

WISHFUL THINKING WORKS

Savor each and every success, big or small!

MY AMAZING "TA-DA" LIST SO FAR IN 2023!

Write everything you have accomplished this year so far - big or small! Give yourself credit, don't be shy! Writing a "Ta-Da" list is good for your body, mind and soul.

REFLECTIVE and/or SPIRITUAL



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PROFESSIONAL & EDUCATIONAL



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HEALTH & EXERCISE



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SOCIAL & FAMILY



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OTHER GREAT STUFF!



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