

GRATITUDE two thousand AND twenty three MAP

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reflecting ON *2023*

PEOPLE

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EXPERIENCES

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MILESTONES + MOMENTS

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LEARNINGS + LESSONS

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.....
.....

this OR *that*

- PARADE FOOTBALL
- BEANS YAMS
- COOK CLEAN
- NAP GAMES
- IN-STORE ONLINE
- SWEATER FLANNEL
- PIE ICE-CREAM

LOOKING *forward* TO

- A NAP
- LEFTOVERS
- THE HOLIDAY SEASON
- GETTING THROUGH
- 2024

next YEAR AT *this time*

- CONTENT FULFILLED GROUNDED
- CHALLENGED ALIGNED BALANCED
- INSPIRED DISCIPLINED HEALTHY

reflecting ON *2023*

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"Gratitude unlocks the fullness of life."
MELODY BEATTIE

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