

Date:

THE JOY JOT



Meditation:

5 things to be today:

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-

5 things I am grateful for:

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-
-

2 things I am going to do just for me:

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-

I am letting go of:

3 things I am celebrating today:

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-

My intentions/desires:

I choose to feel _____today:

Joy, rich, peace, fun, passionate, creative, in the flow, love, appreciation, confident, grounded, focus, ease.

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