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Today I will...  
Love myself more than I love food

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<http://AHealthyKitchen.com>



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Today I will...  
Breathe deep... Breathe long... Breathe love

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Today I will...  
Be... ME!

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Today I will...  
Genuinely thank my body for hanging in there

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Today I will...  
Write in my journal

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Today I will...  
Connect with a healthy friend

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Today I will...  
Try a new healthy recipe

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Today I will...  
Know that I deserve to put myself first

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