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	PLAYED WITH MY KIDS	SANG ALONG TO A SONG	TALKED TO A FRIEND	LAUGHED	COMPLIMENTED MYSELF
	EXERCISED	READ TO MY KIDS	COOKED A HEALTHY MEAL	TOOK A RELAXING BATH OR SHOWER	SAID "NO" TO A REQUEST.
	LOOKED AT THE NIGHT SKY	TOLD MY KIDS "I LOVE YOU"	Free	TOOK A TWO HOUR DIGITAL BREAK	TREATED MYSELF
	MEDITATED	GOT 8 HOURS OF SLEEP	LISTED 5 THINGS I'M GRATEFUL FOR	COMPLIMENTED MY KIDS	DANCED
Control of the second	GAVE MY KIDS A HEALTHY SNACK	SPENT TIME IN NATURE	DECLUTTERED My Space	WROTE IN MY JOURNAL	HUGGED MY KIDS

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