

# REVIEW DO DIA

Data: / /

Produtividade: 

1	2	3	4	5	6	7	8	9	10
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Mood tracker: 

feliz	normal	triste	cansada (o)	ansiosa (o)
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● Melhores momentos do meu dia:

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● 3 coisas pelas quais sou grata (o):

1. 

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2. 

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3. 

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● 3 coisas que aprendi hoje:

1. 

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2. 

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3. 

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● Coisas que posso melhorar amanhã:

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