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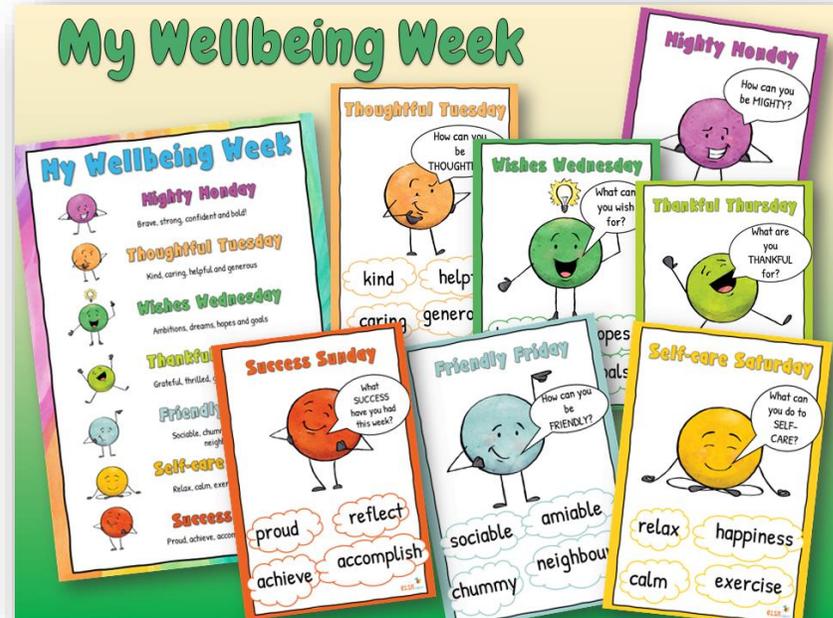
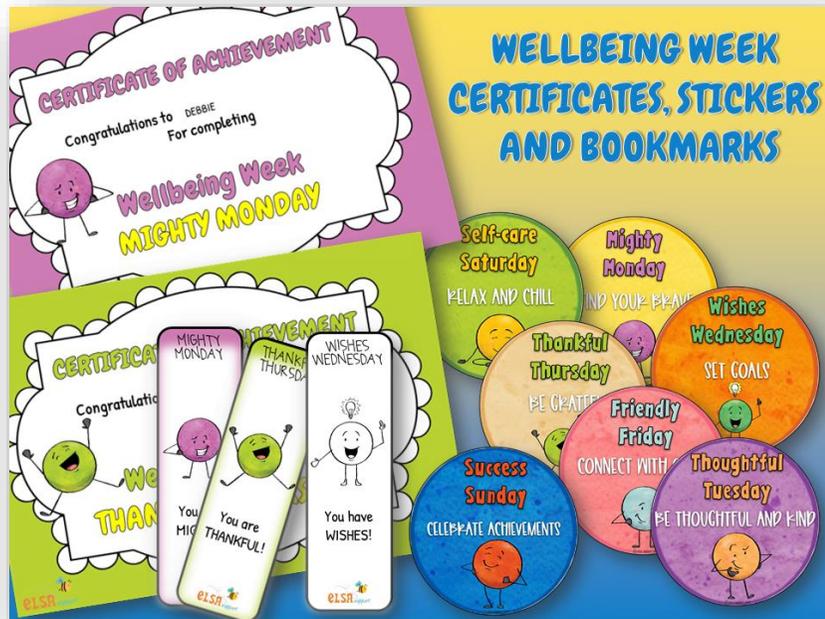




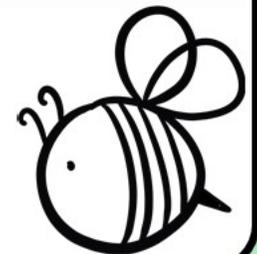
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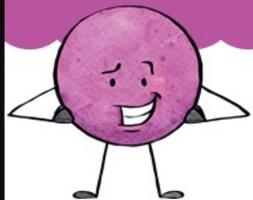


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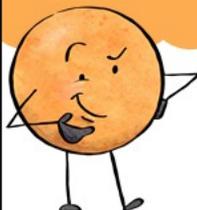
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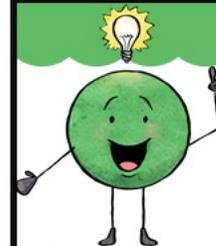
MONDAY

I can be mighty, strong and brave



TUESDAY

I can be thoughtful, kind and caring



WEDNESDAY

I can have wishes, goals and dreams



THURSDAY

I can be grateful, thankful and thrilled



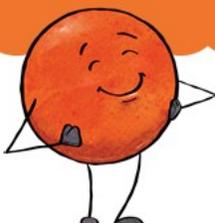
FRIDAY

I can be friendly, sociable and neighbourly



SATURDAY

I can use self-care, relax and exercise



SUNDAY

I can be successful, proud and accomplish my goals



MY WELLBEING WEEK