

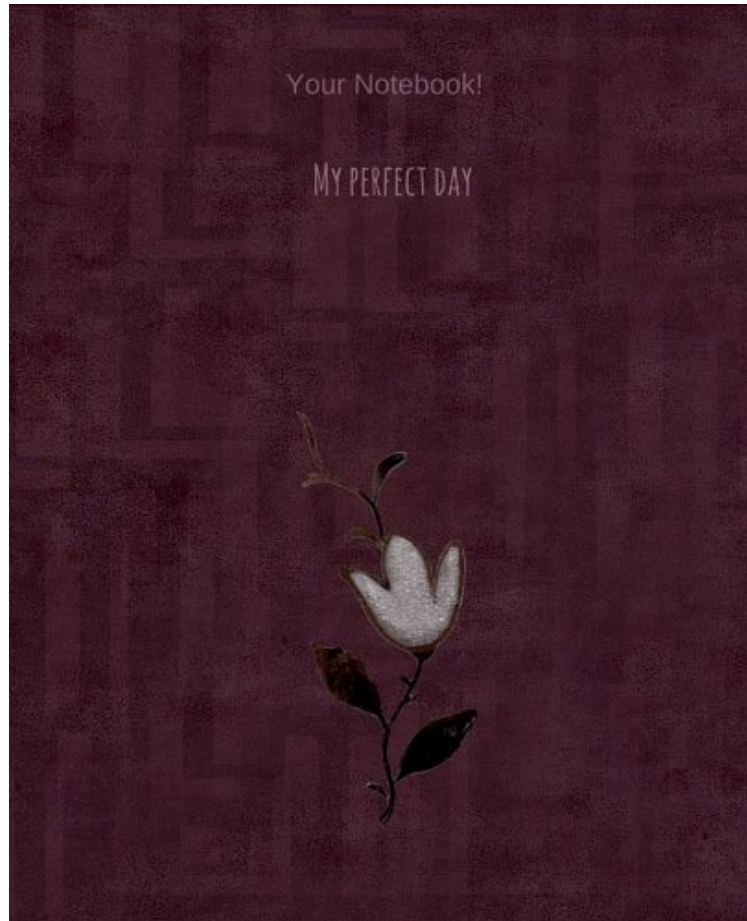
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## **Your Notebook! My Perfect Day (Volume 1)**

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One of my favorite visualizing techniques is writing about my idea of my perfect day. The elements of this change daily, but never fail to motivate me and get me excited to jump out of bed and take action to create another perfect day. Sometimes it just makes you feel so grateful for the day you're beginning. Enjoy this wonderful new tool that will become a lifelong friend.