

A circular rearview mirror of a car, showing a snowy winter scene. The mirror's frame is black. The reflection shows a snow-covered road winding through a forest of evergreen trees. The car's rear window and a portion of the rear seat are visible on the left side of the mirror's reflection.

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MONATLICHER RÜCKBLICK & DANKBARKEIT

Reflektiere: Welche Impulse haben mir diesen Monat am meisten geholfen?
Denkanstoß: Wie kann ich Achtsamkeit nachhaltig in mein Leben integrieren?