

My Happy Life Journal

Date

<u>Signs/ wonders/ miracles/ spiritual moments</u>	<u>Gratitude/ Happy list</u>
<u>People appreciation list</u>	<u>Contribution/ Spreading/ Loving/ Kindness</u>
<u>My intensions for a happy body</u>	<u>E + R = Outcome</u>

My higher purpose today/this week was.....

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