

Blessed

JANUARY 2021

NEW BEGINNING'S
E-JOURNAL

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30. **WAKE UP 1 HOUR EARLIER**
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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 1 - JOURNAL ABOUT 2020

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 2 - EXPRESS KINDNESS TO A STRANGER

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 3 -
HAVE A TECHNOLOGY
DETOX 1 HOUR
BEFORE BED

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 4 -
EXERCISE FOR
15 MINUTES

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 5 -
JOURNAL ABOUT A
POSITIVE EXPERIENCE
YOU HAD TODAY

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 6 -
LISTEN TO A
10-MINUTE PODCAST

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 7 -
TAKE 4 DEEP BREATHS

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 8 -
GO FOR A
MINDFUL WALK

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 9 -
WRITE 3 THINGS YOU
LOVE ABOUT YOURSELF

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 10 -
DO SOMETHING
SPONTANEOUS TODAY

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 11 -
MAKE YOUR BED FIRST
THING IN THE MORNING

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 12 -
ACTIVELY LISTEN TO
A FRIEND OR
FAMILY MEMBER

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 13 -
LEARN HOW TO COOK
SOMETHING NEW

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 14 -
EAT 5 DIFFERENT
VEGGIES TODAY

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 15 -
PRACTICE 5 MINUTES OF
MINDFUL MEDITATION

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 16 -
WRITE 5 THINGS YOU
ARE GRATEFUL FOR

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 17 -
PAMPER YOURSELF. DO A FACE
MASK AND LISTEN TO SOME
OF YOUR FAVORITE SONGS

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 18 - DECLUTTER YOUR WARDROBE

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 19 -
READ AN OLD
FAVORITE BOOK

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 20 -
EAT 4 DIFFERENT
FRUITS TODAY

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 21 -
GIVE SOMEONE A
GENUINE COMPLIMENT

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 22 -
DRINK AT LEAST 35 OZ
OF WATER

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 23 -
DANCE LIKE NO
ONE'S WATCHING

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 24 -
PRACTICE A NEW YOGA
FLOW TODAY

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 25 -
WRITE A LETTER TO
YOUR FUTURE SELF

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 26 -
CREATE A PHOTO ALBUM
OF YOUR FAVORITE
MEMORIES

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 27 -
TELL SOMEONE YOU
LOVE THEM

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 28 -
OFFER YOUR HELP TO
A FRIEND OR FAMILY
MEMBER

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 29 -
GET 8 HOURS OF
SLEEP TONIGHT

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 30 -
WAKE UP 1
HOUR EARLIER

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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WHAT ARE YOU *Blessed* FOR TODAY?

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TODAYS GOAL

DAY 31 - PLAN FOR A MINDFUL FEBRUARY

WRITE HOW YOU FELT ABOUT
COMPLETING YOUR DAILY GOAL

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