

Daily Reflection Booklet

This booklet is to be kept on your bedside table with a pen. Before going to sleep every night, take 2 minutes out of your day to reflect. The goal of this booklet is to help place you in a positive mindset.

 @F&T Blog

 @fandtblog

3 Good Things Of The Day

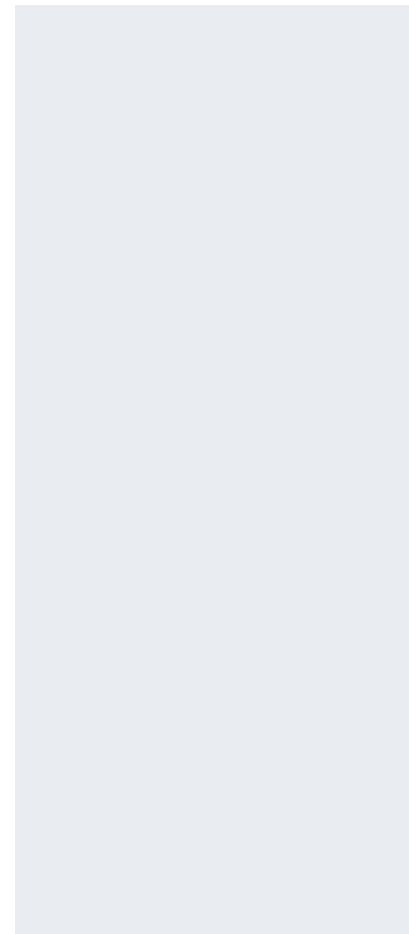
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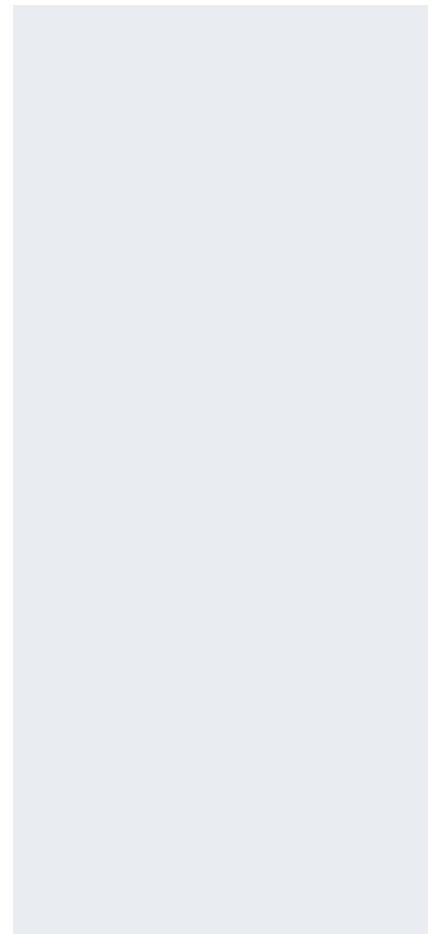
3.

Reflect On My Day

Things I Can Control



Things I Can't Control



3 Good Things Of The Day

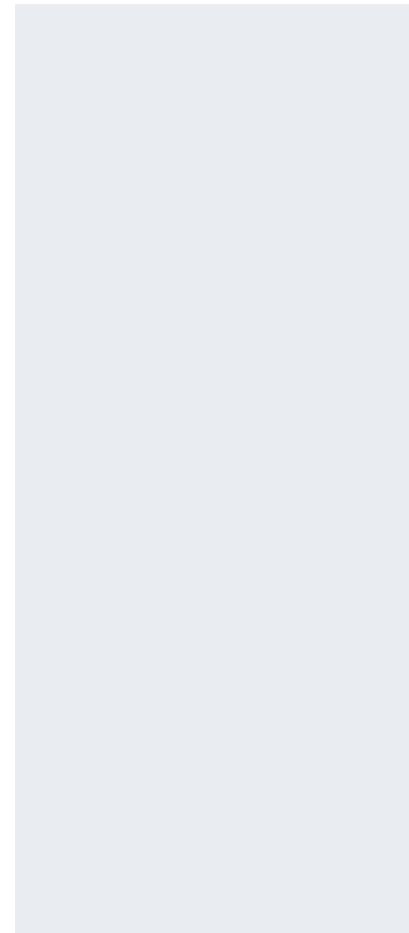
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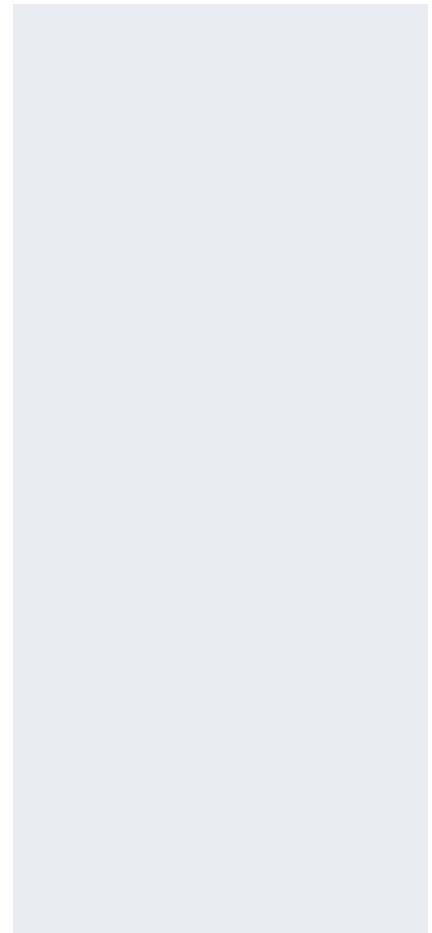
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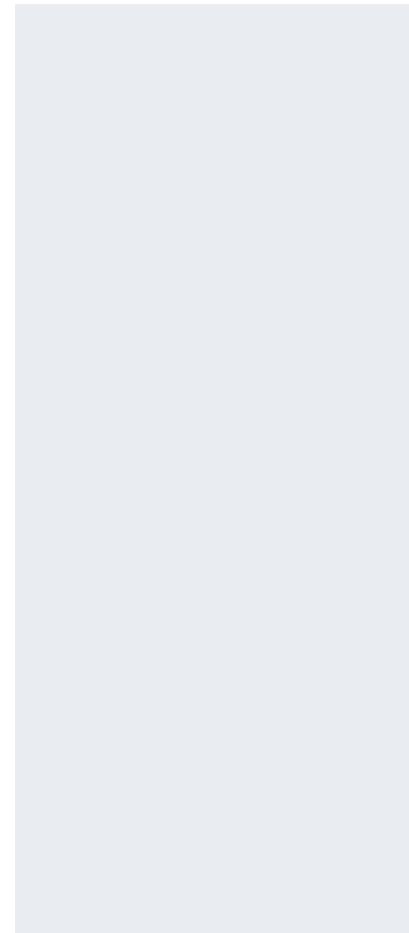
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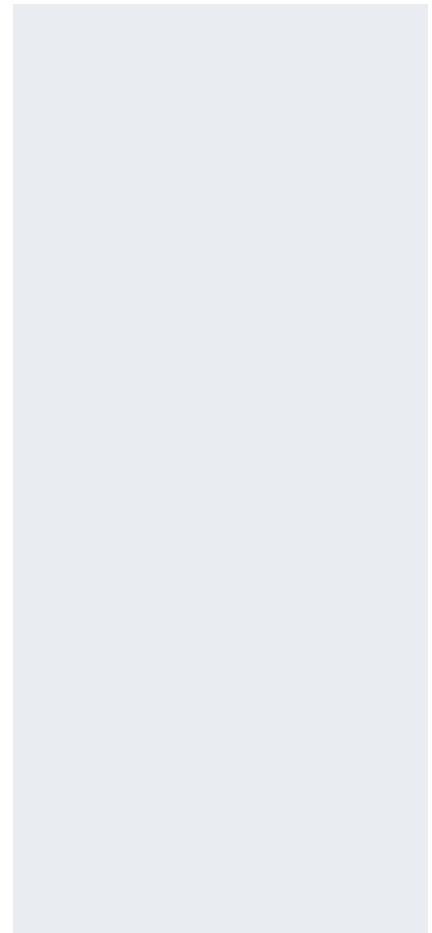
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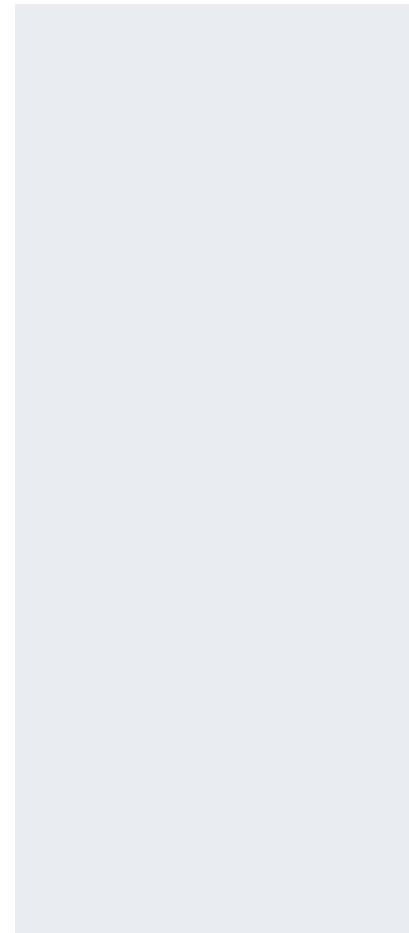
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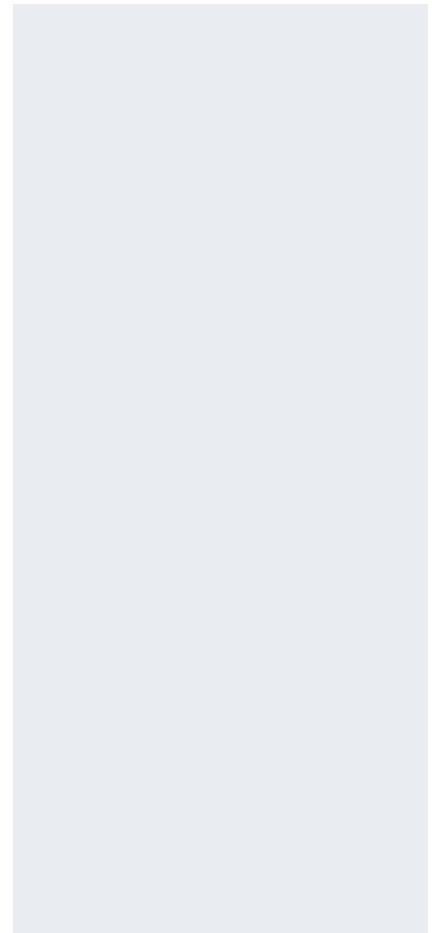
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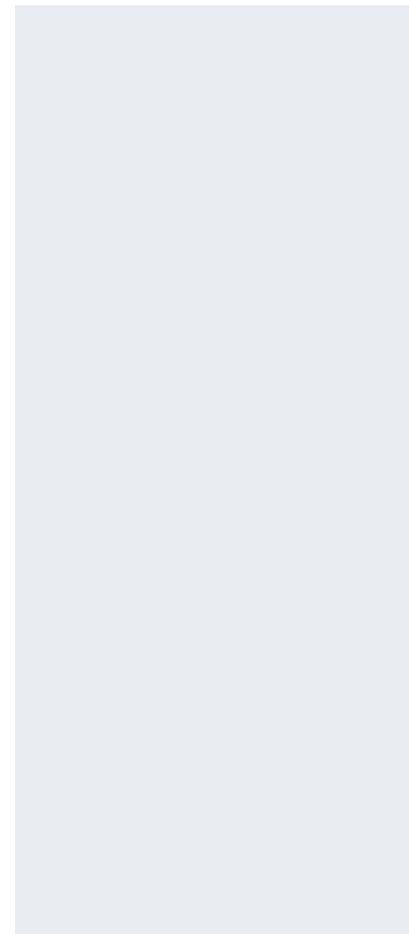
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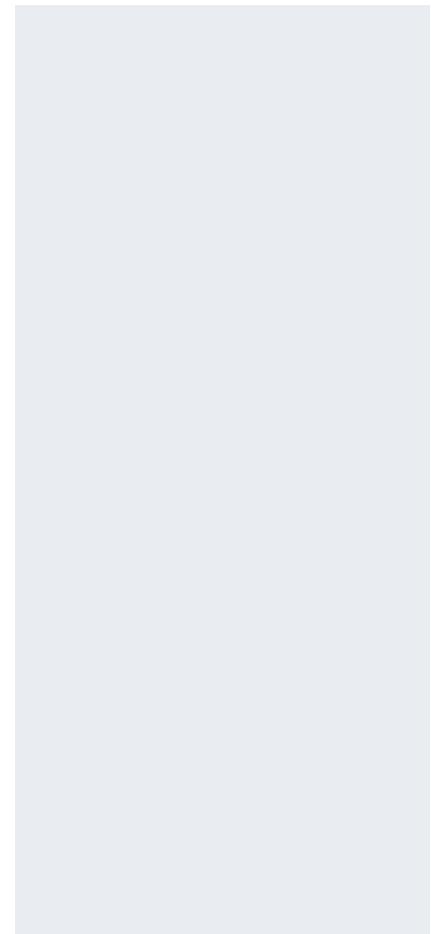
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