

# *The Power in Me!*

A Gratitude Journal For Healing

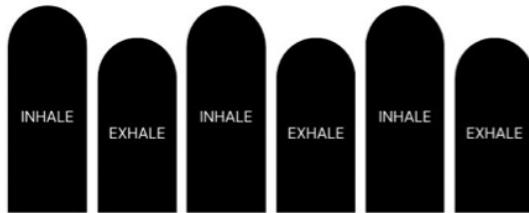


# 5 Minute Gratitude Journal

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UNITED WAY OF ERIE COUNTY  
HEALING CONNECTIONS

Breath before writing



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What's the best 3 things about today?

Today's Highlight



What did you learn today?

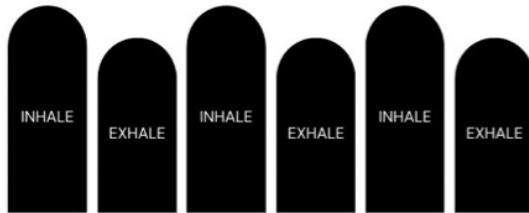
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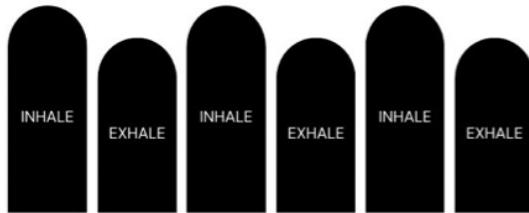
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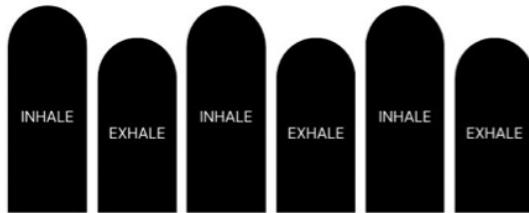
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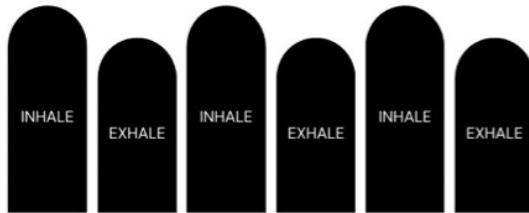
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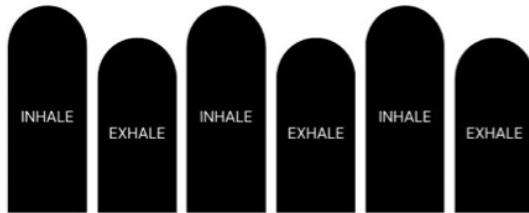
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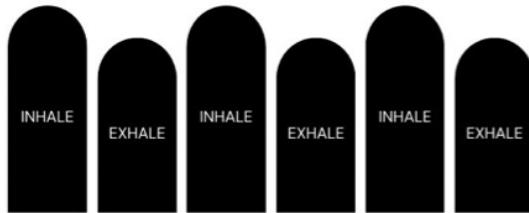
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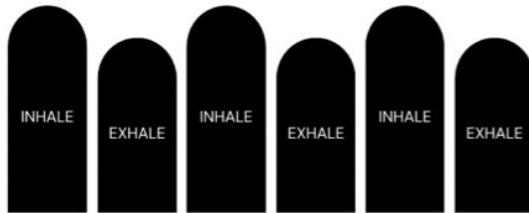
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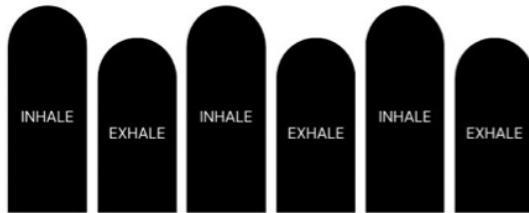
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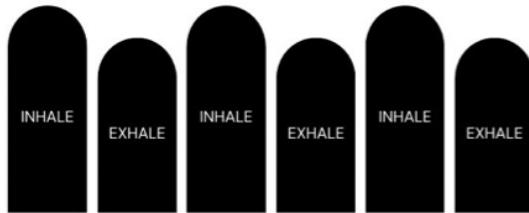
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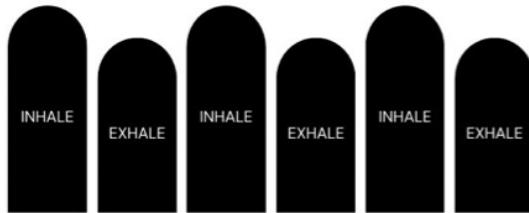
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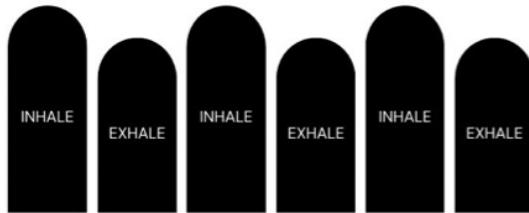
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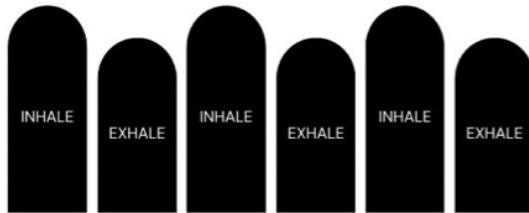
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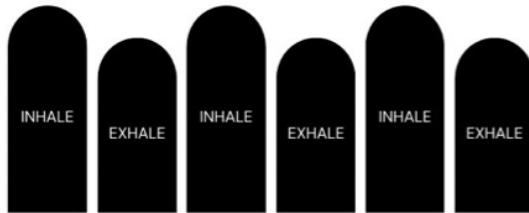
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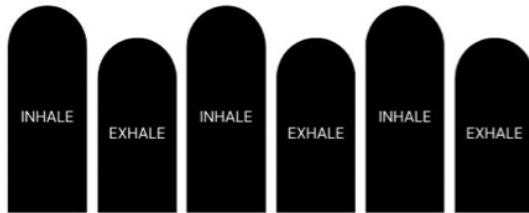
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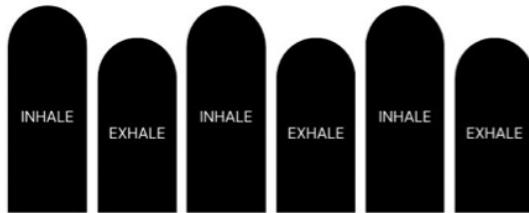
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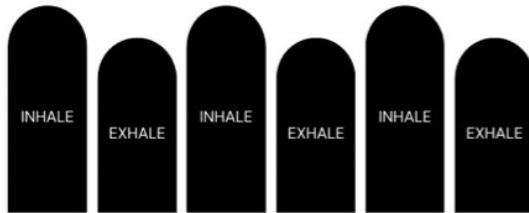
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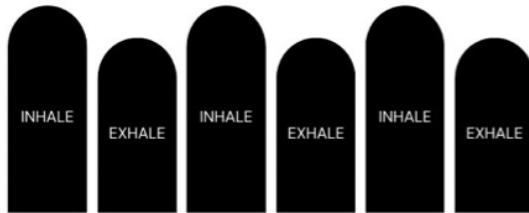
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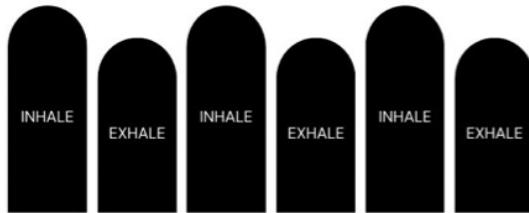
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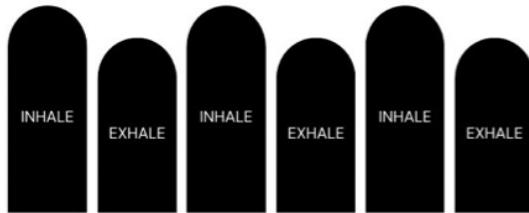
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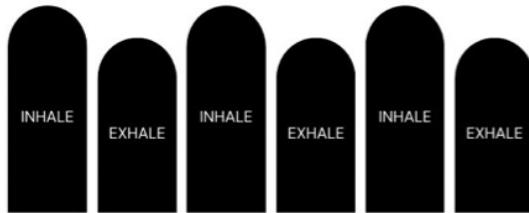
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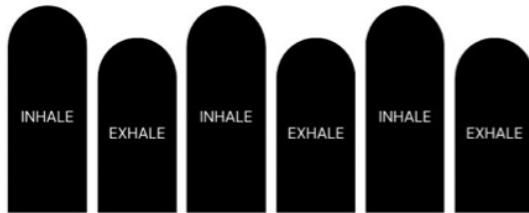
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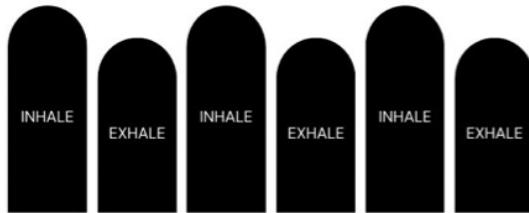
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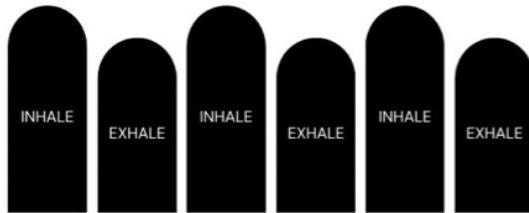
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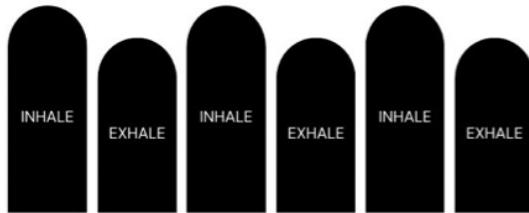
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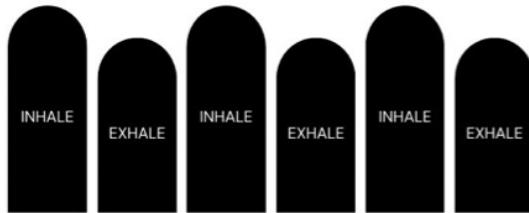
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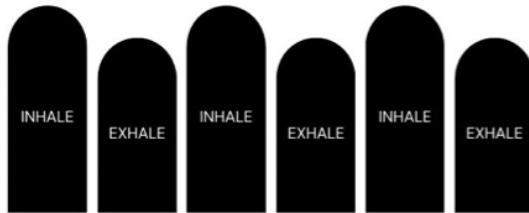
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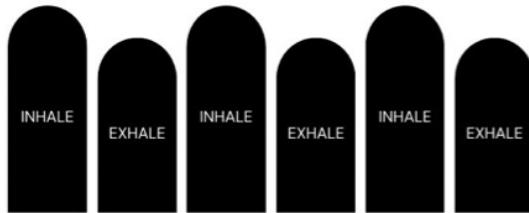
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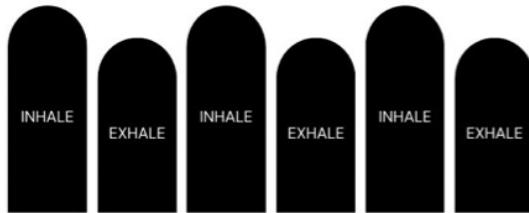
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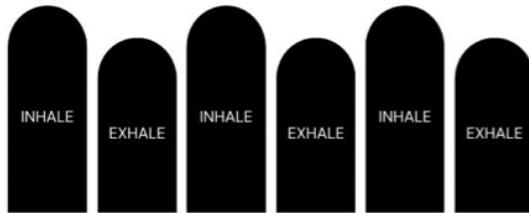
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