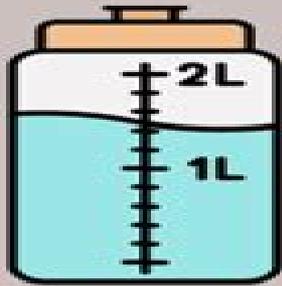


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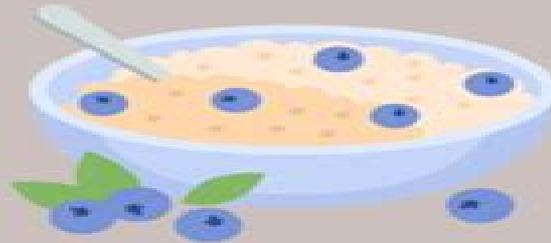
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self care



healthy breakfast



5 minute journal



go screen free for 30 minutes



top priority to do list



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