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Morring Gratitude		Evering Reflection
Highlights of the Day		
MORNING		
AFTERNOON		
EVENING		
Top 3 Memories		first Tirre Experience
1		
2		
3.		

One Cool Thing I Did or Saw	favorite Meal of the Day
3 Wins	One Cool Thing I Did or Saw
1	
2	Interesting People or Situations
3.	
Something that scared or excited me	
	And be sure to remember