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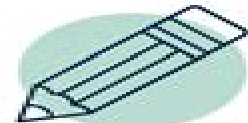
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Ideas



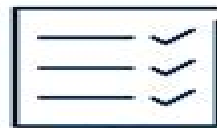
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A GLASS OF
WATER

READ
A BOOK



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THOUGHTS

PRAY OR
MEDITATE

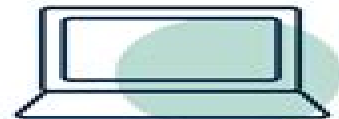


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TO-DO LIST

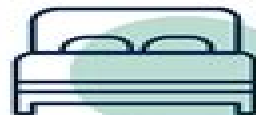
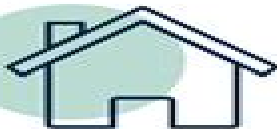
EXERCISE



WORK ON A
SIDE HUSTLE



DO A
10-MINUTE
TIDY



MAKE
YOUR
BED



GET READY
FOR THE DAY

PREP FOR
DINNER



REVIEW
YOUR
BUDGET



LISTEN TO A
PODCAST



CHECK THE
WEATHER



EAT A
NUTRITIOUS
BREAKFAST

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