



# My Self-Awareness Journal

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My positive experience of the day was...

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What can I do to continue having these positive experiences (Mindset, being more self aware, being in the present moment)

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**Be proud of your baby steps, they will take you places...**



What did I do this year that requires courage? What choice did I make consistent with who I want to become? However small...

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**The cure for boredom is curiosity. There is no cure for curiosity.**