

3 good things that happened within the past 24 hrs and how you contributed to it happeni	ing
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3 challenges you are facing & 1 thing you can do to move each thing in a positive direction	a.
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☆	
3 things you are grateful for (in the past or present)	
3 things you are grateful for in the future (written as though it has already happened)	

And so it is!
All this or something even more delightful for the highest good of all

