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Today I will...  
Learn a healthy tidbit

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<http://AHealthyKitchen.com>



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Today I will...  
Meditate

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<http://AHealthyKitchen.com>



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Today I will...  
Read for enjoyment for 15 minutes

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Today I will...  
Turn off the TV for one hour

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Today I will...  
Take a bath and relax

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Today I will...  
Call a friend

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Today I will...  
Read for enlightenment for 15 minutes

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<http://AHealthyKitchen.com>



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Today I will...  
Take a walk by myself

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