



# DON'T TELL MY SISTERS

## CELEBRATE THE LITTLE THINGS 1 MONTH GRATITUDE CHALLENGE

DATE:

MY FEELINGS AFTER 1 WEEK

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WHAT CHANGED AFTER 2 WEEKS

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MY MOOD AFTER 3 WEEKS

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AFTER 4 WEEKS I FEEL BETTER IN

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good skin | good hair | good mood

[www.donttellmysisters.com](http://www.donttellmysisters.com)

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