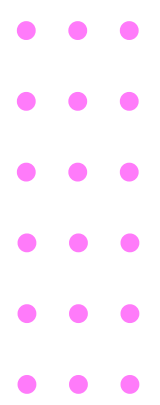




MINDFUL MONDAY

Checklist



1. GRATITUDE CHECK IN

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2. MICRO MEDITATION

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3. WEEKLY INTENTION SETTINGS

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4. PRIORITY MAPPING

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5.DIGITAL DECLUTTER

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