

A close-up photograph of a woman's hands forming a heart shape. The woman is smiling, and her face is partially visible in the background. She is wearing a light-colored, possibly white, top. The background is softly blurred, showing what appears to be an indoor setting with natural light.

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DANKBARKEIT ÜBEN

Schreibe drei Dinge auf, für die du heute dankbar bist – klein oder groß.

Wie verändern diese Momente meine Wahrnehmung des Alltags?