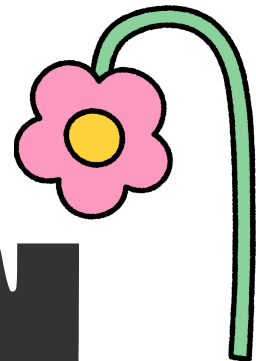



































2024

RAMADAN



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CALENDAR KEY

-  ENJOY OUTDOORS FOR 10 MINUTES
-  COLOR/ OR DO SOMETHING CREATIVE
-  MEDITATION 10 MINUTES OR MORE
-  JOURNAL

MINDFUL WINS

