

# 10 MINUTES TO SAVE THE DAY

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Date:

One part of your day - big or small - that isn't going well:

One reason it's not going well:

Three personal strengths, skills, abilities or talents (superpowers, actually)  
you'll put to good use saving the day:

Two things you can do right now to turn this part of your day around:

After you've swooped in and saved the day, one thing you'll do to celebrate:


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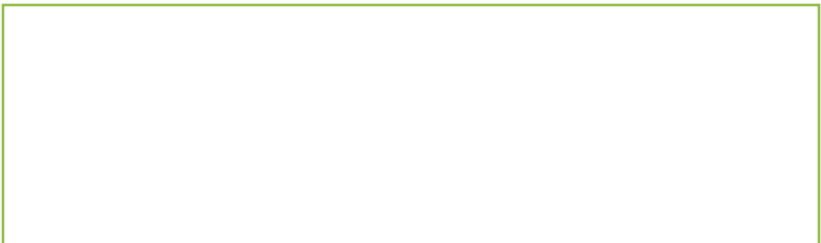
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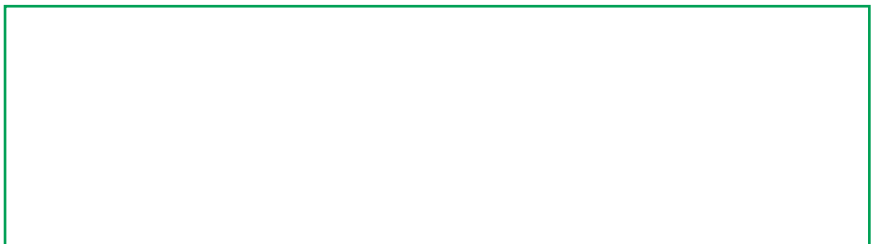
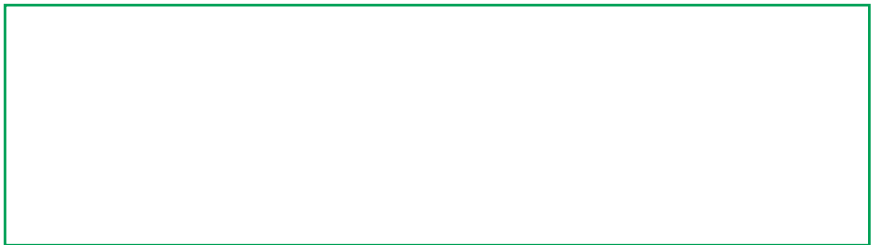
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