

emergency journal page:

when you need to find a little extraordinary in your ordinary

one entirely ordinary thing you do almost every day:

three tiny, specific

details about your

ordinary thing:

one way in which you do your thing in your own unique way:

one person you're reminded of while doing
your ordinary thing:

one small part of your ordinary thing that
brings you joy:

one small part of your ordinary thing
you're grateful for:

one extraordinary aspect of your ordinary
thing:

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2.

3.

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