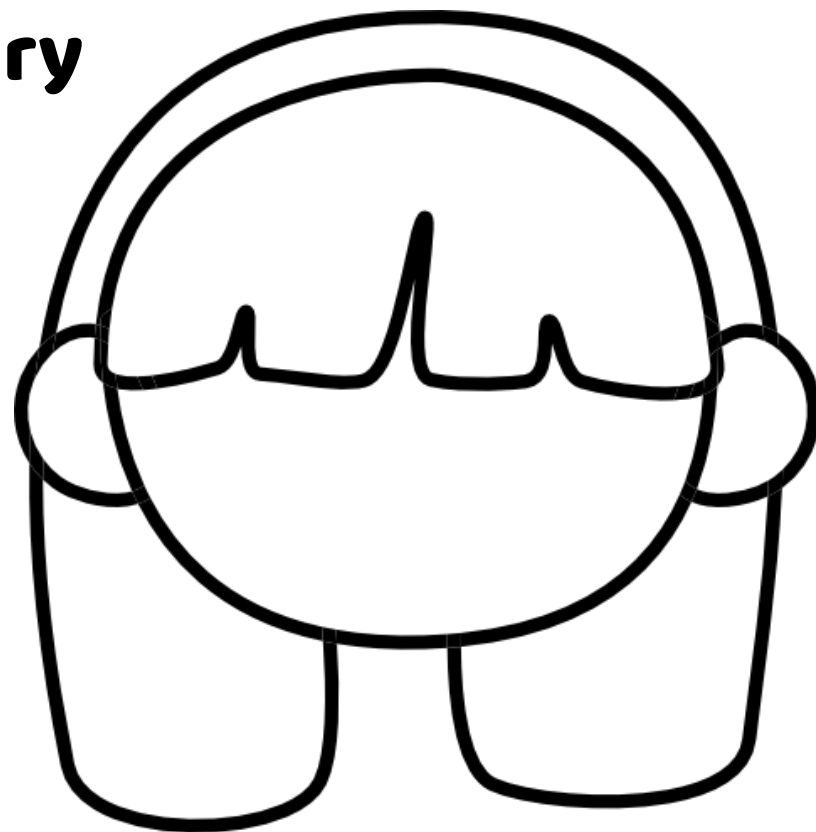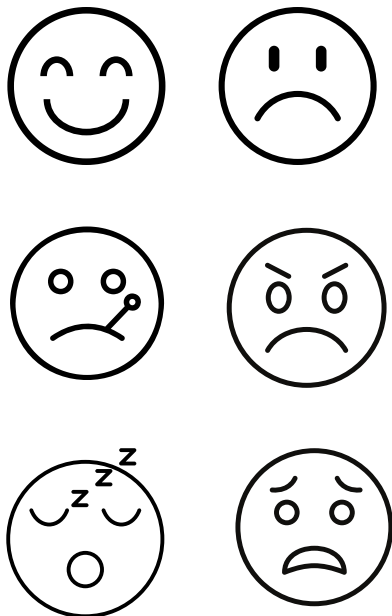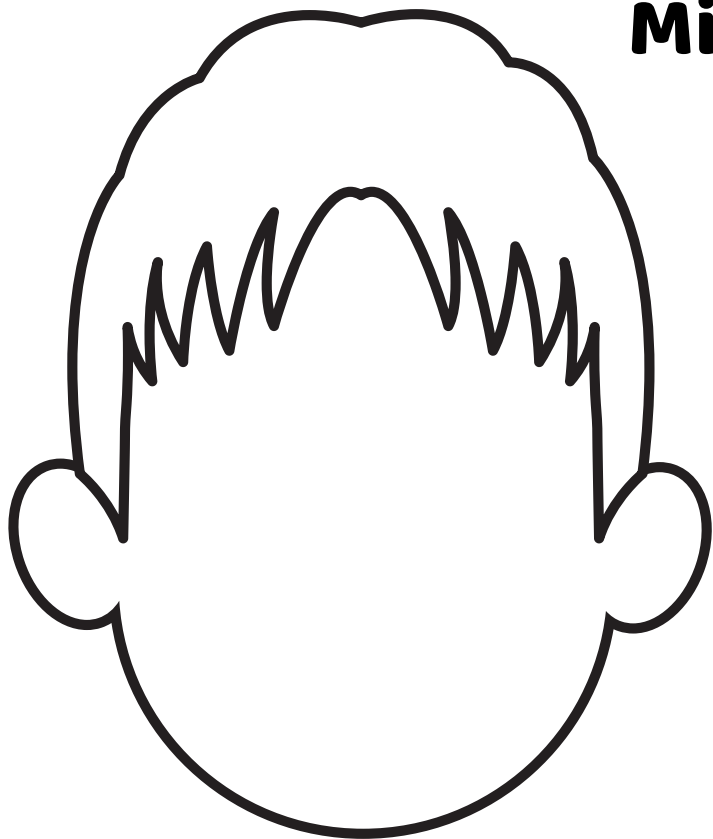# Mindfulness Diary

How are you feeling on Monday?

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