

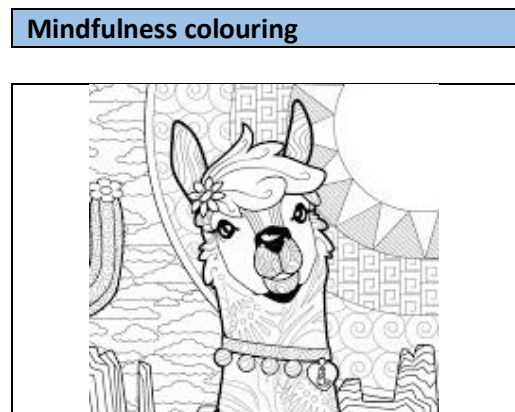
DAILY PLANNER

MONDAY

ACTIVITIES/TO DO LIST	
7AM	<hr/> <hr/> <hr/>
8AM	<hr/> <hr/> <hr/>
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5PM	<hr/> <hr/> <hr/>
6PM	<hr/> <hr/> <hr/>
7PM	<hr/> <hr/> <hr/>
8PM	<hr/> <hr/> <hr/>

Positives of the day

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<p>BE STRONG</p> <p>Because things will get better.</p> <p>It maybe stormy now but it never rains forever.</p>

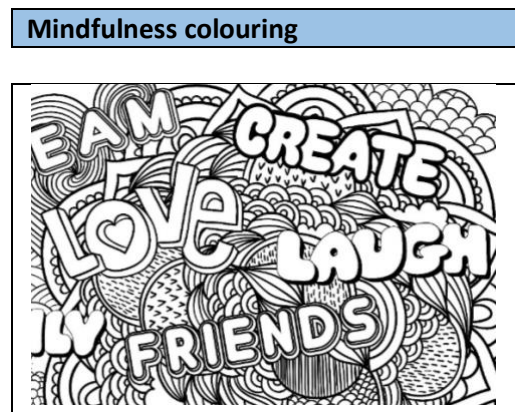
DAILY PLANNER

TUESDAY

ACTIVITIES/TO DO LIST	
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8AM	<hr/> <hr/> <hr/>
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8PM	<hr/> <hr/> <hr/>

Positives of the day

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DAILY PLANNER

WEDNESDAY

ACTIVITIES/TO DO LIST	
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5PM	<hr/> <hr/> <hr/>
6PM	<hr/> <hr/> <hr/>
7PM	<hr/> <hr/> <hr/>
8PM	<hr/> <hr/> <hr/>

Positives of the day

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Mindfulness colouring


<u>Stress Less</u>
1. Focus on what you can control.
2. Colour/play a game.
3. Talk about how you feel.
4. Look for opportunities.
5. Treat yourself.

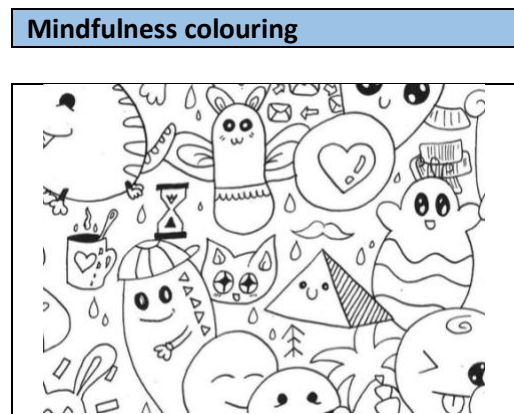
DAILY PLANNER

THURSDAY

ACTIVITIES/TO DO LIST	
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8PM	<hr/> <hr/> <hr/>

Positives of the day

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<p>With each new day comes new strength and new thoughts</p>
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DAILY PLANNER

FRIDAY

ACTIVITIES/TO DO LIST	
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Positives of the day

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Mindfulness colouring



<p>WHEN LIFE PUTS YOU IN TOUGH SITUATIONS DON'T SAY</p> <p>WHY ME</p> <p>JUST SAY</p> <p>TRY ME</p>

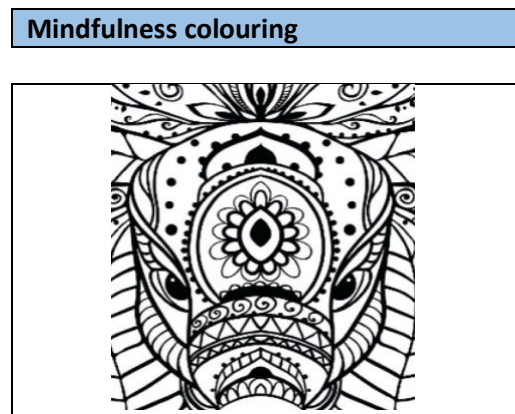
DAILY PLANNER

SATURDAY

ACTIVITIES/TO DO LIST	
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Positives of the day

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<p>Do something today that your future self will thank you for.</p>
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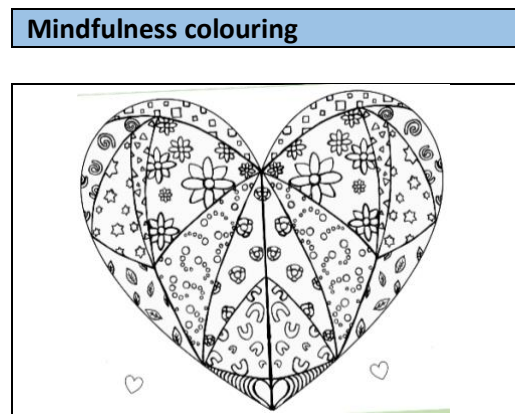
DAILY PLANNER

SUNDAY

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Positives of the day

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<p><i>POSITIVE</i> MIND <i>POSITIVE</i> LIFE <i>POSITIVE</i> VIBES</p>
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