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| — How I'm Embracing My Perfectly Imperfect Self Today: — |
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LEVEL OF SELF-ACCEPTANCE TODAY:

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| Ways I'm gonna keep my heart open today: |
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TODAY'S LEVEL OF FULL-HEARTED HEART-OPENNESS:















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| What I'm Hanging Hope on Today: ———— |
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PREVAILING OUTLOOK FOR TODAY:









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| Why I can't sleep tonight: |
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WHEN TOMORROW OFFICIALLY BECOMES TODAY:

















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| Why I So Totally Got This Today: |
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LEVEL OF CONFIDENCE IN ACTUALLY NAILING IT:

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