

# MY L.M.F.A.O.

(Remember to Laugh a little.)



LOVE YOUR SELF -  
MIRROR TALK

M T W T F S S

MAKE YOUR BED

FAITH - PRAYER,  
DAILY INVENTORY

ACKNOWLEDGE SMALL WINS

OXYGEN - BREATHE

*“Believe In Yourself & Anything is Possible”  
Crystal Raye*

## TO DO LIST

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## DAILY GRATITUDE LIST

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