

Daily Dream Life Guide

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MY DAILY WORD IS

TO SUPPORT MY WELLBEING, I WILL

- get outdoors
- eat consciously
- be by myself
- connect with others
- use media to uplift or improve myself *no aimless scrolling!*
- other.....

I WILL CONTROL MY FOCUS BY REMEMBERING MY LOVE OF

I'M GRATEFUL FOR

1.....

2.....

3.....