

# **CYO (Create your own) happiness practice:**

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## **WHY I PICKED THIS PRACTICE:**

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**Micro-awe-spiration:** \_\_\_\_\_

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## **MICRO-CHALLENGES**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **REFLECT**

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**Quote:** \_\_\_\_\_

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