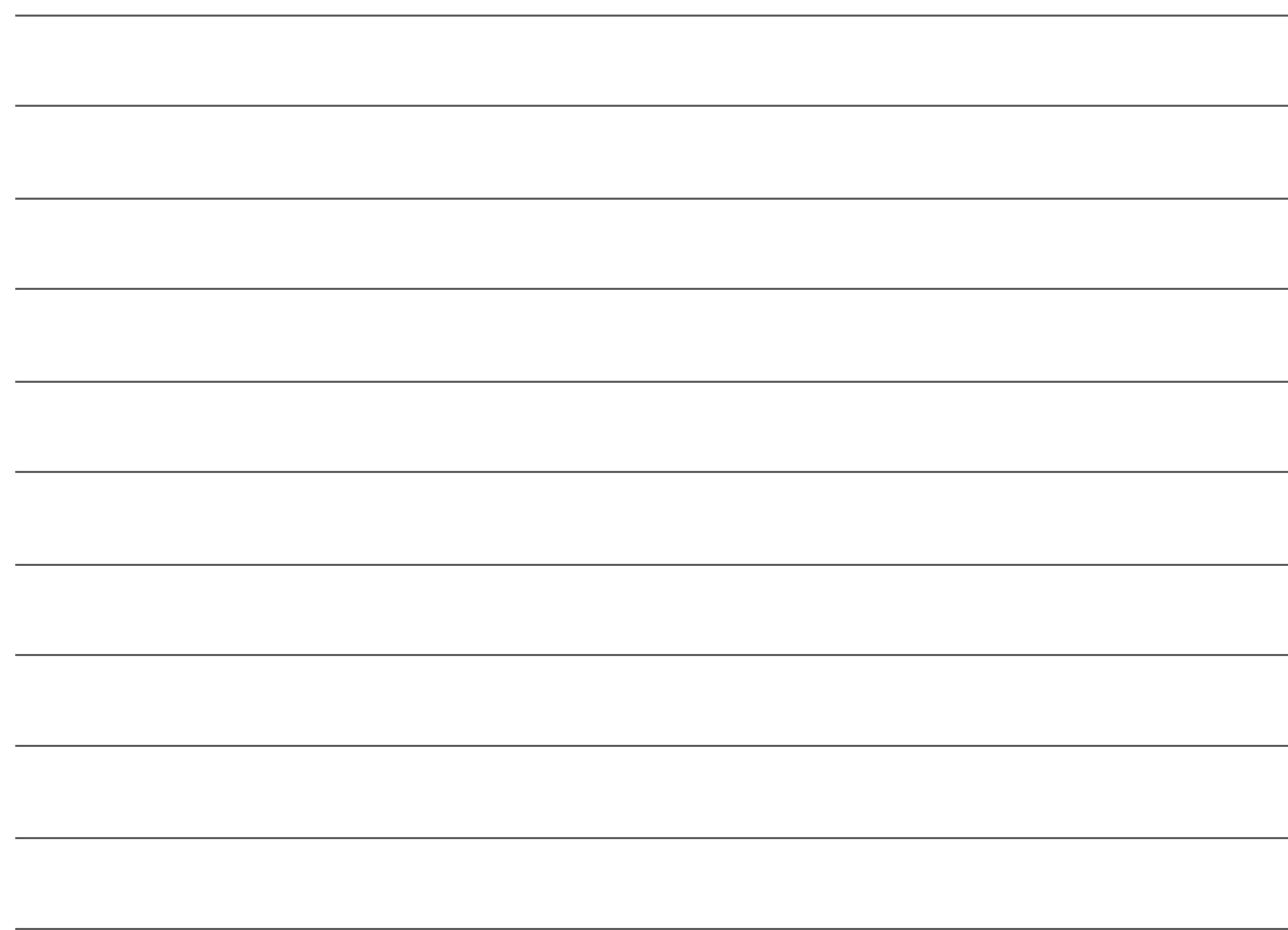
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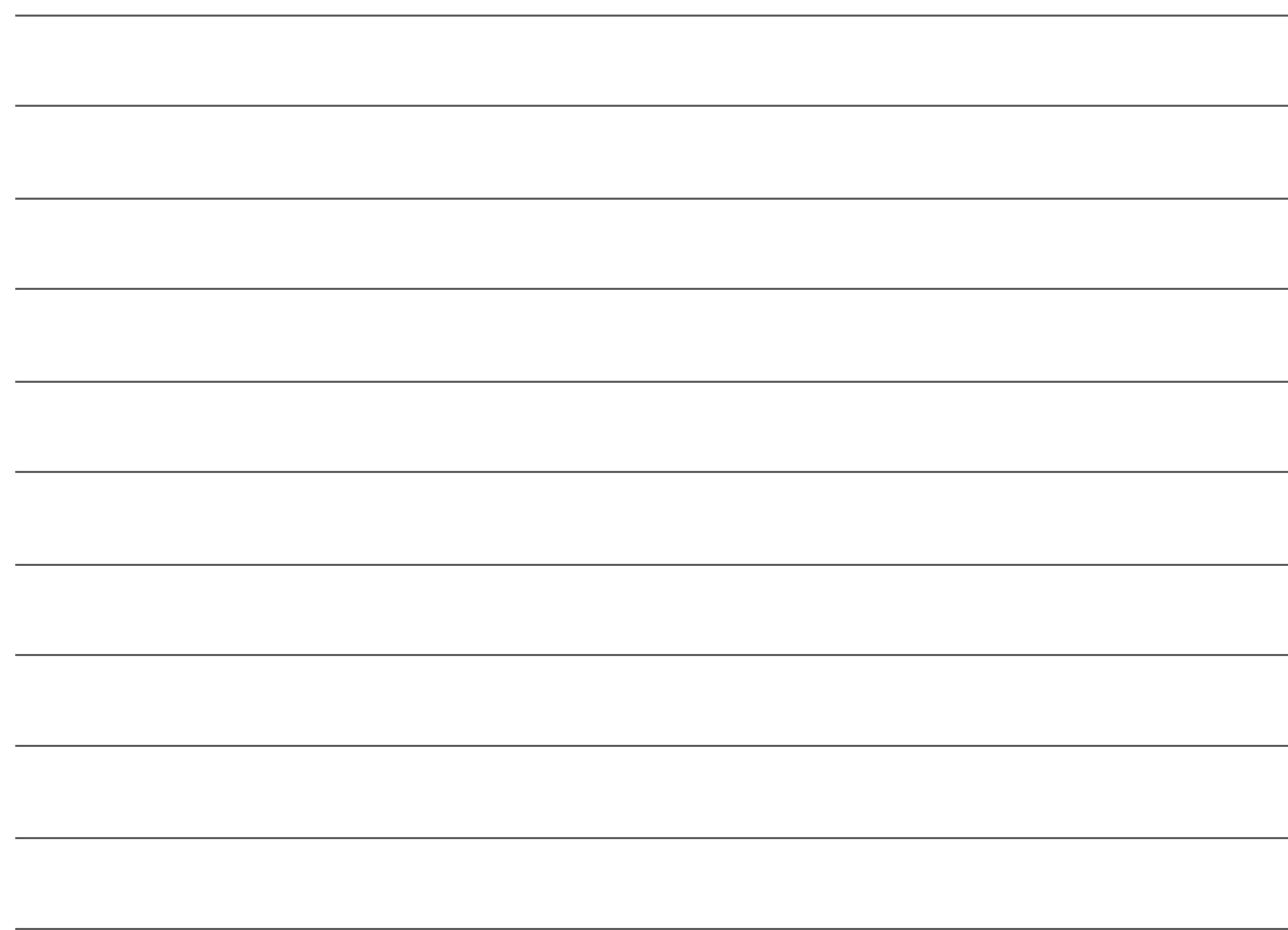
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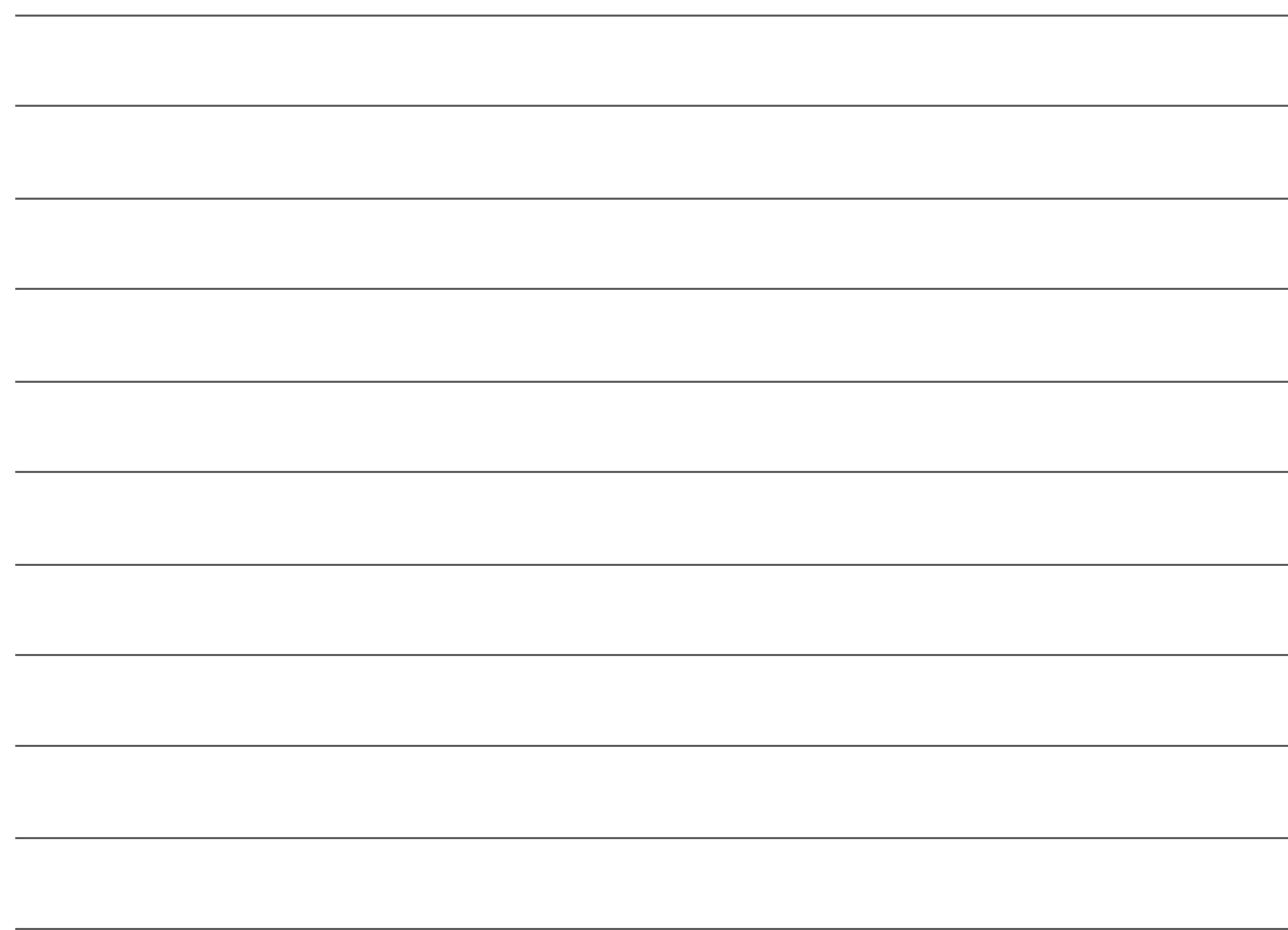
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No.	Name	Age	Sex	Religion	Marital Status	Occupation	Education	Income	Assets	Liabilities	Net Worth
1	John Doe	35	Male	Christian	Married	Software Engineer	High School	\$50,000	\$100,000	\$20,000	\$80,000
2	Jane Smith	42	Female	Muslim	Single	Teacher	College	\$30,000	\$50,000	\$10,000	\$40,000
3	Robert Johnson	55	Male	Hindu	Married	Retired	High School	\$20,000	\$30,000	\$5,000	\$25,000
4	Maria Garcia	28	Female	Buddhist	Single	Graphic Designer	College	\$40,000	\$70,000	\$15,000	\$55,000
5	David Lee	60	Male	Jewish	Married	Business Owner	High School	\$60,000	\$150,000	\$30,000	\$120,000
6	Emily White	30	Female	Sikh	Single	Marketing Specialist	College	\$35,000	\$60,000	\$12,000	\$48,000
7	Michael Brown	45	Male	Christian	Married	Construction Worker	High School	\$25,000	\$40,000	\$8,000	\$32,000
8	Sarah Kim	38	Female	Muslim	Single	Data Analyst	College	\$45,000	\$80,000	\$18,000	\$62,000
9	James Wilson	50	Male	Hindu	Married	Farmer	High School	\$15,000	\$25,000	\$3,000	\$22,000
10	Alice Taylor	25	Female	Buddhist	Single	Freelance Writer	College	\$20,000	\$35,000	\$7,000	\$28,000
11	Benjamin Davis	65	Male	Jewish	Married	Retired	High School	\$18,000	\$28,000	\$4,000	\$24,000
12	Olivia Miller	32	Female	Sikh	Single	Software Engineer	College	\$55,000	\$90,000	\$22,000	\$68,000
13	Christopher Moore	48	Male	Christian	Married	Teacher	High School	\$28,000	\$45,000	\$9,000	\$36,000
14	Isabella Hernandez	27	Female	Muslim	Single	Graphic Designer	College	\$38,000	\$65,000	\$14,000	\$51,000
15	William Clark	58	Male	Hindu	Married	Business Owner	High School	\$70,000	\$180,000	\$40,000	\$140,000
16	Grace Adams	33	Female	Buddhist	Single	Marketing Specialist	College	\$42,000	\$75,000	\$16,000	\$59,000
17	Matthew Baker	40	Male	Jewish	Married	Construction Worker	High School	\$22,000	\$38,000	\$7,000	\$31,000
18	Charlotte Evans	29	Female	Sikh	Single	Data Analyst	College	\$48,000	\$85,000	\$19,000	\$66,000
19	Anthony Green	52	Male	Christian	Married	Farmer	High School	\$16,000	\$26,000	\$3,000	\$23,000
20	Amelia Scott	26	Female	Muslim	Single	Freelance Writer	College	\$19,000	\$32,000	\$6,000	\$26,000
21	Christopher King	62	Male	Hindu	Married	Retired	High School	\$17,000	\$27,000	\$4,000	\$23,000
22	Madison Wright	31	Female	Buddhist	Single	Software Engineer	College	\$52,000	\$88,000	\$21,000	\$67,000
23	Christopher Lopez	47	Male	Jewish	Married	Teacher	High School	\$27,000	\$42,000	\$8,000	\$34,000
24	Chloe Hill	24	Female	Muslim	Single	Graphic Designer	College	\$36,000	\$62,000	\$13,000	\$49,000
25	Robert Young	59	Male	Hindu	Married	Business Owner	High School	\$68,000	\$170,000	\$35,000	\$135,000
26	Victoria Allen	34	Female	Buddhist	Single	Marketing Specialist	College	\$41,000	\$72,000	\$15,000	\$57,000
27	Christopher King	41	Male	Jewish	Married	Construction Worker	High School	\$21,000	\$36,000	\$6,000	\$30,000
28	Madison Wright	28	Female	Sikh	Single	Data Analyst	College	\$49,000	\$82,000	\$18,000	\$64,000
29	Christopher King	51	Male	Christian	Married	Farmer	High School	\$15,000	\$25,000	\$3,000	\$22,000
30	Amelia Scott	23	Female	Muslim	Single	Freelance Writer	College	\$18,000	\$30,000	\$5,000	\$25,000
31	Christopher King	61	Male	Hindu	Married	Retired	High School	\$16,000	\$26,000	\$3,000	\$23,000
32	Madison Wright	30	Female	Buddhist	Single	Software Engineer	College	\$51,000	\$86,000	\$20,000	\$66,000
33	Christopher King	46	Male	Jewish	Married	Teacher	High School	\$26,000	\$41,000	\$7,000	\$34,000
34	Chloe Hill	25	Female	Muslim	Single	Graphic Designer	College	\$37,000	\$63,000	\$14,000	\$49,000
35	Robert Young	57	Male	Hindu	Married	Business Owner	High School	\$69,000	\$175,000	\$36,000	\$139,000
36	Victoria Allen	35	Female	Buddhist	Single	Marketing Specialist	College	\$40,000	\$70,000	\$14,000	\$56,000
37	Christopher King	42	Male	Jewish	Married						

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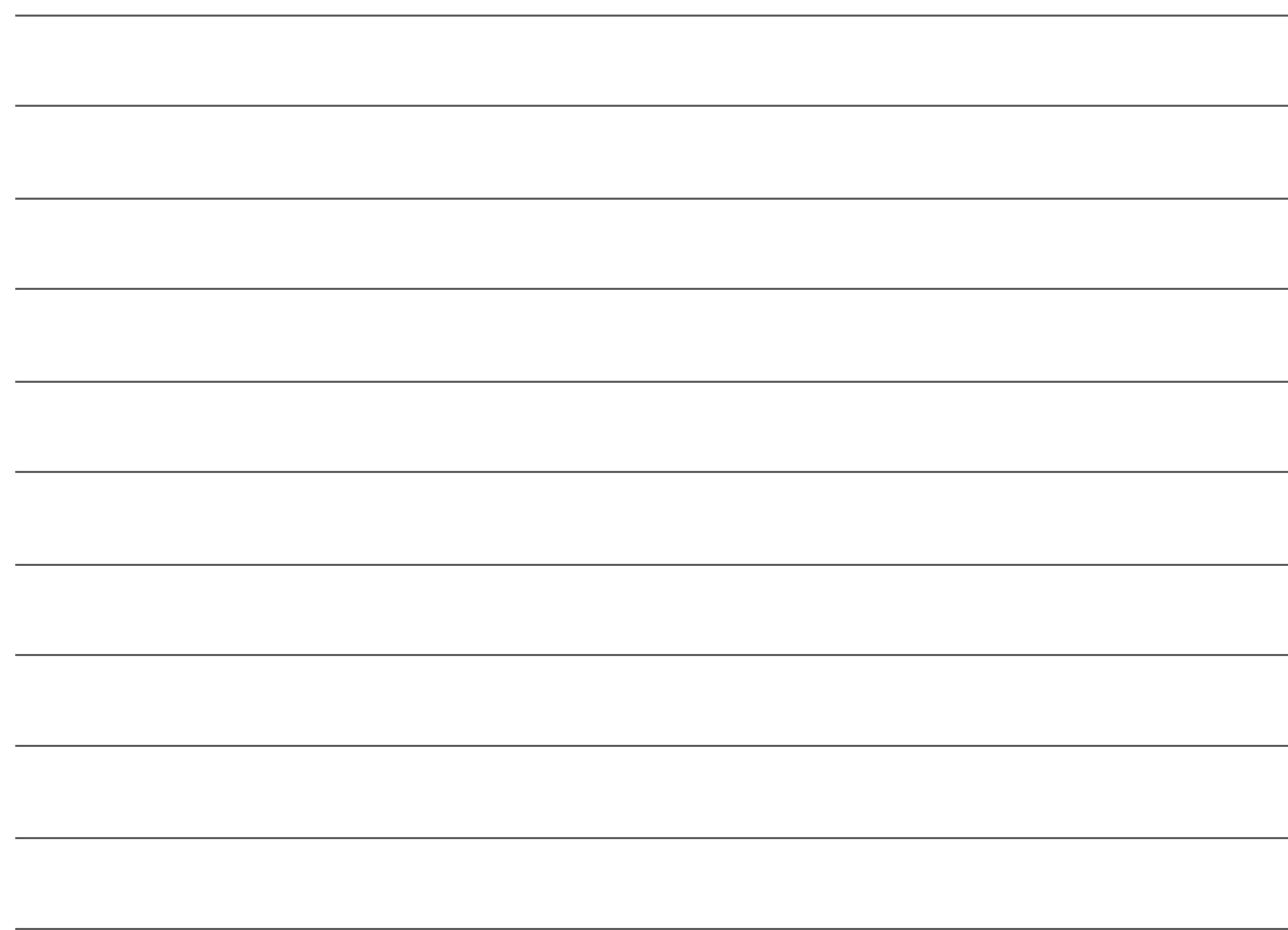
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Case no.	Age	Sex	Diagnosis
1	10	M	Tuberculosis
2	12	F	Tuberculosis
3	15	M	Tuberculosis
4	18	F	Tuberculosis
5	20	M	Tuberculosis
6	22	F	Tuberculosis
7	25	M	Tuberculosis
8	28	F	Tuberculosis
9	30	M	Tuberculosis
10	32	F	Tuberculosis
11	35	M	Tuberculosis
12	38	F	Tuberculosis
13	40	M	Tuberculosis
14	42	F	Tuberculosis
15	45	M	Tuberculosis
16	48	F	Tuberculosis
17	50	M	Tuberculosis
18	52	F	Tuberculosis
19	55	M	Tuberculosis
20	58	F	Tuberculosis
21	60	M	Tuberculosis
22	62	F	Tuberculosis
23	65	M	Tuberculosis
24	68	F	Tuberculosis
25	70	M	Tuberculosis
26	72	F	Tuberculosis
27	75	M	Tuberculosis
28	78	F	Tuberculosis
29	80	M	Tuberculosis
30	82	F	Tuberculosis
31	85	M	Tuberculosis
32	88	F	Tuberculosis
33	90	M	Tuberculosis
34	92	F	Tuberculosis
35	95	M	Tuberculosis
36	98	F	Tuberculosis

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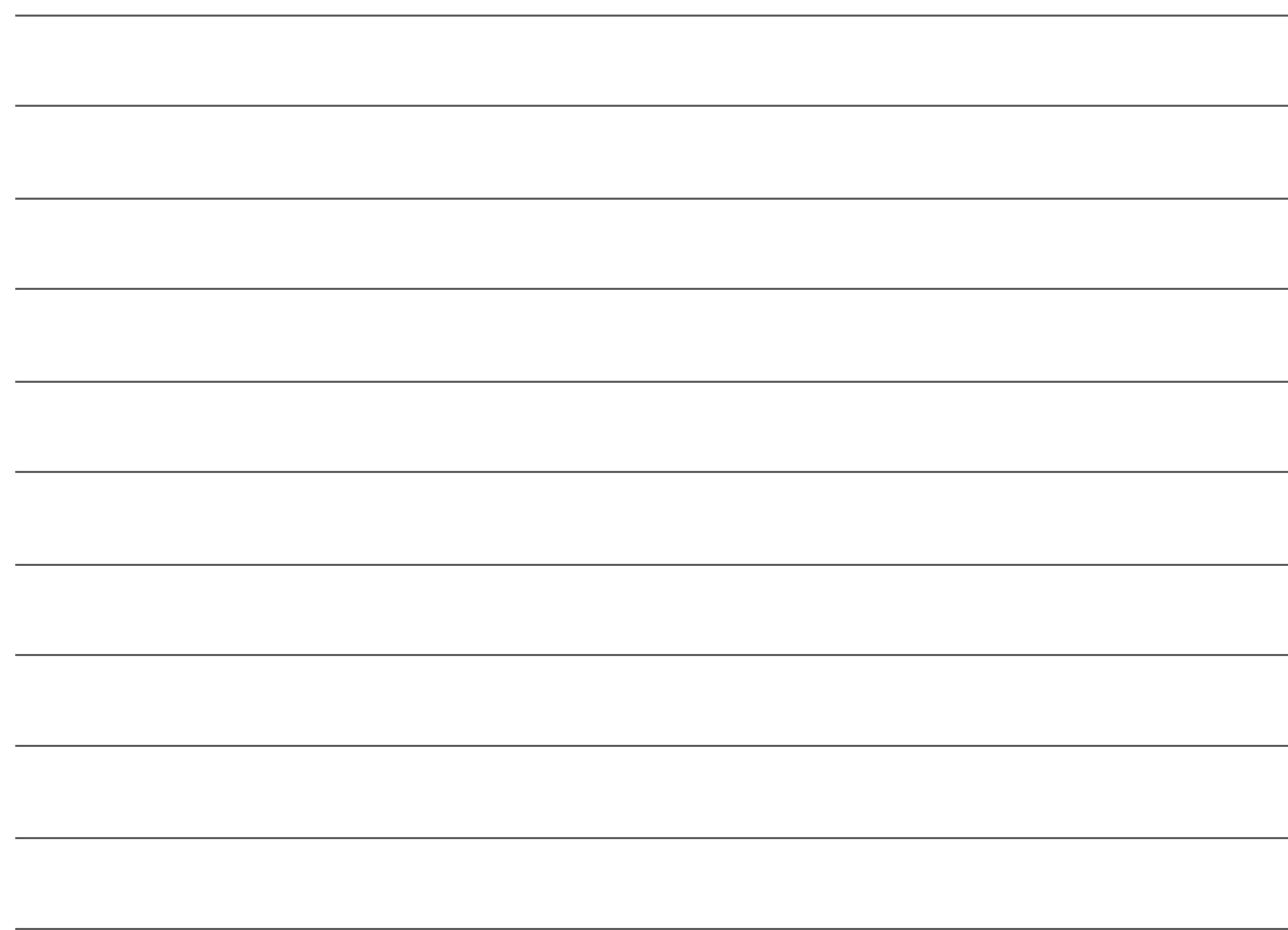
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1	John Doe	35	Male	Christian	Married	Software Engineer	High School	\$50,000	\$100,000	\$20,000	\$80,000
2	Jane Smith	42	Female	Muslim	Single	Teacher	College	\$30,000	\$50,000	\$10,000	\$40,000
3	Robert Johnson	55	Male	Hindu	Married	Retired	High School	\$20,000	\$30,000	\$5,000	\$25,000
4	Maria Garcia	28	Female	Buddhist	Single	Graphic Designer	College	\$40,000	\$70,000	\$15,000	\$55,000
5	David Lee	60	Male	Jewish	Married	Business Owner	High School	\$60,000	\$150,000	\$30,000	\$120,000
6	Emily White	30	Female	Sikh	Single	Marketing Specialist	College	\$35,000	\$60,000	\$12,000	\$48,000
7	Michael Brown	45	Male	Christian	Married	Sales Representative	High School	\$25,000	\$40,000	\$8,000	\$32,000
8	Sarah Kim	38	Female	Muslim	Single	Data Analyst	College	\$45,000	\$80,000	\$18,000	\$62,000
9	James Wilson	50	Male	Hindu	Married	Construction Worker	High School	\$15,000	\$25,000	\$4,000	\$21,000
10	Alice Taylor	25	Female	Buddhist	Single	Freelance Writer	College	\$20,000	\$35,000	\$7,000	\$28,000
11	Kevin Davis	65	Male	Jewish	Married	Retired	High School	\$10,000	\$15,000	\$3,000	\$12,000
12	Laura Miller	33	Female	Sikh	Single	Project Manager	College	\$55,000	\$90,000	\$22,000	\$68,000
13	Christopher Hall	40	Male	Christian	Married	IT Support	High School	\$30,000	\$55,000	\$11,000	\$44,000
14	Olivia Clark	22	Female	Muslim	Single	Student	College	\$10,000	\$15,000	\$2,000	\$13,000
15	Benjamin Scott	58	Male	Hindu	Married	Farmer	High School	\$12,000	\$20,000	\$3,000	\$17,000
16	Grace Adams	36	Female	Buddhist	Single	Event Planner	College	\$48,000	\$85,000	\$19,000	\$66,000
17	Daniel Baker	48	Male	Jewish	Married	Accountant	High School	\$38,000	\$70,000	\$16,000	\$54,000
18	Chloe Evans	27	Female	Sikh	Single	Research Assistant	College	\$28,000	\$45,000	\$9,000	\$36,000
19	Matthew Green	62	Male	Christian	Married	Retired	High School	\$8,000	\$12,000	\$2,000	\$10,000
20	Natalie King	31	Female	Muslim	Single	UX Designer	College	\$52,000	\$95,000	\$23,000	\$72,000
21	Anthony Lopez	41	Male	Hindu	Married	Warehouse Worker	High School	\$18,000	\$30,000	\$6,000	\$24,000
22	Sophia Martinez	24	Female	Buddhist	Single	Intern	College	\$12,000	\$20,000	\$4,000	\$16,000
23	Christopher Nelson	53	Male	Jewish	Married	Teacher	High School	\$22,000	\$40,000	\$8,000	\$32,000
24	Isabella Perez	34	Female	Sikh	Single	Product Manager	College	\$65,000	\$110,000	\$28,000	\$82,000
25	Gregory Reed	44	Male	Christian	Married	Truck Driver	High School	\$16,000	\$28,000	\$5,000	\$23,000
26	Victoria Scott	29	Female	Muslim	Single	Journalist	College	\$42,000	\$75,000	\$17,000	\$58,000
27	Jonathan Taylor	56	Male	Hindu	Married	Retired	High School	\$9,000	\$14,000	\$2,000	\$12,000
28	Avery White	32	Female	Buddhist	Single	Operations Manager	College	\$58,000	\$100,000	\$25,000	\$75,000
29	Samuel Wilson	43	Male	Jewish	Married	Software Tester	High School	\$32,000	\$60,000	\$14,000	\$46,000
30	Madeline Young	26	Female	Sikh	Single	Marketing Coordinator	College	\$36,000	\$65,000	\$13,000	\$52,000
31	Christopher Hall	61	Male	Christian	Married	Retired	High School	\$7,000	\$11,000	\$2,000	\$9,000
32	Leah King	37	Female	Muslim	Single	Business Development	College	\$62,000	\$115,000	\$30,000	\$85,000
33	Benjamin Scott	46	Male	Hindu	Married	Construction Worker	High School	\$14,000	\$26,000	\$5,000	\$21,000
34	Grace Adams	23	Female	Buddhist	Single	Student	College	\$11,000	\$18,000	\$3,000	\$15,000
35	Daniel Baker	59	Male	Jewish	Married	Retired	High School	\$6,000	\$10,000	\$2,000	\$8,000
36	Chloe Evans	35	Female	Sikh	Single	Product Designer	College	\$60,000	\$105,000	\$27,000	\$78,000
37	Matthew Green	47	Male	Christian	Married	IT Support	High School				

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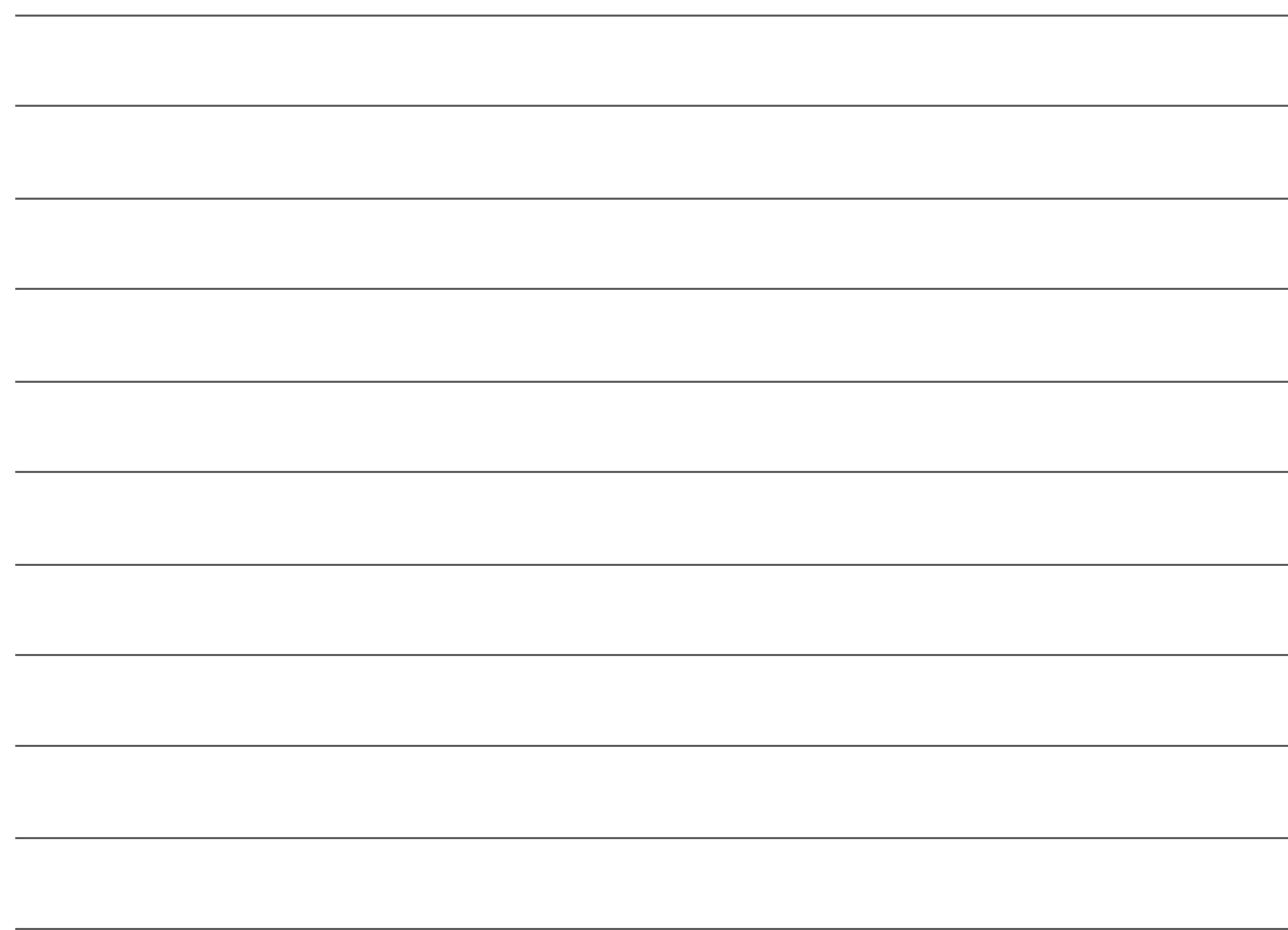
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No.	Name	Age	Sex	Religion	Marital Status	Occupation	Education	Income	Assets	Liabilities	Net Worth
1	John Doe	35	Male	Christian	Married	Software Engineer	High School	\$50,000	\$100,000	\$20,000	\$80,000
2	Jane Smith	42	Female	Muslim	Single	Teacher	College	\$30,000	\$50,000	\$10,000	\$40,000
3	Robert Johnson	55	Male	Hindu	Married	Retired	High School	\$20,000	\$30,000	\$5,000	\$25,000
4	Maria Garcia	28	Female	Buddhist	Single	Graphic Designer	College	\$40,000	\$70,000	\$15,000	\$55,000
5	David Lee	60	Male	Jewish	Married	Business Owner	High School	\$60,000	\$150,000	\$30,000	\$120,000
6	Emily White	30	Female	Sikh	Single	Marketing Specialist	College	\$35,000	\$60,000	\$12,000	\$48,000
7	Michael Brown	45	Male	Christian	Married	Sales Representative	High School	\$25,000	\$40,000	\$8,000	\$32,000
8	Sarah Kim	38	Female	Muslim	Single	Data Analyst	College	\$45,000	\$80,000	\$18,000	\$62,000
9	James Wilson	50	Male	Hindu	Married	Construction Worker	High School	\$15,000	\$25,000	\$4,000	\$21,000
10	Alice Taylor	25	Female	Buddhist	Single	Freelance Writer	College	\$20,000	\$35,000	\$7,000	\$28,000
11	Benjamin Davis	65	Male	Jewish	Married	Retired	High School	\$10,000	\$15,000	\$3,000	\$12,000
12	Olivia Miller	33	Female	Sikh	Single	Event Planner	College	\$30,000	\$55,000	\$11,000	\$44,000
13	Christopher Hall	40	Male	Christian	Married	IT Support	High School	\$22,000	\$38,000	\$7,000	\$31,000
14	Isabella Clark	27	Female	Muslim	Single	Social Media Manager	College	\$32,000	\$50,000	\$10,000	\$40,000
15	Matthew Evans	58	Male	Hindu	Married	Truck Driver	High School	\$18,000	\$30,000	\$6,000	\$24,000
16	Grace Adams	36	Female	Buddhist	Single	Project Manager	College	\$42,000	\$75,000	\$16,000	\$59,000
17	Andrew Baker	48	Male	Jewish	Married	Accountant	High School	\$28,000	\$45,000	\$9,000	\$36,000
18	Chloe Green	29	Female	Sikh	Single	UX Designer	College	\$38,000	\$65,000	\$14,000	\$51,000
19	Daniel Hill	52	Male	Christian	Married	Farmer	High School	\$12,000	\$20,000	\$5,000	\$15,000
20	Evelyn King	31	Female	Muslim	Single	Product Designer	College	\$34,000	\$58,000	\$11,000	\$47,000
21	Frank Lopez	62	Male	Hindu	Married	Retired	High School	\$8,000	\$12,000	\$2,000	\$10,000
22	Hannah Martin	26	Female	Buddhist	Single	Content Writer	College	\$24,000	\$40,000	\$8,000	\$32,000
23	Isaac Nelson	44	Male	Jewish	Married	Software Tester	High School	\$26,000	\$42,000	\$8,000	\$34,000
24	Julia Ortiz	34	Female	Sikh	Single	Quality Assurance	College	\$36,000	\$62,000	\$13,000	\$49,000
25	Kyle Parker	56	Male	Christian	Married	Tractor Operator	High School	\$14,000	\$22,000	\$4,000	\$18,000
26	Laura Quinn	32	Female	Muslim	Single	Systems Administrator	College	\$31,000	\$52,000	\$10,000	\$42,000
27	Nathan Reed	41	Male	Hindu	Married	Warehouse Worker	High School	\$16,000	\$28,000	\$6,000	\$22,000
28	Olivia Scott	28	Female	Buddhist	Single	UX Researcher	College	\$39,000	\$68,000	\$15,000	\$53,000
29	Peter Torres	59	Male	Jewish	Married	Retired	High School	\$9,000	\$14,000	\$2,000	\$12,000
30	Quinn Walker	37	Female	Sikh	Single	Product Manager	College	\$41,000	\$72,000	\$16,000	\$56,000
31	Rachel Young	24	Female	Christian	Single	Marketing Assistant	High School	\$19,000	\$32,000	\$7,000	\$25,000
32	Samuel Allen	43	Male	Muslim	Married	IT Helpdesk	High School	\$23,000	\$39,000	\$8,000	\$31,000
33	Tina Baker	51	Female	Hindu	Married	Retail Sales	High School	\$11,000	\$18,000	\$4,000	\$14,000
34	Umar Carter	39	Male	Buddhist	Single	Software Developer	College	\$43,000	\$78,000	\$17,000	\$61,000
35	Victoria Davis	23	Female	Jewish	Single	Freelance Designer	College	\$21,000	\$36,000	\$7,000	\$29,000
36	William Evans	61	Male	Sikh	Married	Retired	High School	\$7,000	\$11,000	\$2,000	\$9,000
37	Xavier Foster	30	Male	Christian	Single	Systems Engineer					

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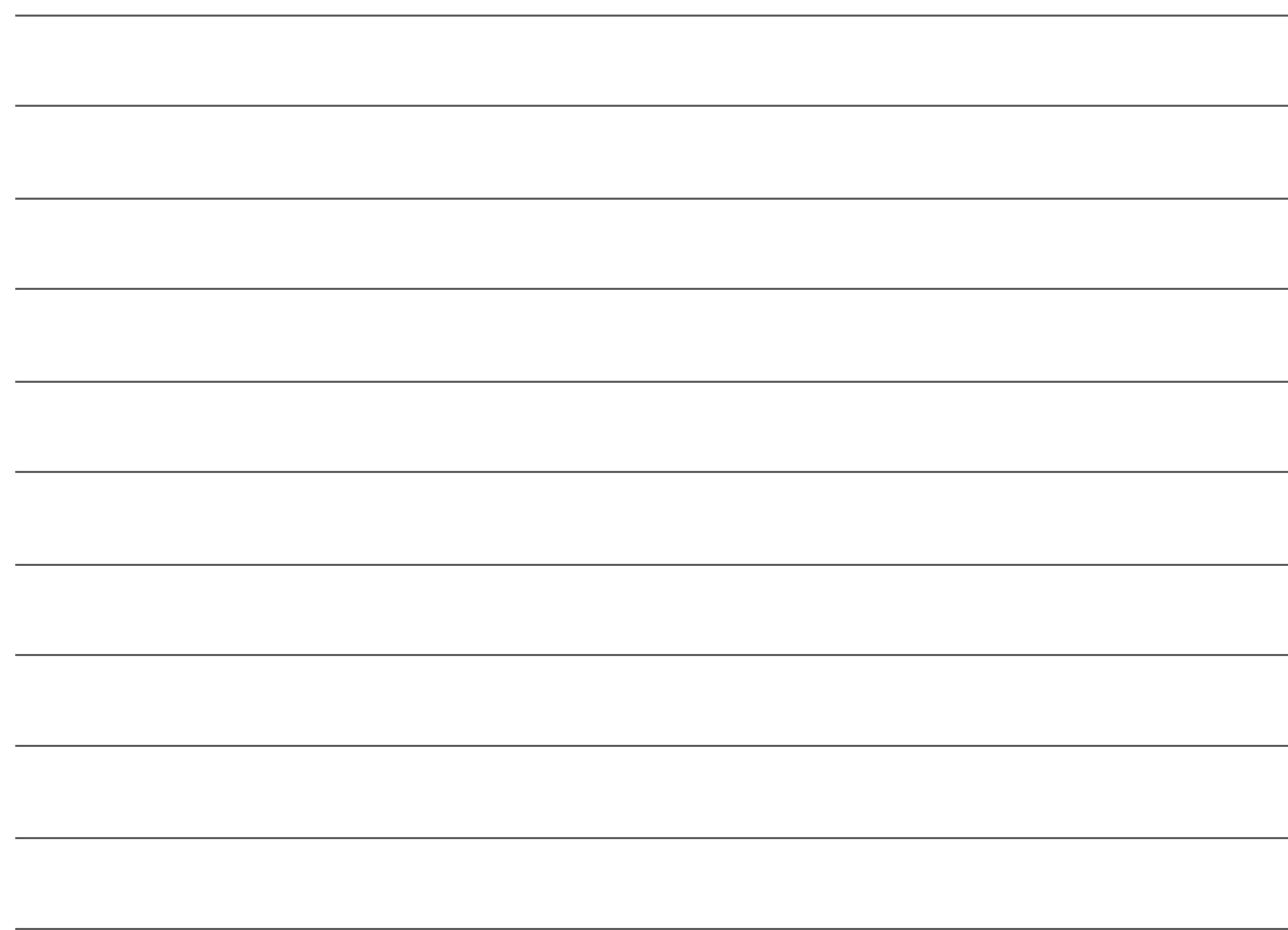
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Case no.	Age	Sex	Diagnosis
1	10	M	Tuberculosis
2	12	F	Tuberculosis
3	15	M	Tuberculosis
4	18	F	Tuberculosis
5	20	M	Tuberculosis
6	22	F	Tuberculosis
7	25	M	Tuberculosis
8	28	F	Tuberculosis
9	30	M	Tuberculosis
10	32	F	Tuberculosis
11	35	M	Tuberculosis
12	38	F	Tuberculosis
13	40	M	Tuberculosis
14	42	F	Tuberculosis
15	45	M	Tuberculosis
16	48	F	Tuberculosis
17	50	M	Tuberculosis
18	52	F	Tuberculosis
19	55	M	Tuberculosis
20	58	F	Tuberculosis
21	60	M	Tuberculosis
22	62	F	Tuberculosis
23	65	M	Tuberculosis
24	68	F	Tuberculosis
25	70	M	Tuberculosis
26	72	F	Tuberculosis
27	75	M	Tuberculosis
28	78	F	Tuberculosis
29	80	M	Tuberculosis
30	82	F	Tuberculosis
31	85	M	Tuberculosis
32	88	F	Tuberculosis
33	90	M	Tuberculosis
34	92	F	Tuberculosis
35	95	M	Tuberculosis
36	98	F	Tuberculosis

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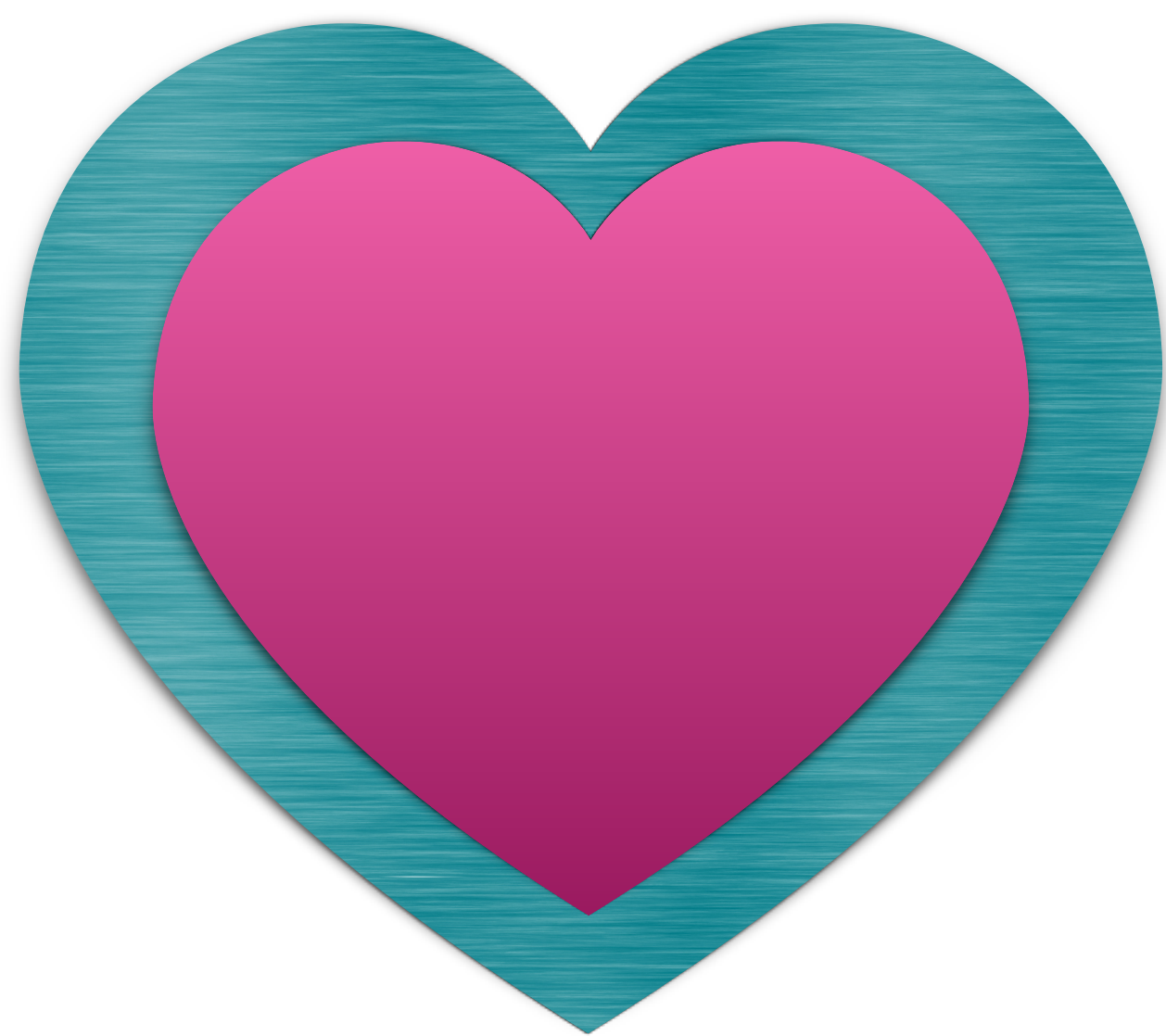
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Case no.	Age	Sex	Diagnosis
1	25	F	Lymphoma
2	35	F	Lymphoma
3	45	F	Lymphoma
4	55	F	Lymphoma
5	65	F	Lymphoma
6	75	F	Lymphoma
7	85	F	Lymphoma
8	95	F	Lymphoma
9	105	F	Lymphoma
10	115	F	Lymphoma
11	125	F	Lymphoma
12	135	F	Lymphoma
13	145	F	Lymphoma
14	155	F	Lymphoma
15	165	F	Lymphoma
16	175	F	Lymphoma
17	185	F	Lymphoma
18	195	F	Lymphoma
19	205	F	Lymphoma
20	215	F	Lymphoma
21	225	F	Lymphoma
22	235	F	Lymphoma
23	245	F	Lymphoma
24	255	F	Lymphoma
25	265	F	Lymphoma
26	275	F	Lymphoma
27	285	F	Lymphoma
28	295	F	Lymphoma
29	305	F	Lymphoma
30	315	F	Lymphoma
31	325	F	Lymphoma
32	335	F	Lymphoma
33	345	F	Lymphoma
34	355	F	Lymphoma
35	365	F	Lymphoma
36	375	F	

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Gratitude

Journal

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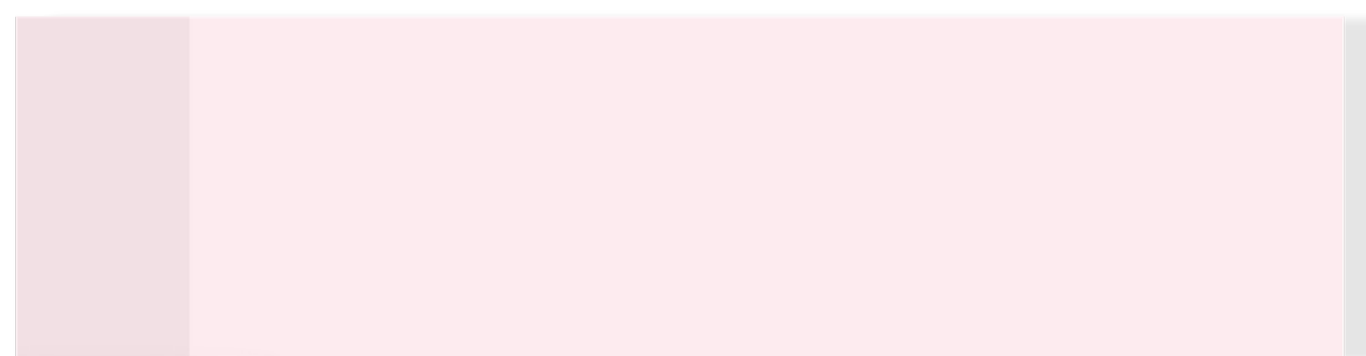
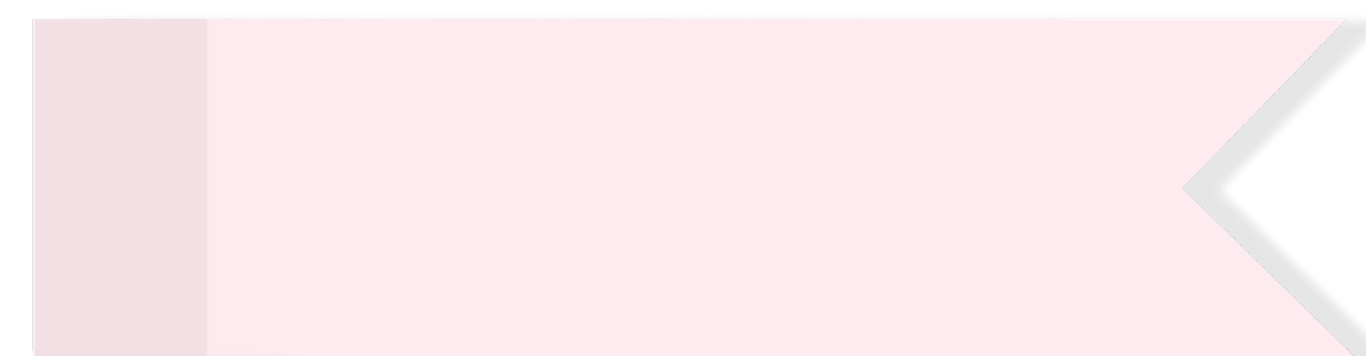
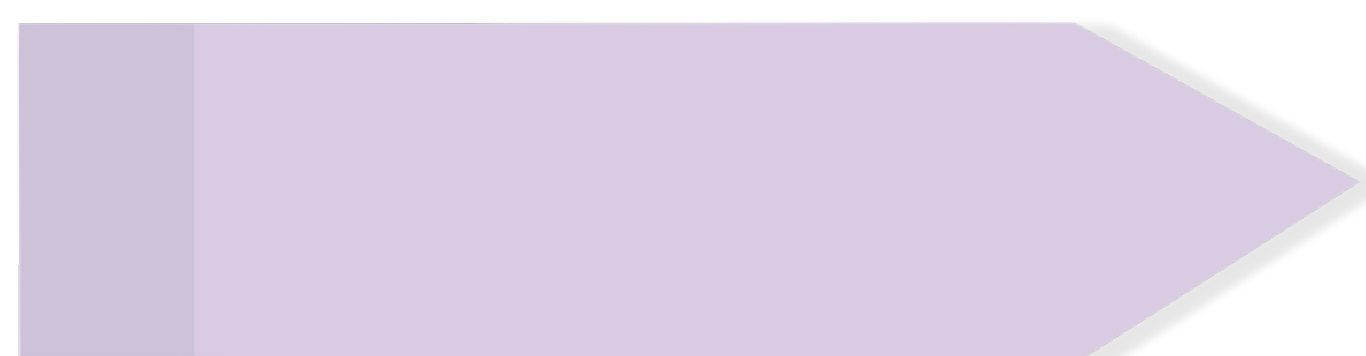


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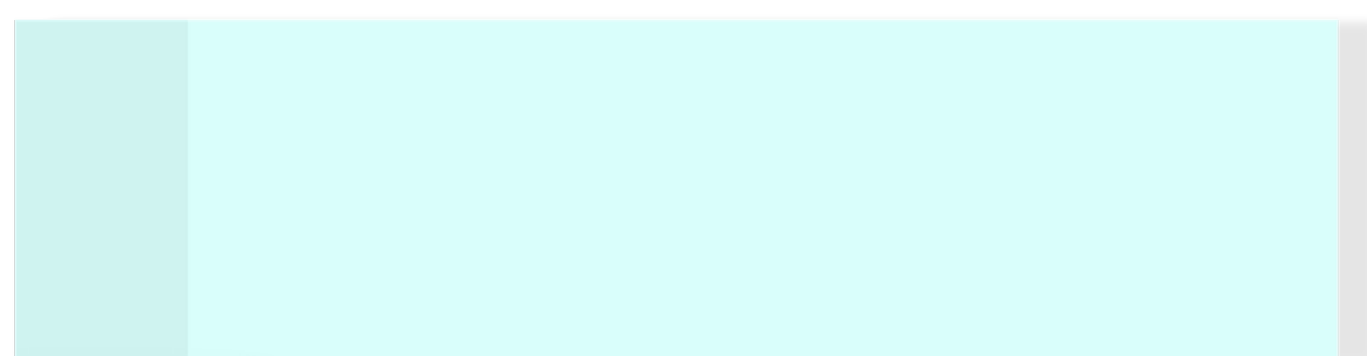
Journal

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