in a while 12 13 14 15 16 17 18 Exerciseeven if just for a minute 19 20 21 22 23 31 14 25 Sit outside for No emails Compliment Learn a new word In your life In your life Nour life nature 19 17 18 Dance to your favorite own 3 things you're grateful for Enjoy your favorite own 3 things you're grateful for Spend one minute	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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