# Date:

**I showed a kindness by:**

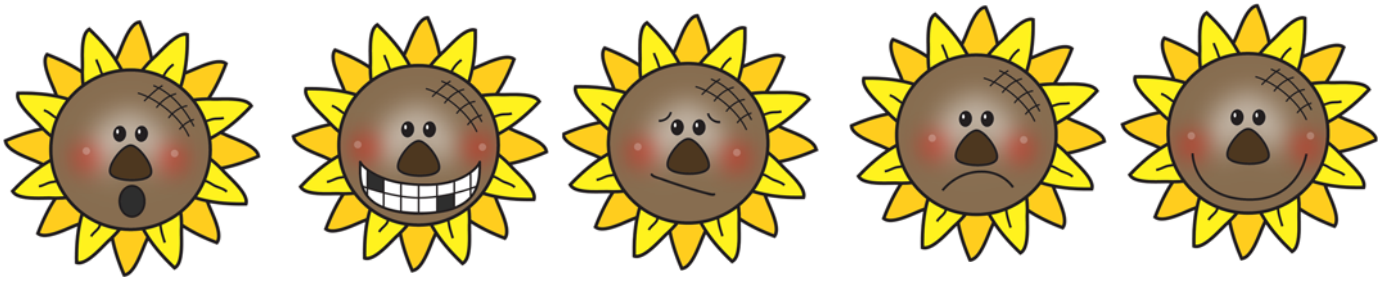
**I was helpful by:**

**Something new I learned was:**

**I should have put more effort into:**

**Tomorrow I'm looking forward to:**

**This is how I felt about today:**



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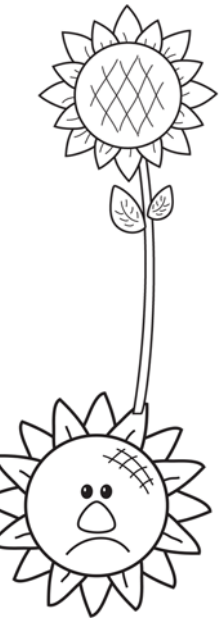

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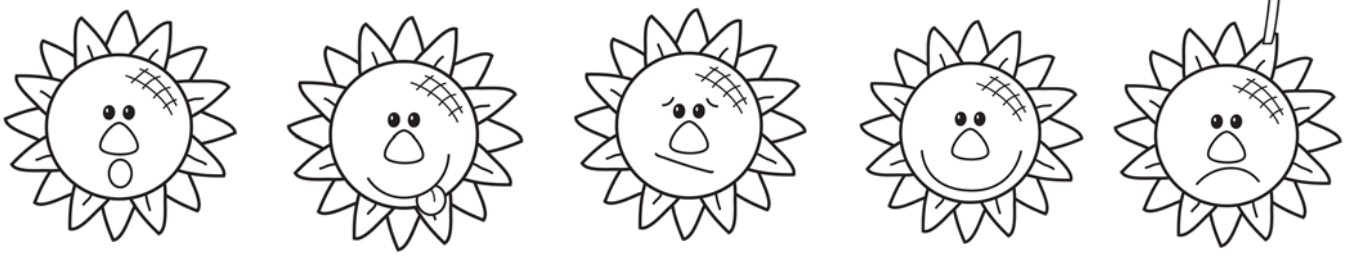

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