

LIVE THE LIFE



DAILY TEMPERATURE READING

APPRECIATIONS
NEW INFORMATION
PUZZLES
COMPLAINTS WITH REQUEST FOR CHANGE
APOLOGIES
WISHES, HOPES & DREAMS
PRAYER REQUESTS

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Heart to Heart

THOUGHTS
It seems...
I think... My opinion is...
I believe...
I assume...

FEELINGS
I feel...
I am...
mad
afraid
glad
sad

RAVE

DESIRES
I hope...
I need...
I want...
I wish...

CONCERNS
I worry about...
I'm nervous because...
It concerns me that...

REPEAT
AFFIRM
VALIDATE
w/EMPATHY

Heart to Heart

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