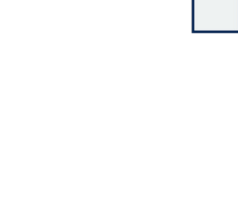


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[illegible]

Nourishment Focus:

Mindfulness Focus:

Mindfulness Focus:

Thursday

Friday

Saturday

Sunday

Money / Practical Life	Personal Growth / Skill
Relationship / Family	Let Go Simplify: