#MENTALMOVEMENT

Gratitude for days

MON

TUES

WEDS

THURS

FRI

SAT

SUN


DEEPAK CHOPRA
#MENTALMOVEMENT

MAGAZINE

Mood Chart

m t w t f s s

NOTE: EVEN YOUR WORST DAY ONLY LASTS 24 HOURS!

ANXIOUS  EXCITED  HAPPY  ANGRY  WORRIED  DEPRESSED  BALANCED
Mood Chart

m t w t f s s

ANXIOUS  EXCITED  HAPPY  ANGRY  WORRIED  DEPRESSED  BALANCED

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The you can do it list

## TASK 1

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## TASK 2

## TASK 3

**NOTE:** DREAM BIG - SET GOALS - TAKE ACTION

youcan doitlist.jpg
#MentalMovement

The you can do it list

<table>
<thead>
<tr>
<th>TASK 1</th>
<th>TASK 2</th>
<th>TASK 3</th>
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