

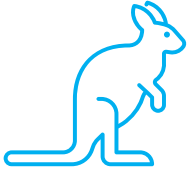
ANIMAL FUN

IT'S MY 

happy life
journal

belongs to

IT'S MY **happy life** journal
HEALTHYFAMILYANDME.COM



Monday

be strong

DATE

REMEMBER

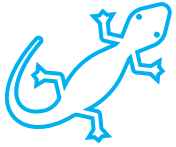
DO

BE

CHANGE

AFFIRM

IT'S MY **happy life** journal
HEALTHYFAMILYANDME.COM



Tuesday

have fun

DATE

REMEMBER

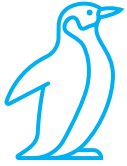
DO

BE

CHANGE

AFFIRM

IT'S MY **happy life** *journal*
HEALTHYFAMILYANDME.COM



Wednesday

be happy

DATE

REMEMBER

DO

BE

CHANGE

AFFIRM

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Thursday

laugh

DATE

REMEMBER

DO

BE

CHANGE

AFFIRM

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Friday

be brave

DATE

REMEMBER

Empty box for REMEMBER

DO

Empty box for DO

BE

Empty box for BE

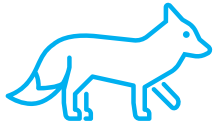
CHANGE

Empty box for CHANGE

AFFIRM

Empty box for AFFIRM

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Saturday

take a chance

DATE

REMEMBER

DO

BE

CHANGE

AFFIRM

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Sunday

be kind

DATE

REMEMBER

[Empty box for REMEMBER]

DO

[Empty box for DO]

BE

[Empty box for BE]

CHANGE

[Empty box for CHANGE]

AFFIRM

[Empty box for AFFIRM]

PLEASE NOTE

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journal

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