DAYPOP

One thing a day.

Write the one thing that would make today feel okay. Fill the circle when you finish it. The day counts.

MONTH _____ INTENTION _____

	MY ONE THING	DONE
1		○
2		○
3		○
4		○
5		○
6		○
7		○
8		○
9		○
10		○
11		○
12		○
13		○
14		○
15		○
16		○
17		○
18		○
19		○
20		○
21		○
22		○
23		○
24		○
25		○
26		○
27		○
28		○
29		○
30		○
31		○

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