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|  |  | PeoplePeople who bring you joy  People who have taught you valuable lessons  People you can count on  ThingsThings that make your life easier Things you use everyday ActivitiesActivities that are fun Activities that help you de-stress or get healthy |
| Gratefulness Log |
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|  | This gratefulness log can be used to help people who may struggle thinking of things to write. Feel free to modify it to your needs. |