Date: _____

the Heart Project

Gratitude

Begin each day with a grateful heart 🖤

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

I am so grateful _____

Life Goals

Reach your big goals faster by visualizing what you want and writing it down as if it's already happened.

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Today's Goals

Set your intentions for the day ✓✓✓

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