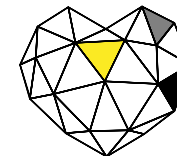


# ▶ Grateful Diary

Today's date: .....



BELINDA  
MINDSET

## Morning

Today I look forward to:

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Today's challenges:

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Daily affirmation:

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## Evening

My achievements big and small:

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Things that made me smile today:

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What am I learning from my challenges:

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Someone you love.  
Someone who helps you.  
Someone you love to spend time with.  
Something you cherish.  
Something you love to do.  
Something that makes you laugh.  
Someone who makes you laugh.  
Somewhere you like to go.  
Somewhere you like to stay.  
Something you like to listen to.  
Something yummy.  
Something that smells nice.  
Something beautiful.  
Something warm.

Belinda Hillman - Hairdressing Educator and Mentor. I empower and motivate hairdressers by teaching the mindset tools and retail skills to promote themselves, services and products.