

UNDER THE SEA



IT'S MY

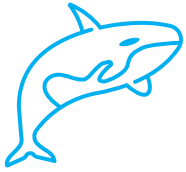
happy life

journal

belongs to

HEALTHYFAMILYANDME.COM

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Monday

be strong

DATE

REMEMBER

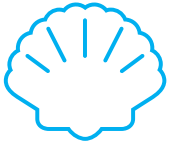
DO

BE

CHANGE

AFFIRM

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Tuesday

have fun

DATE

REMEMBER

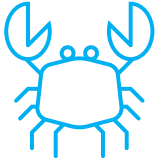
DO

BE

CHANGE

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Wednesday

be happy

DATE

REMEMBER

DO

BE

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Thursday

laugh

DATE

REMEMBER

DO

BE

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 **Friday**

be brave

DATE

REMEMBER

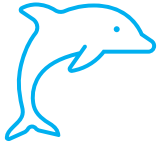
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Saturday

take a chance

DATE

REMEMBER

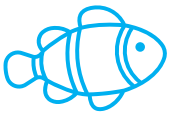
DO

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Sunday

DATE

REMEMBER

DO

be kind

BE

CHANGE

AFFIRM

PLEASE NOTE
ALL CONTENT IN THE

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journal

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