

90-DAY *Gratitude Journal* *for your* BUSINESS

The Purpose-Driven Entrepreneur's Guide To Gratitude – In A Few Minutes Each Day

Carol Joyce Dunlop ♦ Rhonda R. Hudgins ♦ Nadine Mullings
Renee Coakley ♦ Tena L. Scallan ♦ Dr. Lougenia J. Rucker
Tracy L. Tate Jones ♦ Dr. Tianna Conte ♦ Dr. Alfreda Bradford
June Cline, CSP

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What our author's clients are saying . . .

I loved that **Renee** took her time to explain my options. She helped me choose the policies that would benefit my family the most. Renee made it easy for us to navigate through this process.

~ Sheena A. Turner

Apostle Lougenia Rucker's Game-Changer program and mentorship has been life-changing for me. As a result of the information given, mentorship provided and networking opportunities furnished, I created an atmosphere around the seeds of my goals, allowing them to flourish into an editing and creative writing business, recruiting business and have thereby, increased my net-worth through multiple streams of income. I also found love directly after finishing the program, and have now been happily married for three years. If you are looking for the right person gifted to help you flourish in your gifts, goals and destiny, then I highly recommend Apostle Dr. Lougenia Rucker. You won't regret the investment you make in you.

*~ Claudia Streets Cramer, Chief Editor,
CSC Professional Editing & Creative Writing Services*

Tianna Conte and her GPS Code™ System are awesome! For years, I've had ghost-like pains in my heart that came and went. In just two sessions, those pains were gone and have not returned. I can't thank you enough for this fabulous transformation.

~ Misa Hopkins, New Mexico

Tracy is AMAZING at what she does and took care of my taxes from CA and from another state and ensured my taxes were completed correctly! She is TRULY AN EXPERT in business taxes and bookkeeping and personal taxes! If you need a tax professional for your business, a book keeper, and personal tax consultant, Tracy is highly rated over many platforms and with the BBB. Thank you Tracy and I can't wait to refer you to all of my family and friends all over the US! You're the BEST!

~ Andrea H

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What our author's clients are saying . . .

I attended Nadine's BEST Marketing Plan online class to help me identify and execute a marketing plan for my health coaching business. Nadine helped me develop a process that was easy to follow and execute. Going through the program helped me identify what I needed to do first and gave me examples on how to do that effectively. The result was that I had clarity around my marketing plan and what I need to do step by step to execute. I would recommend Nadine and her BEST Marketing course/webinar for coaches and small business owners."

~ Kim Kennedy, Certified Health Coach

The staff of Fort Walton Medical Hospital recommended Independent Living Services, Inc. to us. My wife was always in good health and very capable. When she fell ill she was not the same and we knew we would need help from others. She is a very proud woman and did not like strangers in her home.

Tena Scallan send several employees for us to meet and they all made us feel very comfortable. All the employees were very knowledgeable, caring and organized. They came in before my wife was released from the hospital and cleaned the whole house, did all the laundry and cooked several meals and froze them for my wife and me. When she got home, they were very attentive to her needs: they assisted her while walking, prepared and assisted with her meals, and ran errands for us. They made us feel as if we known them our whole lives, made us feel like family.

I could not have survived without her and her great staff. They cared for us for approximately 2 months for 8 hours a day 7 days a week. Now they assist us when needed, I use the service about 3 times a week for 3-4 hours per day. Tena and her staff are very caring and organized and being in the military that meant a lot.

I even purchased her book "The Ultimate Compassionate Guide to Caregiving". The book helped me immensely when they were not around, it taught me how to transfer my wife from the bed to the toilet and it was loaded with a lot of helpful information. We would highly recommend Independent Living Services, Inc., Tena and her staff to anyone.

~ Mr. Paul Bratton

What our author's clients are saying . . .

Wanna give a **TREMENDOUS SHOUT OUT TO THE GIFT BAG HOSTESS OF THE YEAR IN MY EYES, Rhonda R. Hudgins, OWNER OF METRO BRAG BAGS IN ATL, GA. SHE HAS BEEN MY WORKSHOP GIFT BAG SUPPLIER FOR A FEW YEARS NOW.**

SHE NEVER DISAPPOINTS!!

Rhonda came **ALL THE WAY** from GA to MS on Friday in the pouring rain to deliver my Gift Bags to make sure I had them for my workshop.

THIS is the kind of person you want to do business with.

Integrity matters.

Check out Metro Brag Bags for your next event.”

~ FKB – October 2019

I had been stressing out for a long time about not being in the social media game, even just a little bit. I knew that I needed to dip my toes back in after being out of it for several years, but didn't really know how, or who was going to get me there. But as fate would have it, the right person was sitting to the right of me at just the right time. (I love when that happens!) **Carol J. Dunlop** has been a **GOD SEND.**

She and I connected, I literally brain dumped everything that I saw myself doing, and she made it happen. Pretty amazing how once you decide to off-load the things that you either don't know how to do, don't do well, or hate doing, your left with only doing what you love. And that's what I teach my own clients to do - so I'm finally “walking the talk” around my social media strategy and implementation. She's smart, she's creative, she's supportive, and she's there to do what she's an expert in. And for me, that's all I needed. Oh, and she lovingly pushes me out of my comfort on a regular basis...now **THAT'S WHAT I'M TALKING ABOUT.**

~ Wendy Ellin

Workplace Productivity Strategist

What our author's clients are saying . . .

She kept us snorting with laughter!

“I attended the Woman Entrepreneur’s Small Business Boot Camp in Scottsdale, AZ featuring keynote luncheon speaker **June Cline**. She kept us snorting with laughter as she shared her own life experiences in using on the spot humor to create resilient thinking during life’s maalox moments. Her authentic anecdotes give us all permission to be fully human as we journey the path of progress...not perfection.”

~ Karen Lee, “The Reiki Lady”

When I think of Life Word Jesus Prayer Ministry, aka **Alfreda Bradford Ministries**, I think Faithful, Dedicated Servants. I was so honored to be invited to join in prayer time and share my testimony. I was even more honored to hear the prayers and testimonies of others. My prayer is that my testimony blessed others as much as the Word, prayers, and testimonies have blessed me. No matter what I am going through, I log on in the morning to just listen and be ministered to. Without fail that Word will confirm or simply minister to my troubled heart.

They will never know of the mornings I could not sleep and I just dialed in to listen. So thankful for their faithful presence. It’s such a blessing to know of this dedicated team of individuals are holding up the world. Faithfully bringing the cares and concerns of everyone else before the Lord. Many will say, “I will pray for you.” When this team tells you they will pray, you can believe your concerns and needs will be brought before the Lord. Thank you Life Word Jesus Prayer Ministry.

~ Evangelist Darlene King, Philadelphia, PA

90-Day Gratitude Journal for Your Business

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First published by Creative Services International, Inc.

Printed in the United States of America
Creative Services International, Inc.
2615 George Busbee Pkwy
Suite 11-154
Kennesaw, GA 30144-4981

esicorporation.com

Book and Cover design by CSI, Inc

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Dedication

To my husband, BFF4Life, soulmate, and friend, Alvin Dunlop. I could not have done this without your love and support. Thank you for being in my life.

Thank you to all the authors who tirelessly worked together to complete this project. You are ALL Rockstars!

~ Carol J. Dunlop

Thank you to my Grandpa, Clay Caughron, who always told me I could do and be anything I wanted in life.

~ Rhonda R. Hudgins

To my greatest loves, my soul mates in spirit who I am forever grateful for their love and guidance: my father Dr. Frank Conte and my husband, Rev. William Dubs along with their emissary on earth, my shi tzu Starsky!

~ Dr. Tianna Conte

Thank you to my mom, Evelyn Mullings, for showing me what unconditional love means.

A BIG thanks to my sister, Amanda Myrick, so glad God not only made us sisters, but best friends.

~ Nadine Mullings

Jerry Cline -- the light of my life, the flame of my eternal being who knows and shows me true unconditional love.

LuvUMyLove

~ June Cline, CSP

I am grateful and it is an honor to be a part of this awesome gratitude collaboration with an amazing group of women. I dedicate my work to the "Game-Changers" who have purposed in their hearts to always give thanks for the joy and journey of transforming from the inside out to change the game.

~ Apostle Dr. Lougenia J. Rucker

This journal was created to assist you in manifesting gratitude on a daily basis.

Gratitude is reciprocal.

The more you give, the more you receive.

90-Days of Gratitude -- Start your journey on Day 1 and complete 90-days later. Reflect every 5 days and then summarize at the end of your full journey.

Take a few minutes each day to reflect on the goodness of your business and how it brings joy and happiness to your life. Even if your business is not where you want it to be at this moment, you can change your life and your business trajectory by changing your perspective.

Change your thoughts change your life.

This gratitude journal is here to guide you along the way.

Follow these guidelines to have the most awesome gratitude journey ever.

1. Choose a Peaceful Place

Chose a peaceful place (or two) where you can practice being in gratitude. Be sure to schedule the time and adhere to it daily.

2. START!

Start your journey by flipping to the “Start Here” page and filling in the requested information.

Each day going forward, you will be asked to fill in the date along with answering the prompt. Breakthroughs happen often and having a date to associate them to can be very powerful.

3. Include the “WHY?”

Follow the daily prompt to write what you are grateful for, but also go a bit deeper. Write WHY you are grateful by adding “Because” and explain.

Example: What are you grateful for today?

Your answer: My family.

Because they . . .

This will help you to fully express and experience true gratitude.

4. Be Conscious and Mindful

If you express the same gratitude daily, as a routine to simply “get it done,” you are missing the meaning of why you are doing this in the first place.

This gratitude journey only works when you give in to the process, sit in your dedicated peaceful place, and make a conscious decision to improve your perspective.

5. 5-Day Round Up

Every 5 days, you will be asked to evaluate and think more about your journey up to that point. You can do this at the end of the 5th day and every 5th day going forward. The process is truly enlightening.

Let’s Begin!

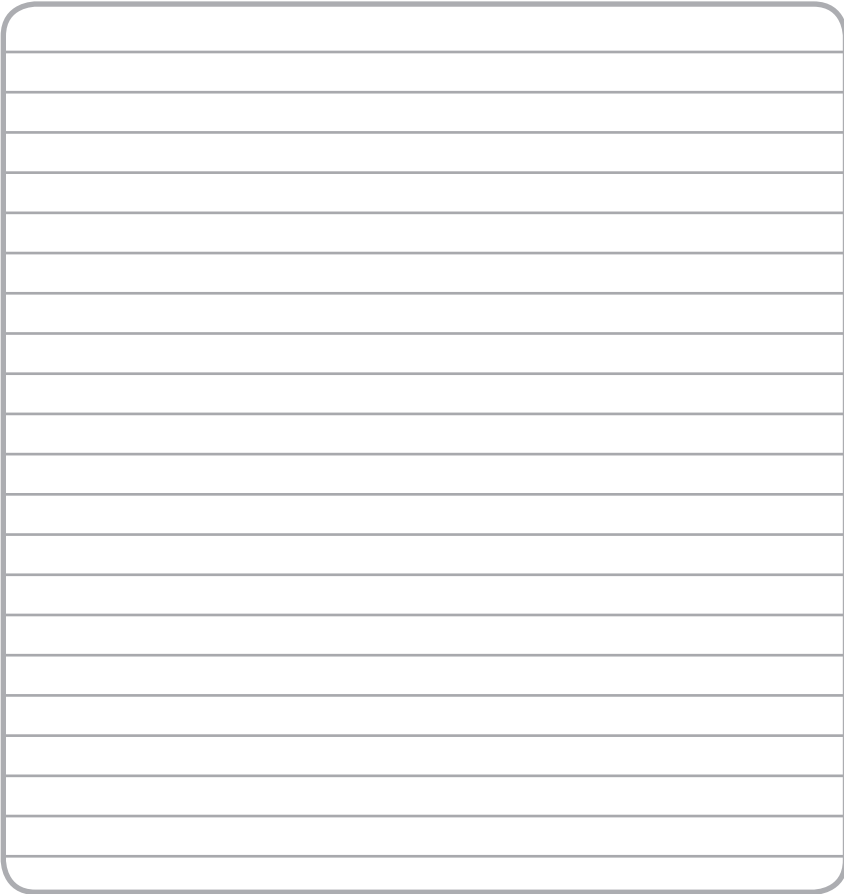
Your Gratitude Journey Starts Here . . .

Today's Date

Your Name

Day **7** Date _____

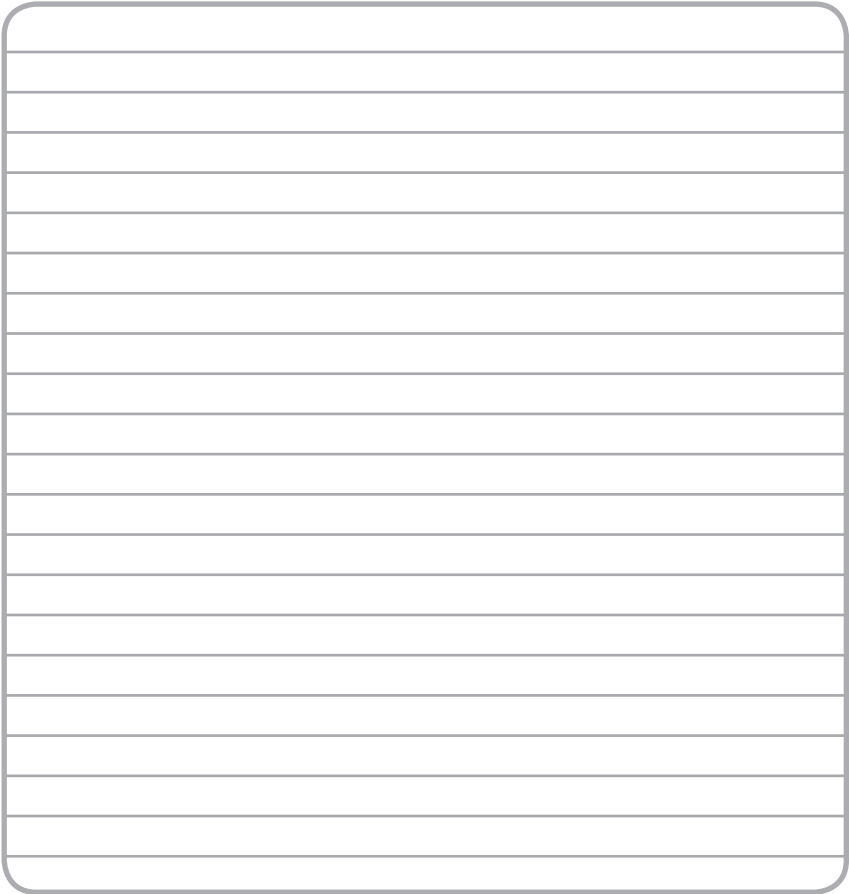
What are you Grateful for today?

A large, vertically oriented rounded rectangular box with a light gray border. It contains 18 horizontal lines for writing, spaced evenly from top to bottom.

**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **2** Date _____

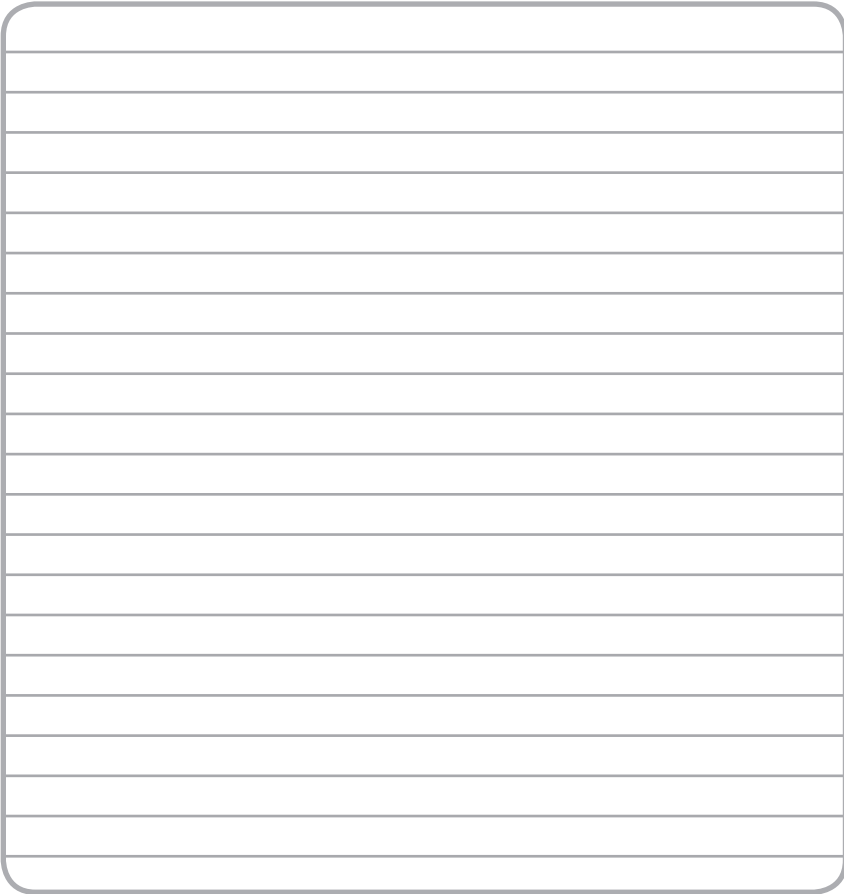
What are you Grateful for today?



**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **3** Date _____

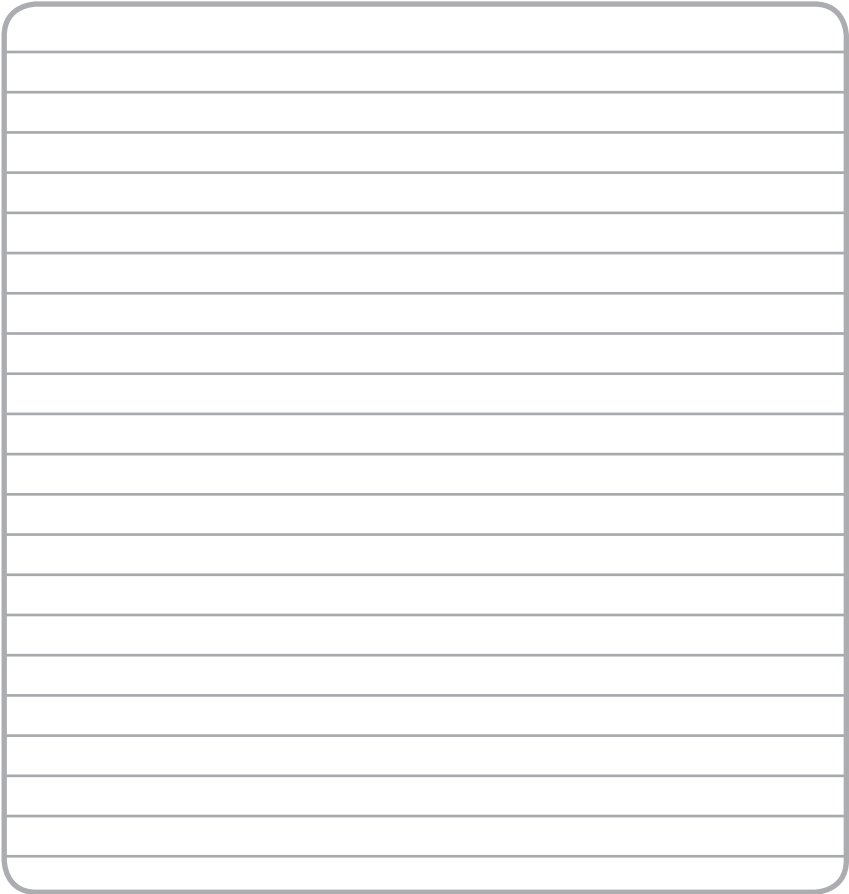
What are you Grateful for today?

A large, vertically oriented rounded rectangular box with a light gray border. It contains 18 horizontal lines for writing, spaced evenly from top to bottom.

**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **4** Date _____

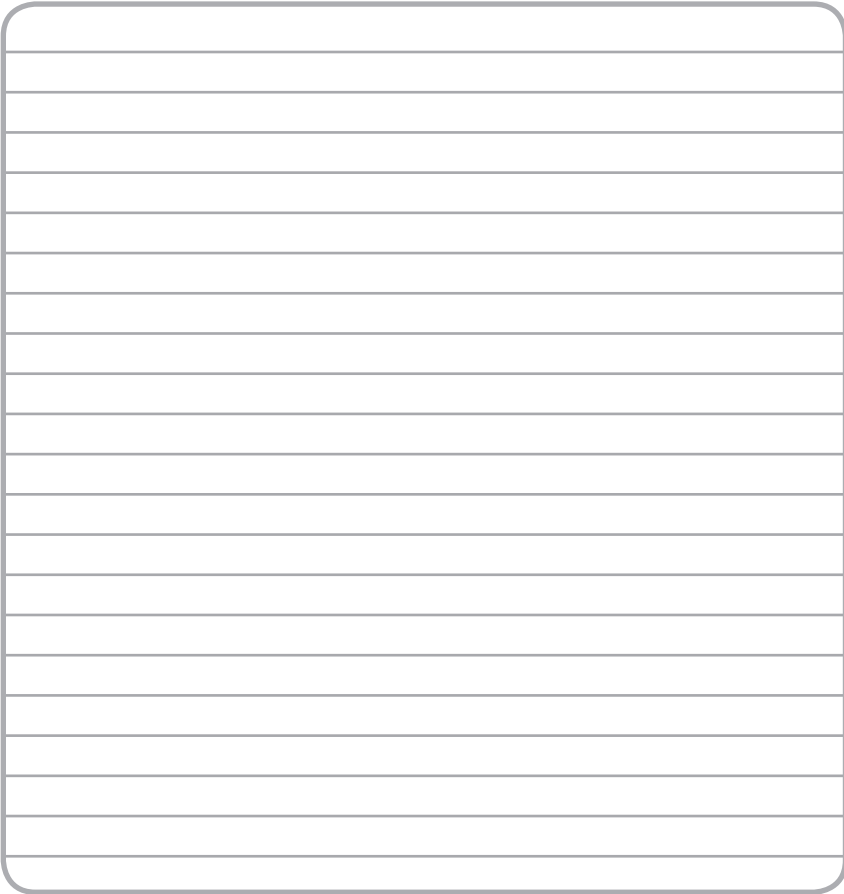
What are you Grateful for today?



Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.

Day **5** Date _____

What are you Grateful for today?



A large, rounded rectangular box with a light gray border and rounded corners. It contains 20 horizontal lines for writing, providing space for the user to list things they are grateful for.

**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Carol's Company

Creative Services International

CSIncorporation.com

We teach entrepreneurs to convert marketing into money

Carol's Bio

Carol J. Dunlop is CCO at CSI Corporation, the company she founded twenty-six years ago with her husband Alvin. Carol is an Amazon #1 International Best-selling author for her book, *UN-Market Your Business; 10 Ways for Savvy Entrepreneurs to Stand Out, Stop Struggling, and Start Profiting*. Carol is known as “The Online WOW! Strategist.” She teaches entrepreneurs to convert marketing into money so they can find and perfect the marketing strategy they love to get more clients and live the life they want. Carol hosts the *UN-Market Your Business* podcast where she has featured such guests as 8-Time Mr. Olympia Lee Haney, Katie Krimitsos, and the SportsBizMiss Kristi Dosh. Carol's clients hail from cities across the U.S.A., the U.K., and Australia.

Your Free Gift

Download 7 Client-Getting Strategies that
turn web visitors into paying clients

www.esicorporation.com/7-strategies



Carol J. Dunlop

What I'm Grateful for . . .

I am grateful for my life, health, and strength. For my husband (and business partner of +25 years), children, grandchildren, sister, nephew, and dearly departed brother. I am forever grateful for my mother who taught me about salvation in Christ and was a shining example of a true Woman of God, mom, friend, and confidant.

My gratitude overflows for the success I've had previously and am now manifesting in my business. Without my business and all the good, bad, and sometimes ugly parts of it, I would not be at this high peak right now.

I am also truly and everlastingly grateful for the lives of the entrepreneurs that I've touched along my journey. I have assisted them in turning their marketing frustration into money in their bank account and in their business.

God put me on this path of discovery and I'm grateful and honored to be able to fulfill it.

Guiding Scripture

Philippians 4:13

I can do all things through Christ who strengthens me.

Day **6** Date _____

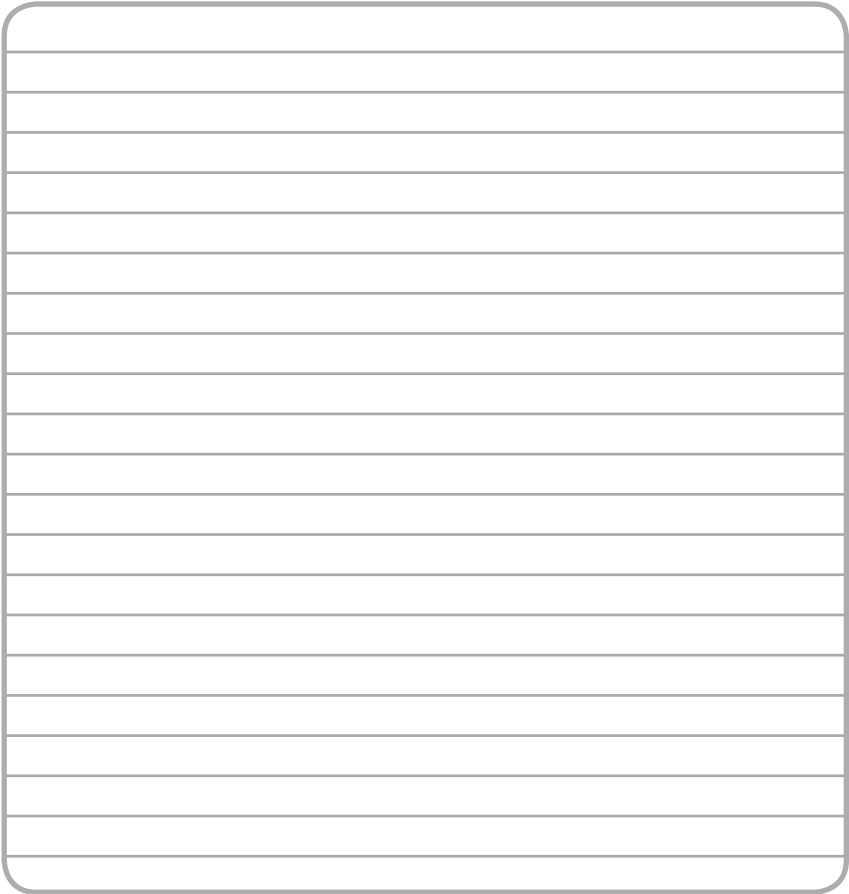
What are you Grateful for today?

A large, empty rounded rectangular box with a light gray border and horizontal lines, intended for writing a list of things to be grateful for.

**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **7** Date _____

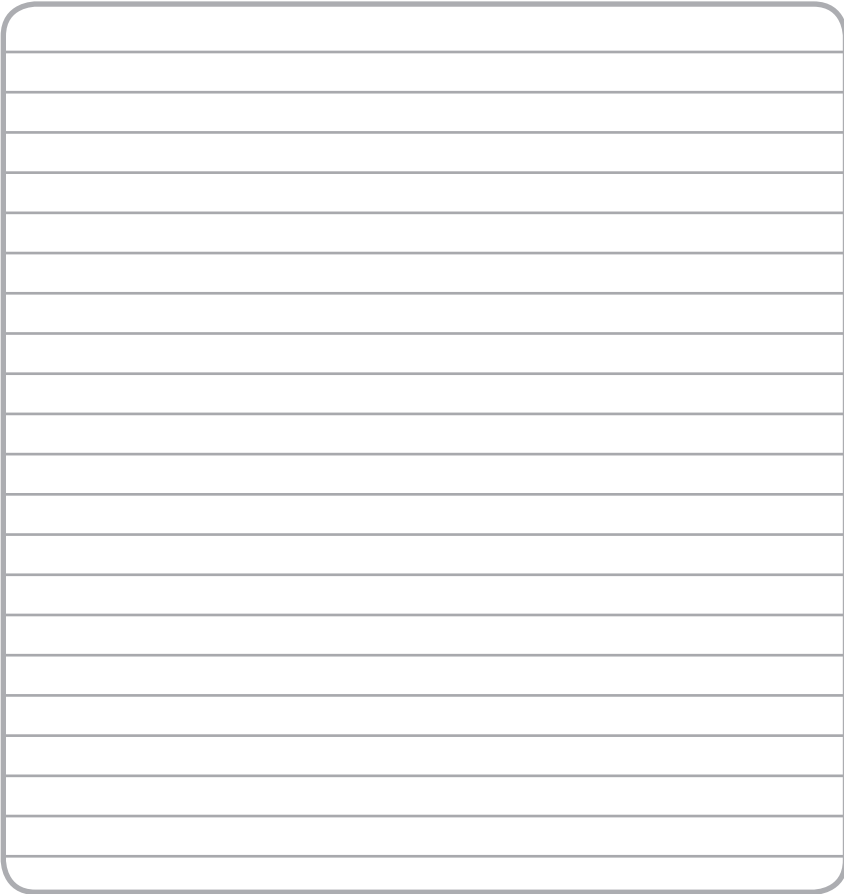
What are you Grateful for today?

A large, vertically oriented rounded rectangular box with a light gray border. The interior of the box is filled with horizontal lines, providing a space for writing. The lines are evenly spaced and extend across the width of the box.

**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **8** Date _____

What are you Grateful for today?

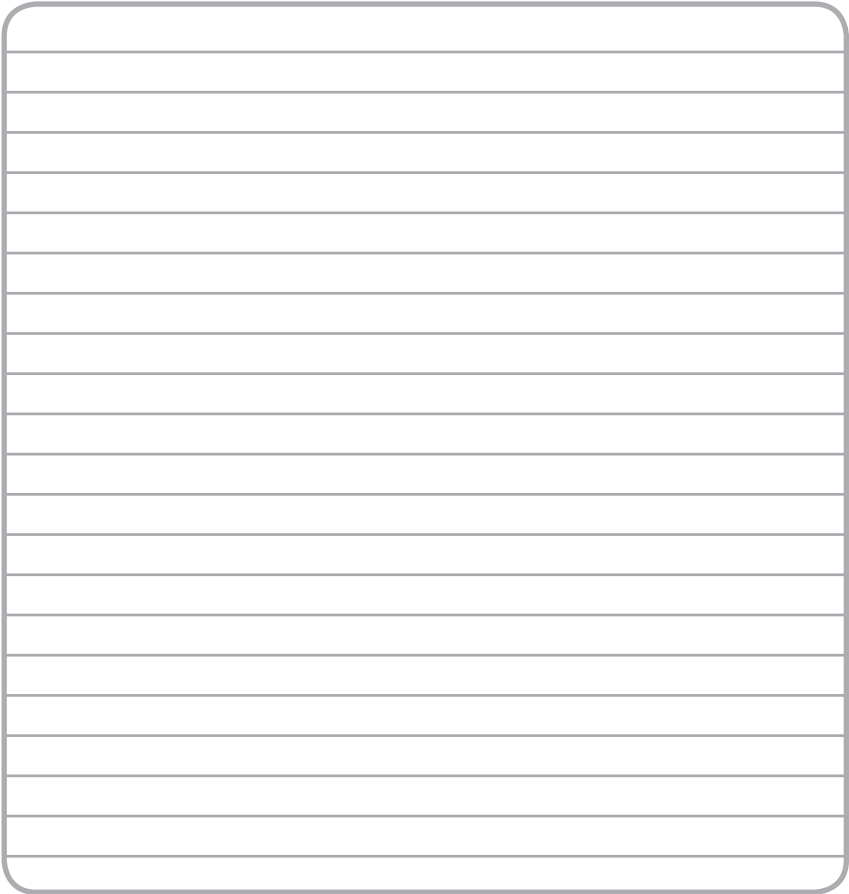


A large rectangular box with rounded corners and horizontal lines for writing. The box is empty and occupies most of the page below the question.

**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **9** Date _____

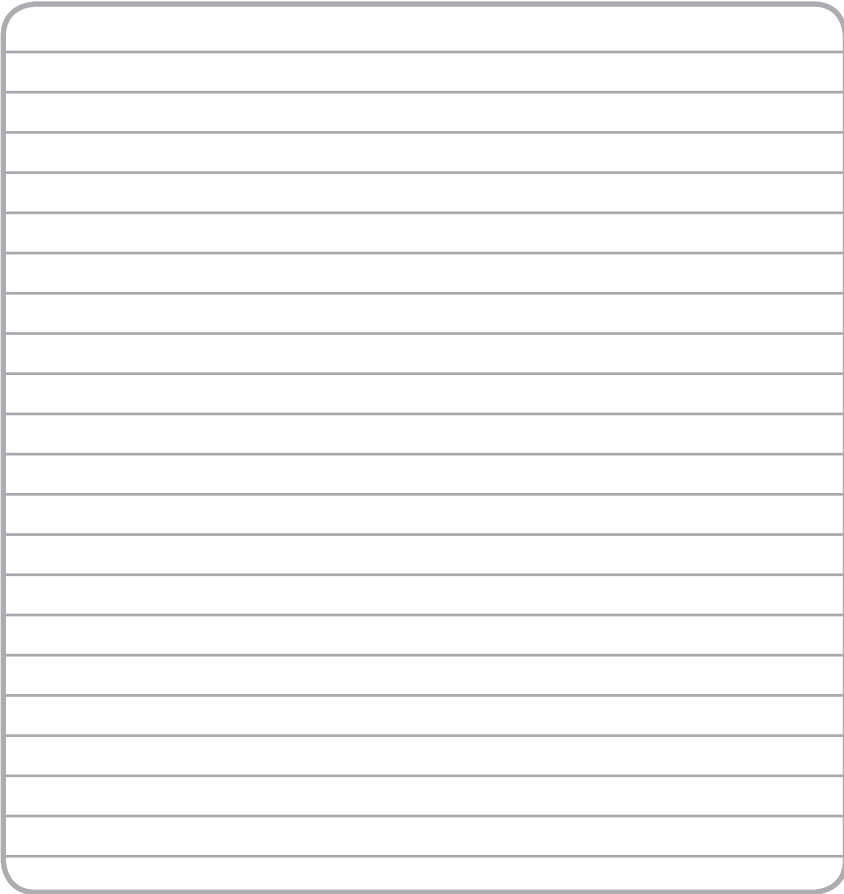
What are you Grateful for today?



**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **70** Date _____

What are you Grateful for today?



**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Rhonda's Company

Metro Brag Bags - Gift Bag Marketing & Event Services

bit.ly/ShopMBB

Who Wouldn't Want a Brag Bag?

Rhondas' Bio

From the foothills of the Smoky Mountains where she was born and raised, to the international hub of the south, Atlanta, Rhonda Hudgins has always been passionate about people, per say ... but truly super passionate about networking and marketing. So many do not understand that their networking, speaking, and vending endeavors are marketing. There are many who are “bitter” because they aren’t raking in the “dough” or new clients from those endeavors.

She has been a speaker, ambassador and panelist for several organizations in the Atlanta area, as well as being a regular speaker as a leader in her church.

Businesswoman, Christian leader, Mother, Grandmother, Networking Strategist, Speaker, Friend . . . Rhonda is the link to the connections you need to move forward and up in life!

Guiding Scripture

Zechariah 4:10 NLT

Do not despise these small beginnings, for the Lord rejoices to see the work begin, ...” and Matthew 6:33-34 AMP - “But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also.

“So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.”



Rhonda R. Hudgins

What I'm Grateful for . . .

I am grateful to have been able to create a business that allows me to present my marketing clients' best products or promotional items to event attendees, thereby helping them elevate their influence, credibility, and exposure. At the same time, I have the honor of adding value to events with custom gift bags, chosen by the planner or host, filled with great, usable items. I have been told that Metro Brag Bags' gift bags are the only ones some recipients have ever kept. It makes me very grateful to be able to provide something no one else does.

I begin with another company and I had a lot to learn. It did not work out, and I was unsure I would go out on my own. However, I was approached by the lady in charge of the Spellman Alumni Luncheon and was asked to help secure items for almost 400 bags, and within a few days later, my mentor asked me to help with her annual summit, the rest is "gift bag history." I am so grateful to God for making it clear that I was to continue and that He put my tribe around me to help me make it happen.

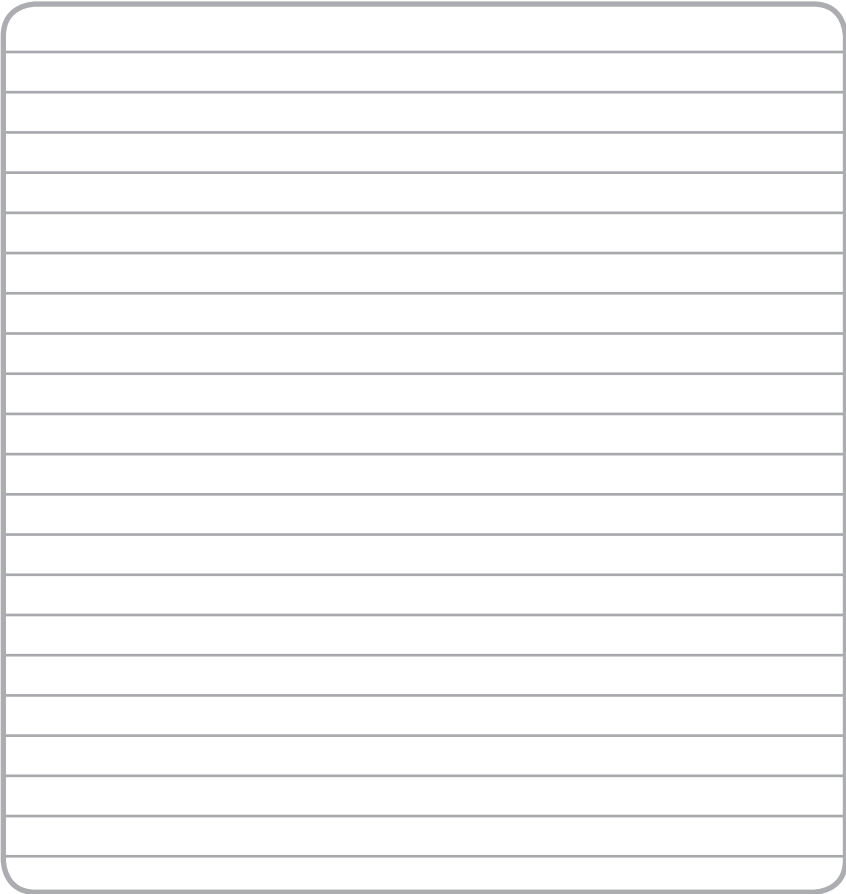
We've provided items received locally and from as far away as South Korea and Transylvania. Local events, national events, and cruises on the high seas have experienced our service. I am so grateful for slow, but steady growth.

Your Free Gift

Grateful to be free consultation & marketing package
bit.ly/G8full

Day **77** Date _____

What are you Grateful for today?



A large, rounded rectangular box with a light gray border and rounded corners. It contains 18 horizontal lines for writing, providing space for the user to list things they are grateful for.

**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **12** Date _____

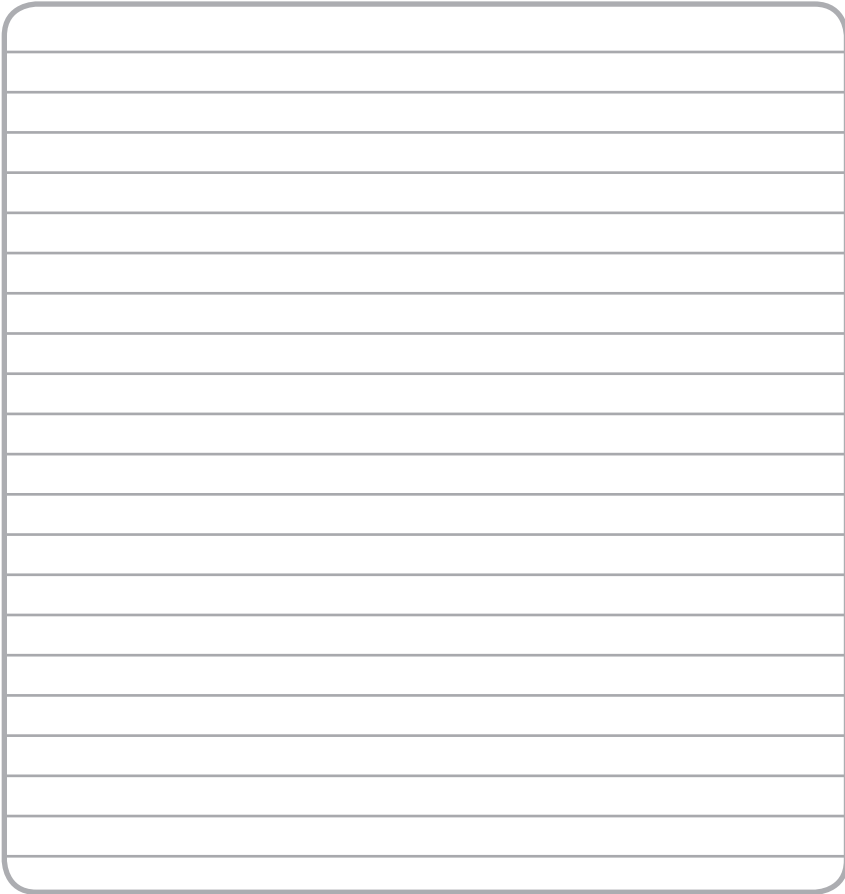
What are you Grateful for today?

A large rectangular box with rounded corners and a light gray border, containing 18 horizontal lines for writing.

**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **13** Date _____

What are you Grateful for today?



A large, rounded rectangular box with a light gray border and rounded corners. It contains 20 horizontal lines for writing, providing space for the user to list things they are grateful for.

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Write it here, then focus on that moment before bed tonight.**

Day **74** Date _____

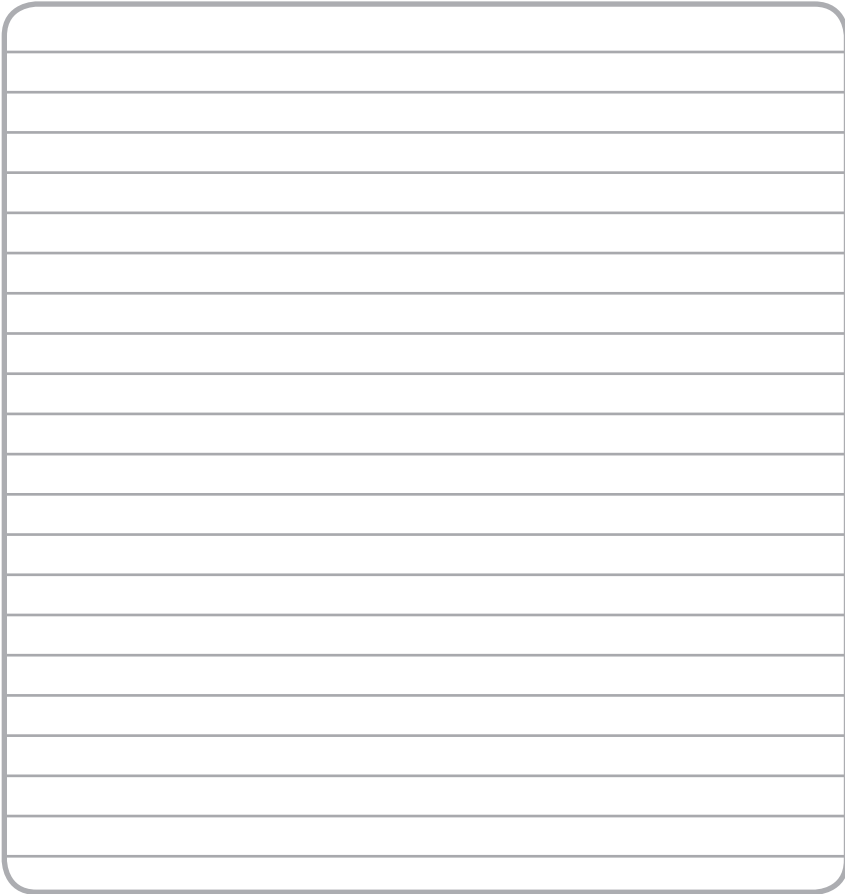
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Day **75** Date _____

What are you Grateful for today?



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**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Nadine's Company

Nadine Mullings Marketing Agency
www.nadinemullings.com

Nadine's Bio

Nadine Mullings is known as The B.E.S.T. Marketing Strategist™. She is passionate about assisting entrepreneurs and small business owners to market and promote their businesses both online and offline using spirit-led marketing strategies.

With over 20 years of experience in marketing and an MBA with an Ecommerce specialization, Nadine uses her experience and education to help small business owners to promote their brands using various marketing tools and techniques.

She works with coaches, consultants, and content creators to attract new clients, get repeat business, and build a strong social network through the proven B.E.S.T. Marketing System™.

Your Free Gift

Two Powerful Ways to Plan Your Marketing

nadinemullings.com/pop



Nadine Mullings

What I'm Grateful for . . .

I'm grateful that God has given me an entrepreneurial spirit. From the age of 7, I knew I wanted to own my own business, but I had no idea how much time, energy, and effort it would take to create and run a business. Being an entrepreneur and business owner is not an easy path, but it is well worth it!

I'm grateful that I get to work with other entrepreneurs and business owners and help them to grow their businesses using spirit-led marketing strategies so that they can reach the people they are called to serve. I'm thankful that I can play a part in the ripple effect that my clients create in the world with the work that they do and the people that they impact.

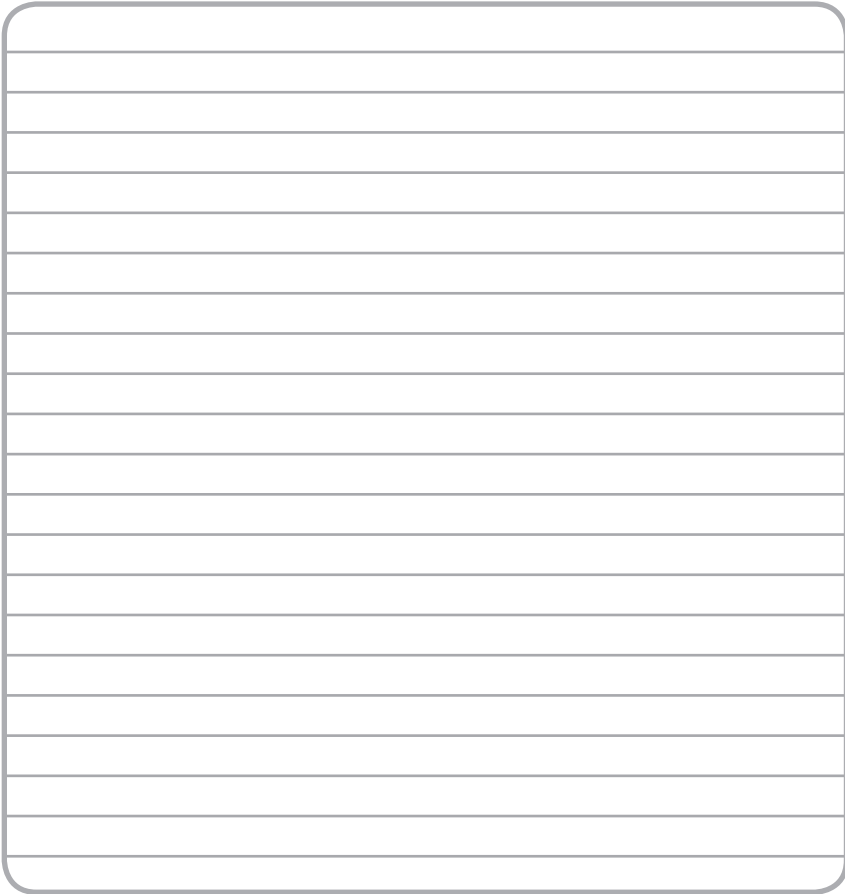
Lastly, I'm grateful that my business allows me to have the freedom that I desire in my life (financial freedom, lifestyle freedom, and creative freedom).

Guiding Scripture

Matthew 7:7 NIV (caps added for emphasis)
ASK and it will be given to you; **SEEK** and you will find;
KNOCK and the door will be opened to you.

Day **76** Date _____

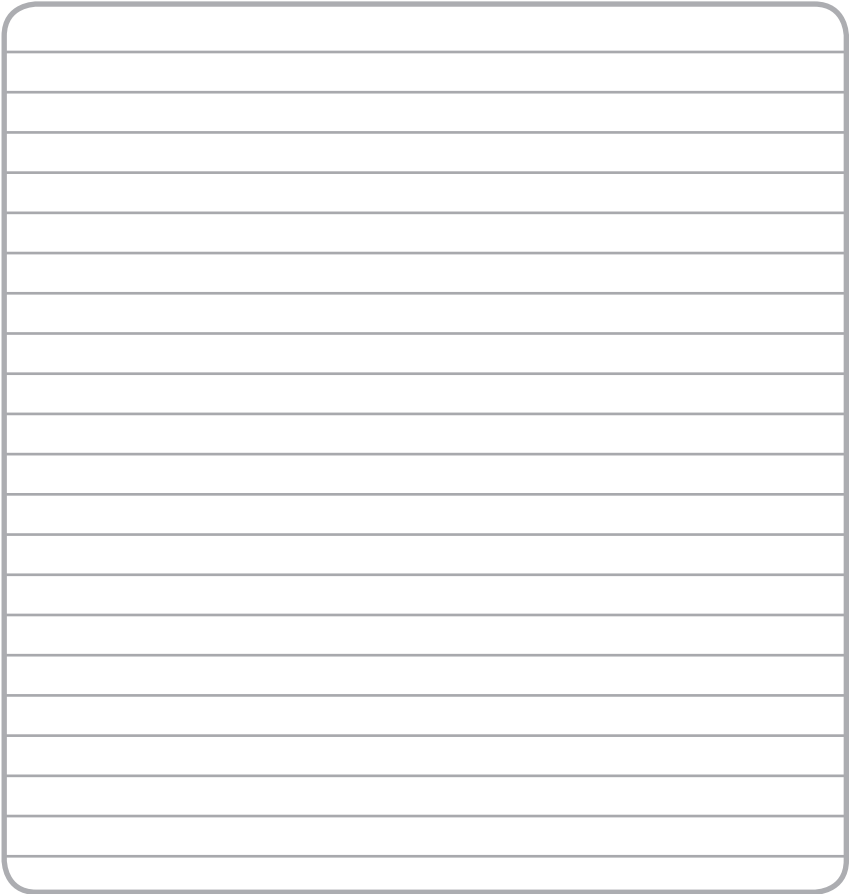
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Day **17** Date _____

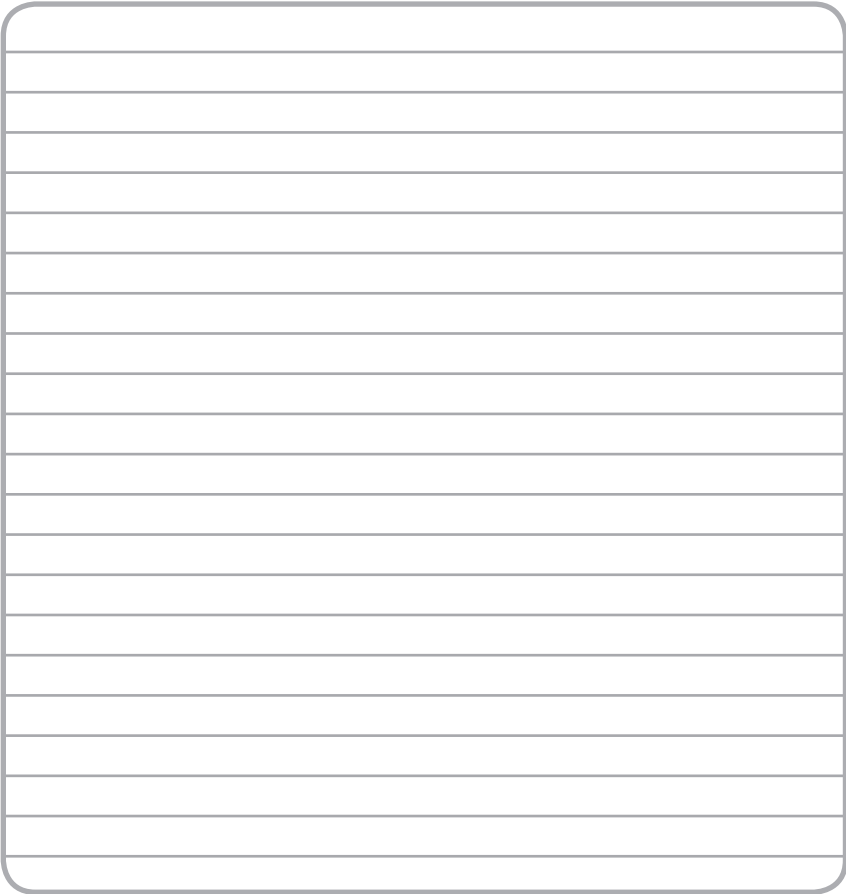
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Day **78** Date _____

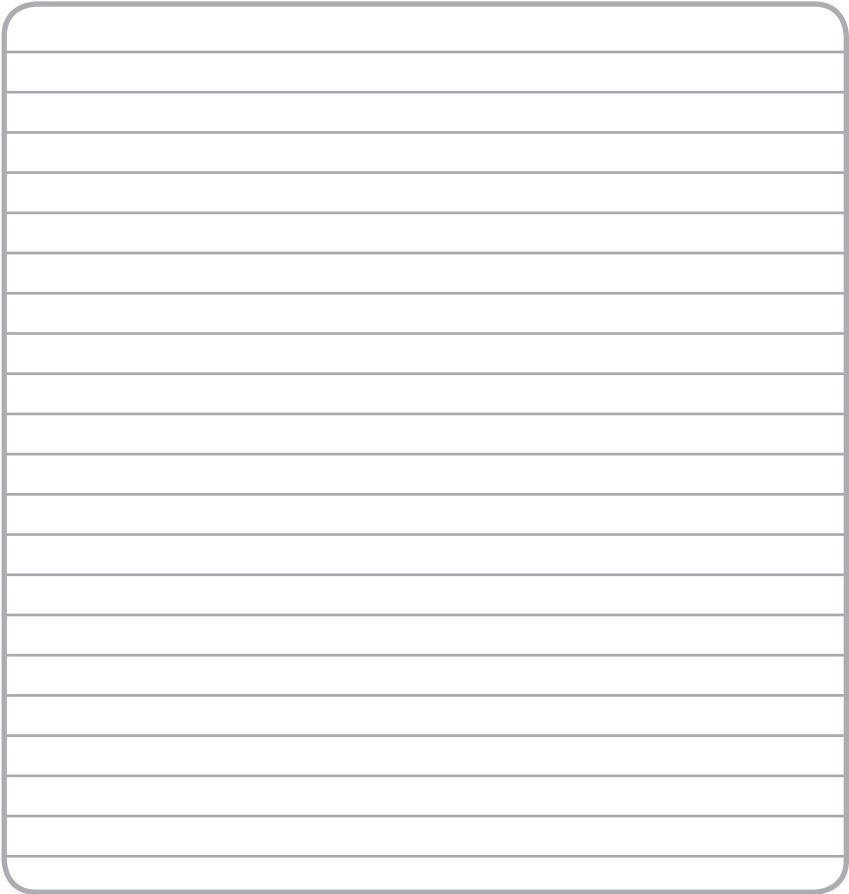
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Day **79** Date _____

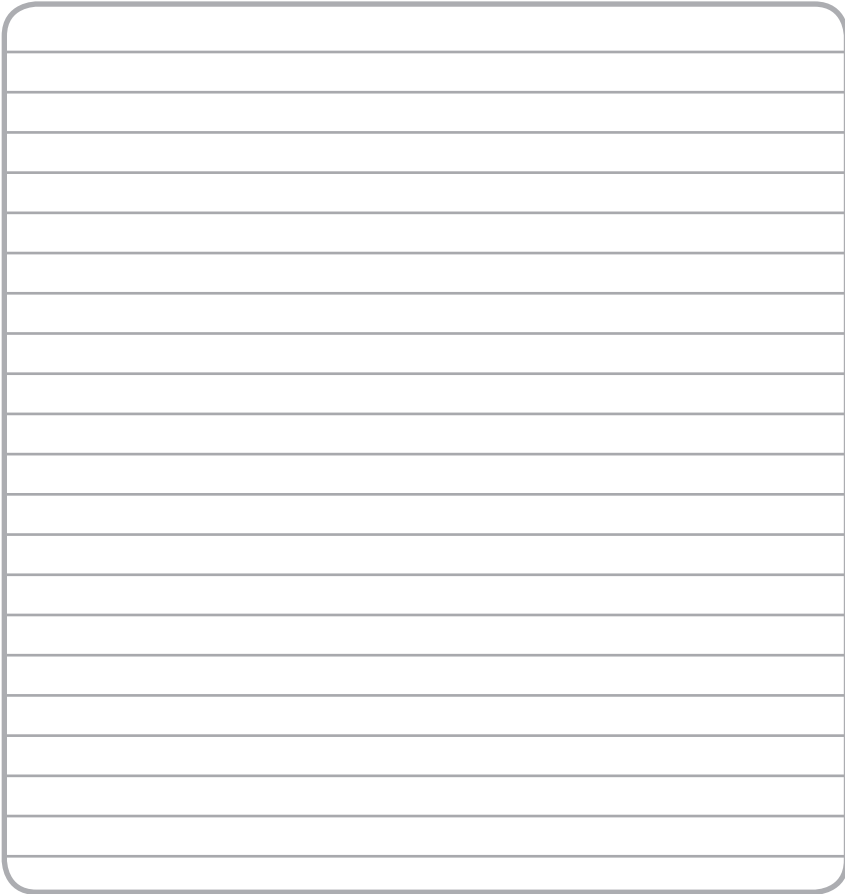
What are you Grateful for today?



Choose one moment from your day that made you happy.
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Day **20** Date _____

What are you Grateful for today?



**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Renee's Company

Coakley Financial Group
CoakleyFinancialGroup.com

We educate families on the importance of life insurance.

Renee's Bio

Renee Coakley is co-owner of Coakley Financial Group, where her and her husband works side by side. Renee handles all of the marketing and recruiting of agent for Coakley Financial Group. She is always learning and implementing new marketing strategies.

Renee also has a desire to serve. She aids her agents in their professional development and empowers them to serve the community. Prior to officially joining Coakley Financial Group Renee worked as a licensed real estate agent with over 12 years of sales experience. In her spare time Renee loves making jewelry, and spending time with her family.

Your Free Gift

7 Life Insurance Myths That Could Leave
Your Family Unprotected

bit.ly/cfgmyths



Renee Coakley

What I'm Grateful for . . .

Coakley Financial Group has given me the opportunity to work with so many families. I get to meet new people and assist them with their insurance needs, often at a time that can be challenging for them. Sometimes, many of our clients have lost a loved one, which is why they seek the guidance of Coakley Financial Group. There was a time when I had a job where I did not feel like I was making a difference. With Coakley Financial Group, I know that, with each interaction, I am working for a bigger purpose, being of service to others. I frequently draw strength from this verse Romans 8:28 as a reminder that, even though things may be difficult, the culmination of things will ultimately be for the benefit of the Father's children.

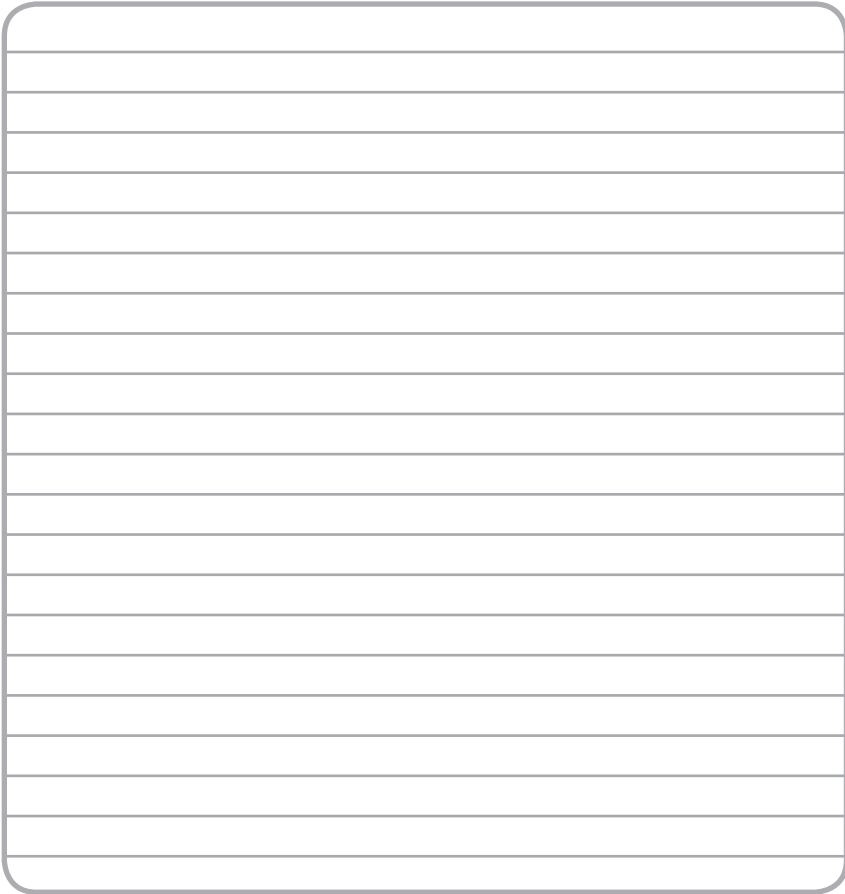
Guiding Scripture

Romans 8:28

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Day **21** Date _____

What are you Grateful for today?



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Day **22** Date _____

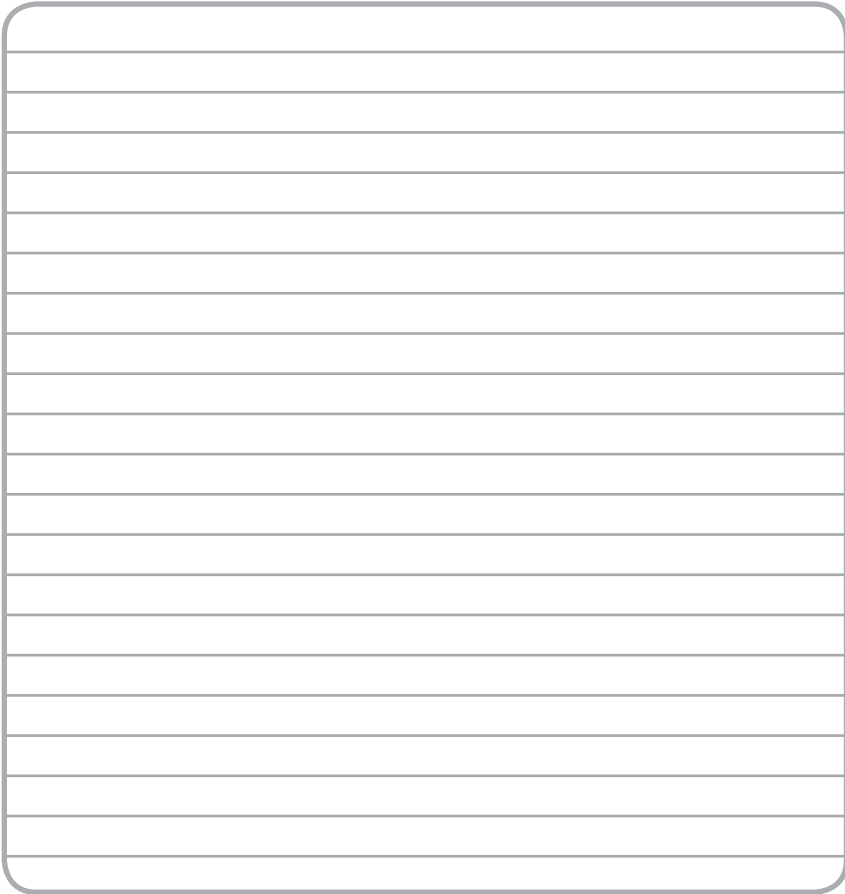
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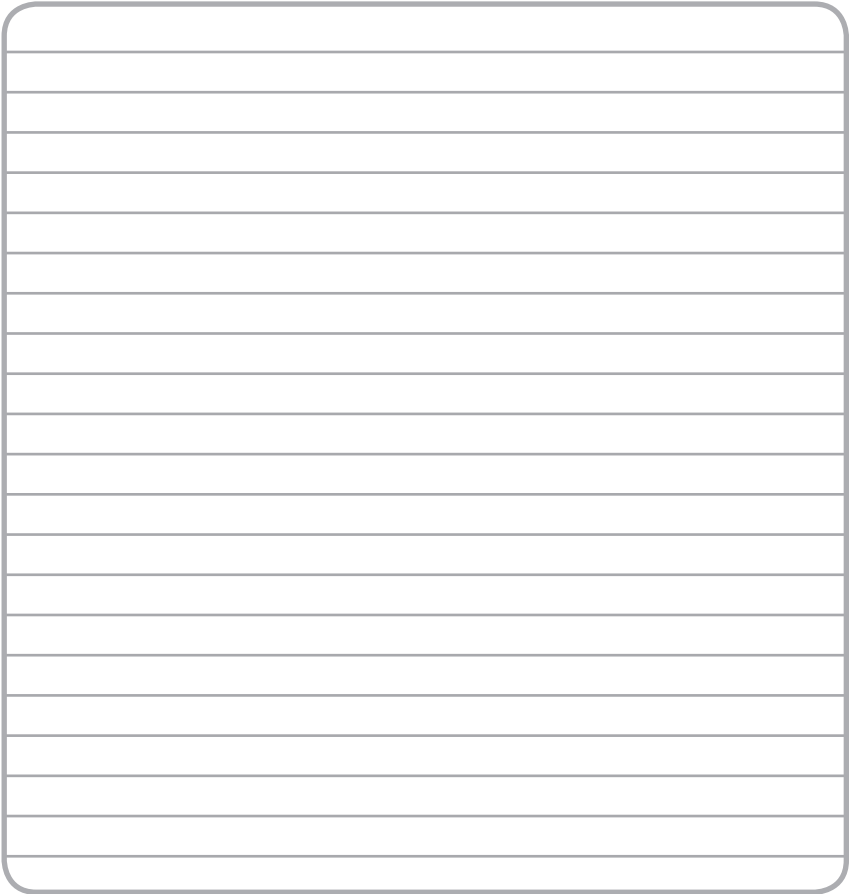
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Day **24** Date _____

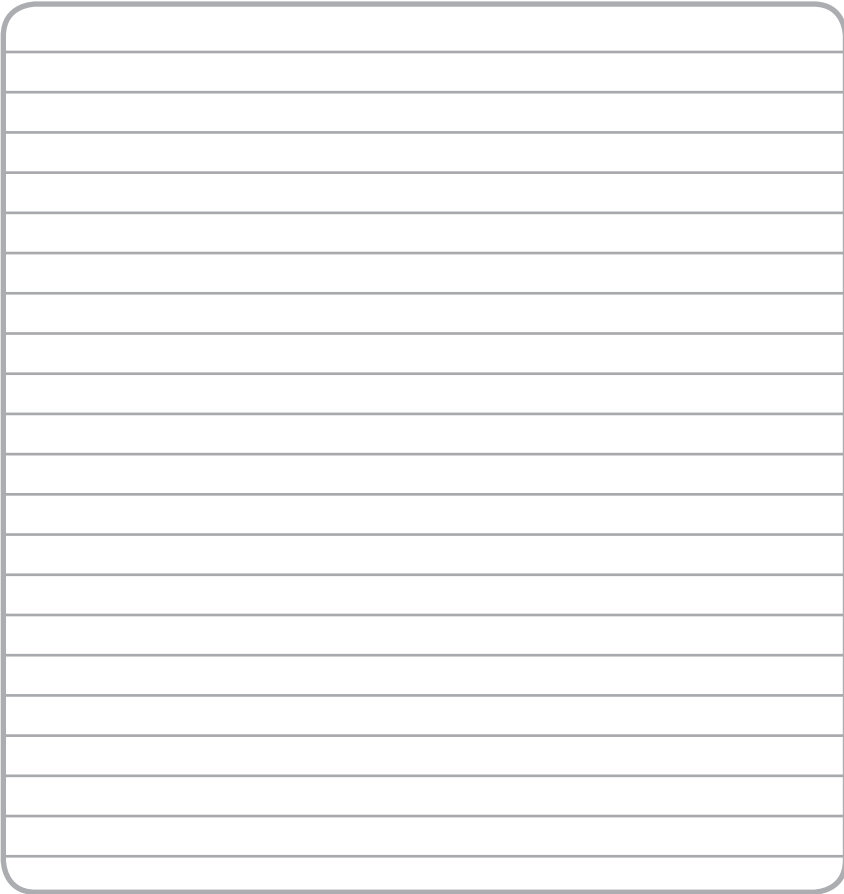
What are you Grateful for today?



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Day **25** Date _____

What are you Grateful for today?



**Choose one moment from your day that made you happy.
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5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Tena's Company

The Ultimate Caregiving Expert

www.theultimatecaregivingexpert.com

I Make Caregiving Possible For Busy Entrepreneurs

Tena's Bio

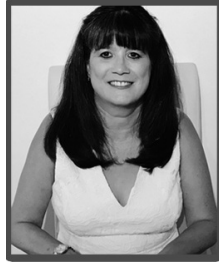
I'm a caregiving expert and Virtual Assistant who is here to make caregiving possible for busy caregiving entrepreneurs. I have 25+ years of experience and can help with the many problems facing today's home caregiver.

It's my passion to help adult children that are caring for parents and relatives both near and far. After dedicating my life to helping those in need. I have decided to move online to have a greater impact on the growing problems in caregiving and decided to do something about it. I now feel knowledgeable enough to teach everyone on everything caregiving.

Guiding Scripture

JOSHUA 1.9

Be strong and courageous. Do not be afraid;
Do not be discouraged, for the Lord your God will be with
you wherever you go.



Tena L. Scallan

What I'm Grateful for . . .

I am grateful for my passion for wanting to make caregiving better. There is no caregiving problem that I have not dealt with. My time, experience, and knowledge are here to help those in need. I am here to help with the many problems facing today's home caregiver. As you grow older, caregiving gets more complex and complicated. Aging or illness does not have to result in giving up your home or your lifestyle.

I fully understand and appreciate the daunting tasks faced by the families and loved ones of people in need of long-term personal caregiving services. I know, from experience, that caregiving can create a host of different emotions in people. Everything from fear and anxiety to confusion, anger, and helplessness. My job is to help you get past the initial concerns by delivering straightforward, easy-to-understand advice for your specific situation.

I establish a connection. I relate to a problem and am passionate and knowledgeable to fix it. My strong passion and personal experience has made me humble and created a sincere desire to help those in need far and near.

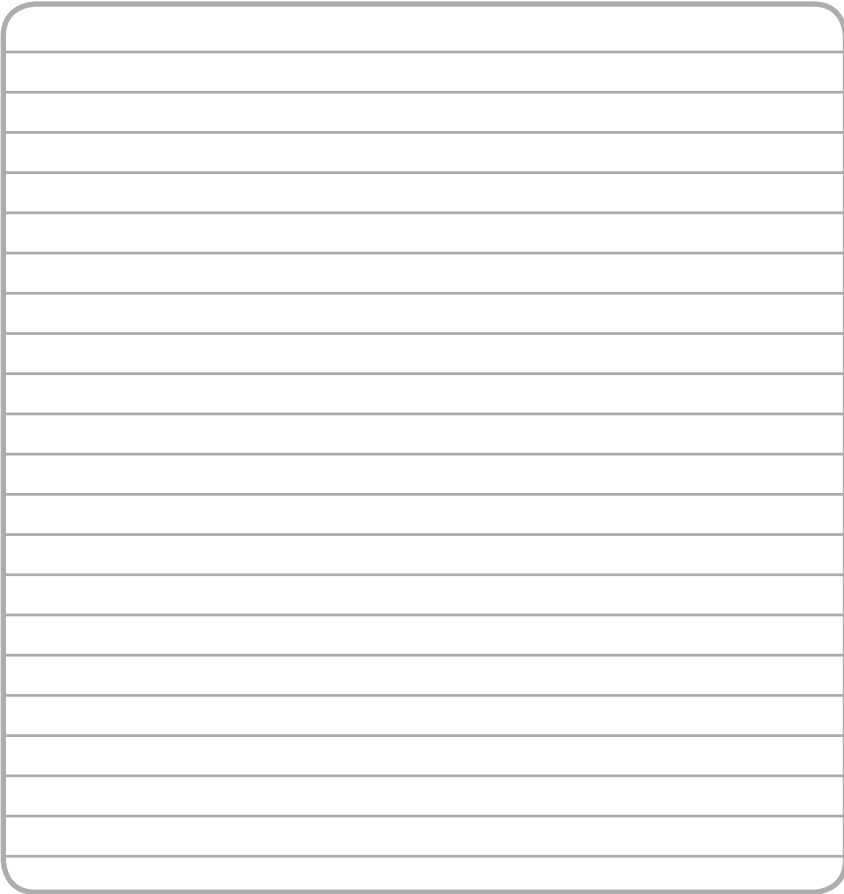
I help those entrepreneurs and executives that are caring for their loved ones while maintaining a full-time job.

Your Free Gift

Guidelines To Compassionate Caregiving
<https://www.subscribepage.com/m1c4y9>

Day **26** Date _____

What are you Grateful for today?

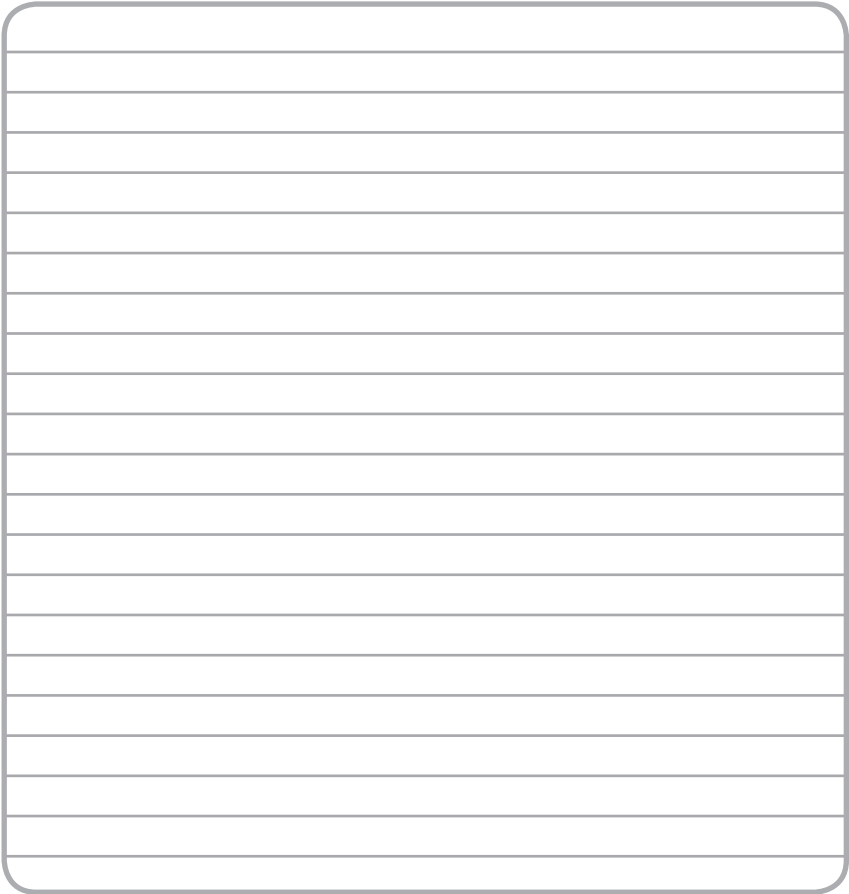


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Day **27** Date _____

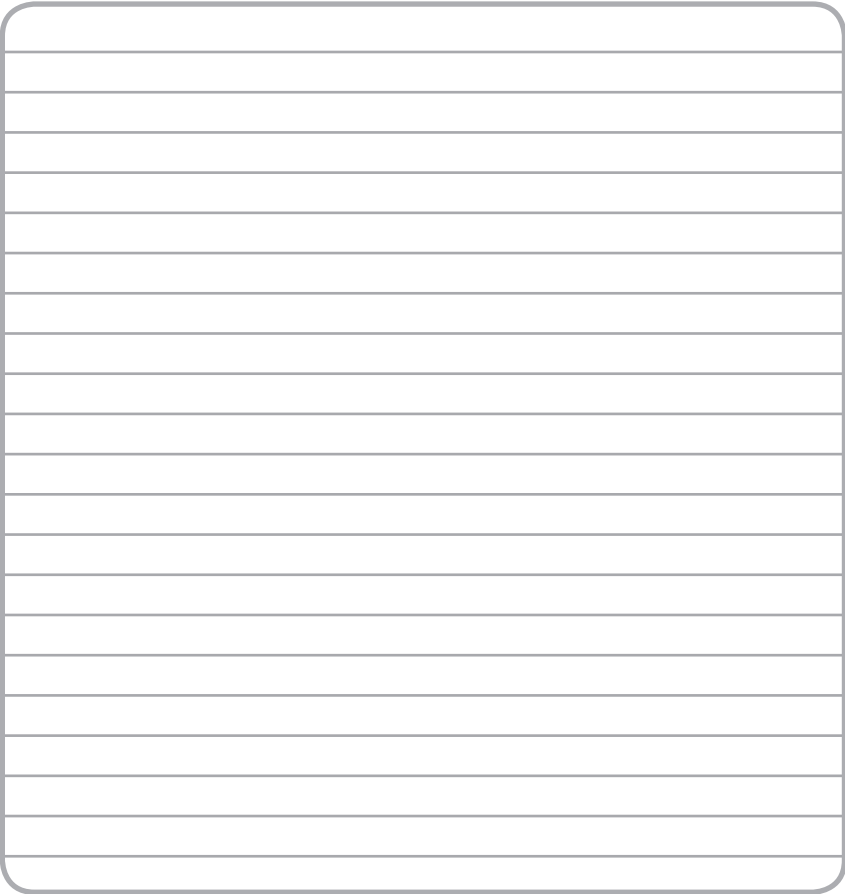
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Day **28** Date _____

What are you Grateful for today?



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Day **29** Date _____

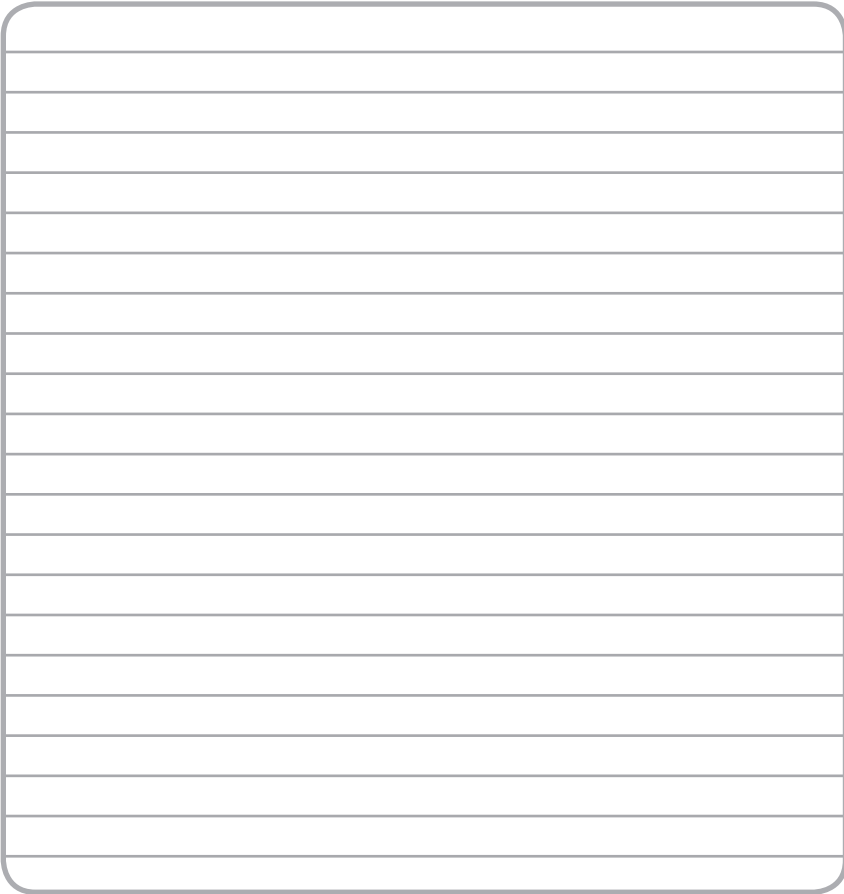
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Day **30** Date _____

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5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Dr. Rucker's Company

Trailblazing Transformations
www.trailblazingtransformations.com
Transforming From the Inside Out

Dr. Rucker's Bio

Dr. Lougenia J. Rucker is an authentic, relentless Game-Changer impacting lives and blazing trails of women transformed from the inside out. As a purpose-driven Marketplace Mentor, Life Coach, Speaker, Author and Spiritual Strategist, she is passionate about empowering women to live a prosperous life on purpose. As the multi-gifted brilliant Apostle of Divine Diamonds Ministries, you will find her teaching, coaching, mentoring, and impacting lives. Her signature life-coaching “GAME-CHANGER” program has helped to shift the trajectory of many lives and has received raving reviews.

Her No-Fail Motivational Song: “Wont He Do It” by Koryn Hawthorne.

Guiding Scripture

Psalm 36:5-6 MSG
God's love is meteoric, His loyalty astronomic,
His purposes titanic, His verdicts oceanic; yet in
his largeness nothing gets lost . . .

Your Free Gift

10 Easy Self-Care Strategies to Shift Into a
Prosperous Life of Purpose

www.trailblazingtransformations.com/self-care



Dr. Lougenia J. Rucker

What I'm Grateful for . . .

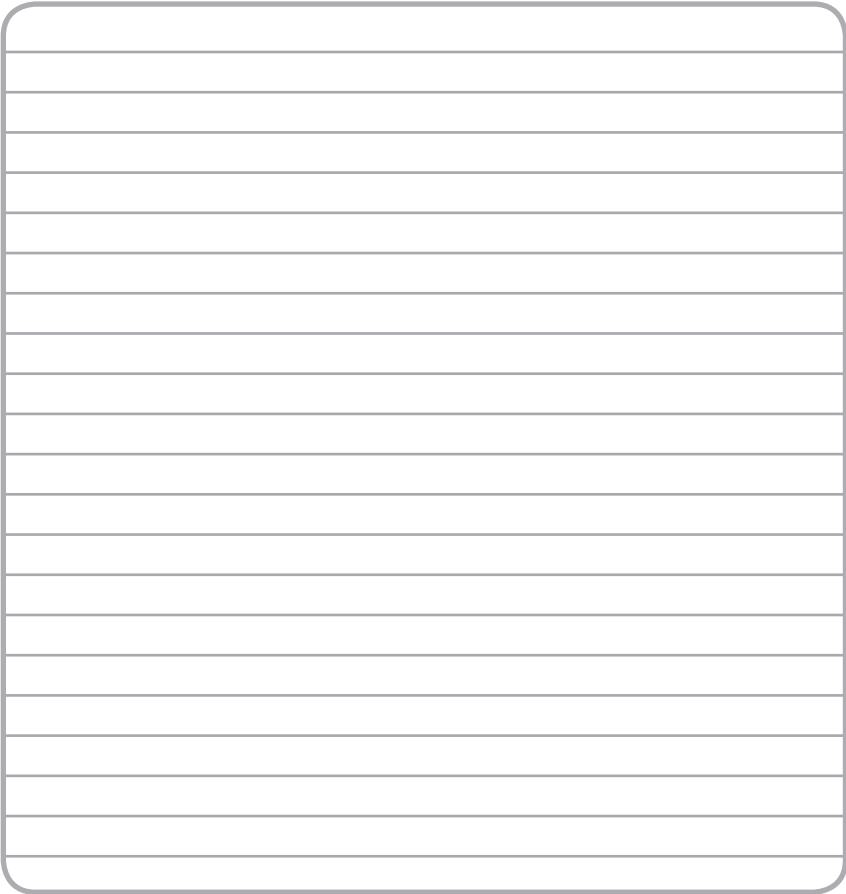
After a three-day, AMAZING “White Diamond Ball” Experience celebrating a decade as the spiritual leader of a global ministry, Divine Diamonds Ministries, and honoring our 2019 GAME-CHANGER Honorees, I am beyond grateful for God’s unfailing love, grace and favor to reach such a pivotal milestone in my life and marketplace ministry journey. His brilliant light guides me on a faith walk of many life lessons, pain, joy, failures and successes. Nevertheless, this journey has empowered me to clearly define trailblazing trails, equipping others to discover their life’s purpose to prosper in all things.

His extravagant love, tender mercies, and wisdom have sustained me in the arena of entrepreneurship; in it, I chart my own course, wielding the power to create abundance in my mind, body and soul. This is my “Rehoboth,” an elevated space of peace, clarity, passion and vision where there is room for me to experience super soul success while empowering others to do the same.

As a life coach and spiritual strategist, I am grateful for life, my vision and my coaching clients and mentees whom I support to transcend goals, renew minds, strategically position their own voices, gain clarity and move forward to the next level as a way of helping to make this world a better place, one person at a time. With the start of a new era and decade, I am grateful for the opportunity to renew, reset and set sail with friends, family and clients on a new year’s transformational journey of adventures and abundance.

Day **31** Date _____

What are you Grateful for today?

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Day **32** Date _____

What are you Grateful for today?

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Day **33** Date _____

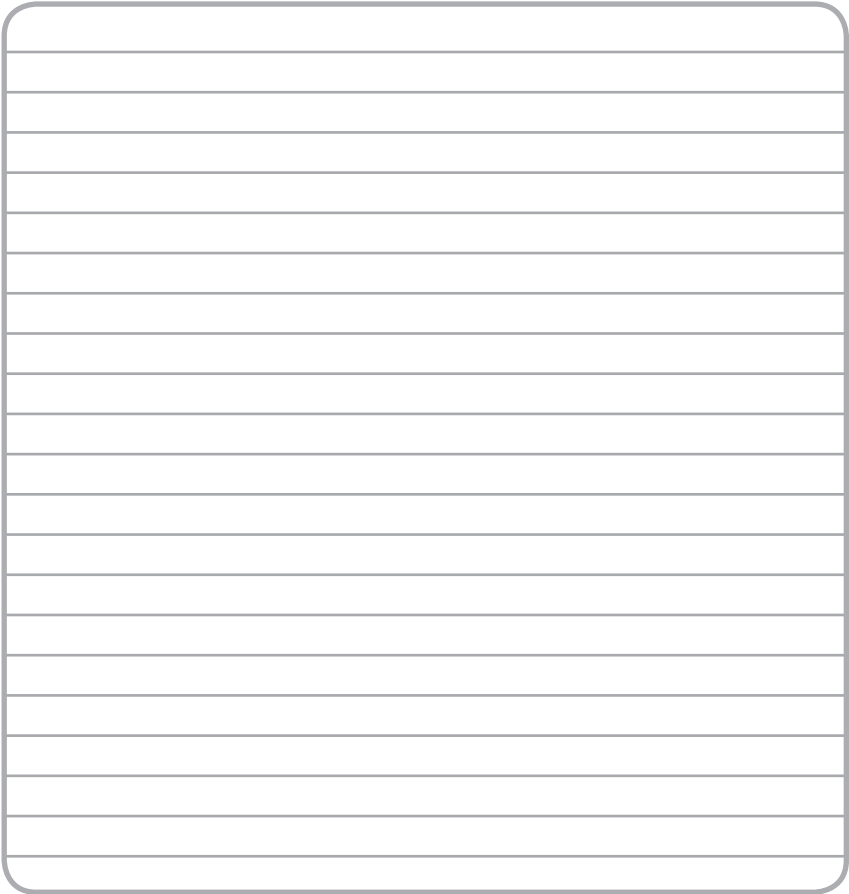
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Day **34** Date _____

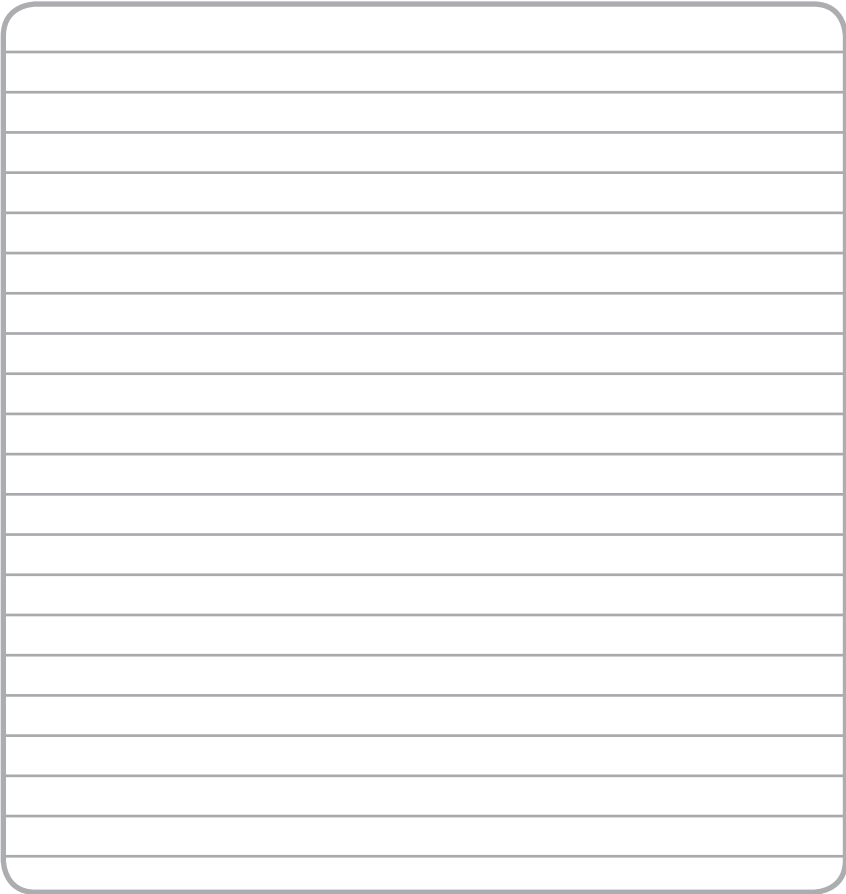
What are you Grateful for today?



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Day **35** Date _____

What are you Grateful for today?



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Write it here, then focus on that moment before bed tonight.**

5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Tracy's Company

TLJ Professional Services Inc
TLJProfessionalservices.com

Tracy's Bio

Tracy L. Tate Jones, a mother, grandmother, and CEO of TLJ Professional Services, Inc, is an Accounting professional of over 30 years, providing bookkeeping, accounting and tax preparation services to individuals and small businesses. Tracy is also a Life & Health insurance agent licensed in CA, NV, TX, IL, GA, MD, MA and KS. Tracy is a two-time author where she was motivated to share her story of triumph over abuse to encourage other women to LIVE life fully. She also started the non-profit; *Beat the Streets, Inc*, to provide resources in education, employment, and life skills to young adults.

Your Free Gift

Autographed copies of my book bundle

www.tracyltatejones.com



Tracy L. Tate Jones

What I'm Grateful for . . .

I, Tracy Tate Jones, am grateful to be able to share my knowledge and expertise with my clients and refer clients through my business, TLJ Professional Services, Inc. We are family-owned and operated in SF Bay Area, CA, treat all of our clients like family, and specialize in serving entrepreneurs and small businesses. With over 30 years of experience, it allows us to offer services that will position our clients in prosperity not only through accurate bookkeeping and optimized tax returns, but also ensuring the business structure is best for their business goals. We are BBB Accredited with an A+ rating.

Besides having great clients to be grateful for, we are extremely grateful to have the continued support and referrals from our valued clients. A referral is the highest form of flattery and loyalty. It says our clients are so happy with our services and attention to detail, to the point that they are willing to share their experiences with others. To have clients refer their families and friends year after year, as well as, return to us for recurring services year after year let us know we are doing something right. That the services we provide are valued and priceless.

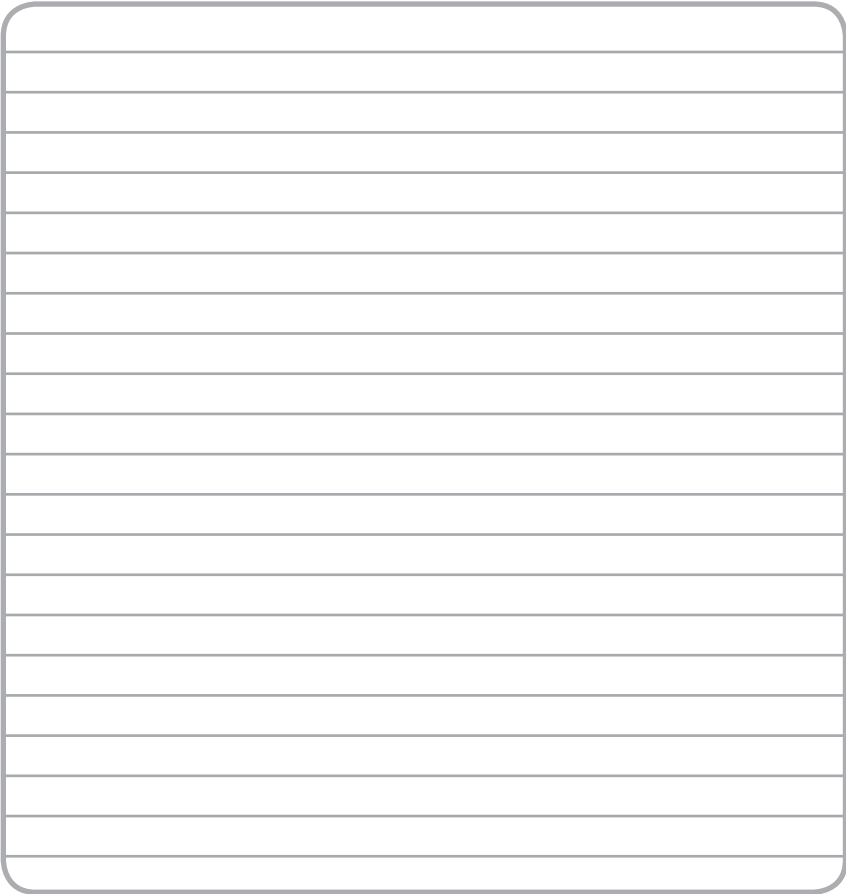
Guiding Scripture

Philippians 4:13

I can do all things through Christ who strengthens me.

Day **36** Date _____

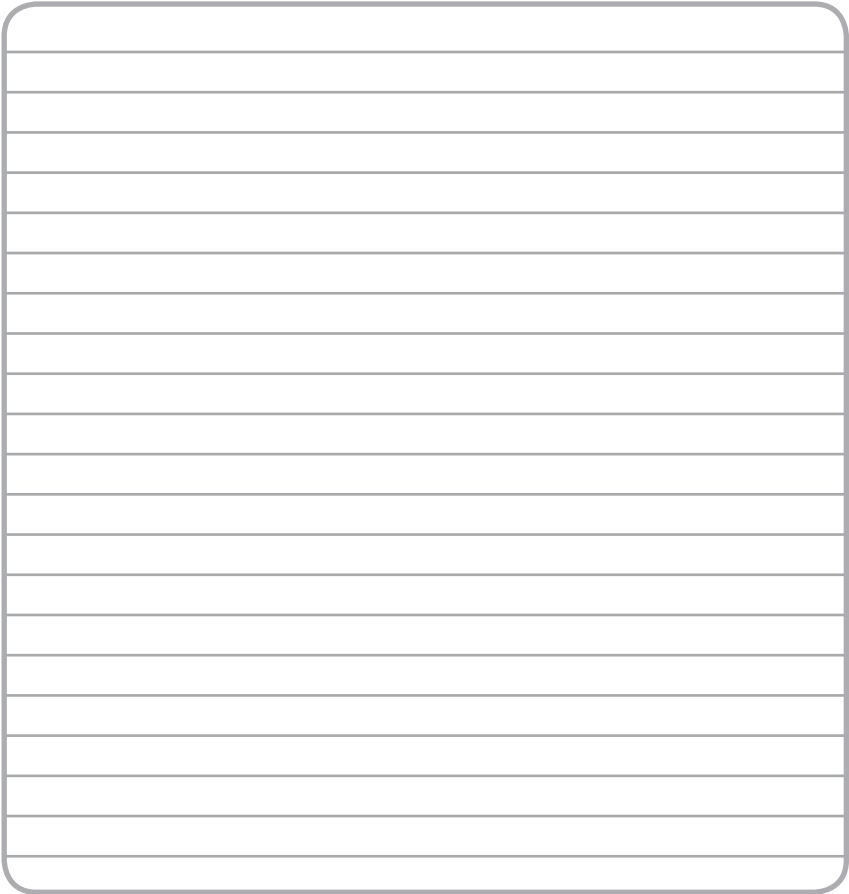
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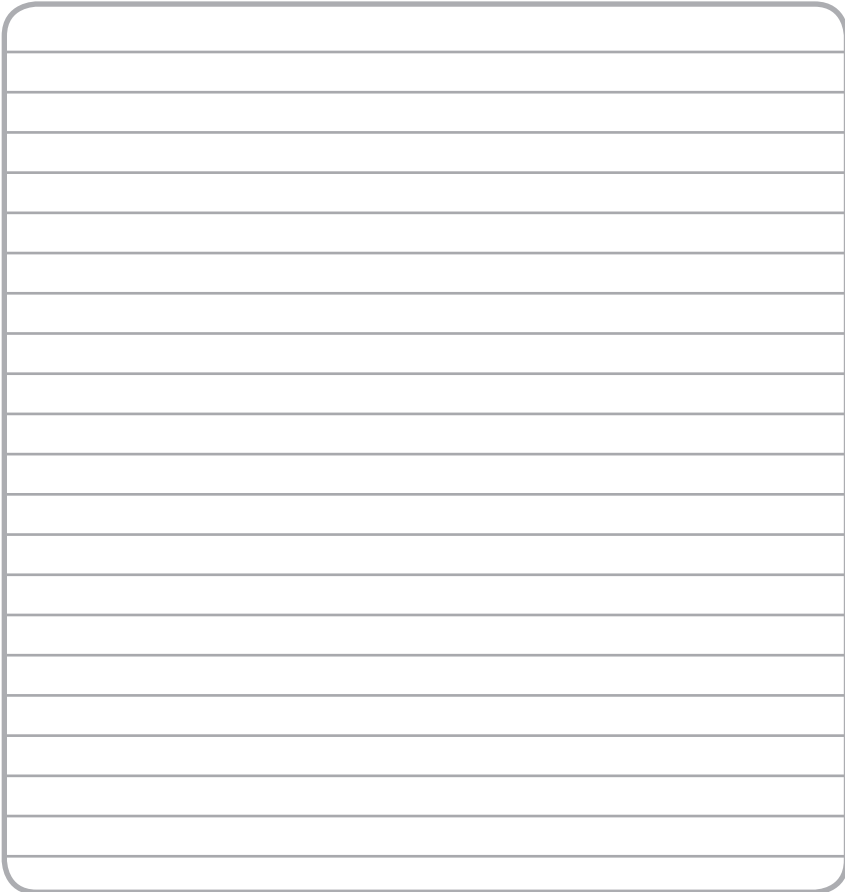
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What are you Grateful for today?

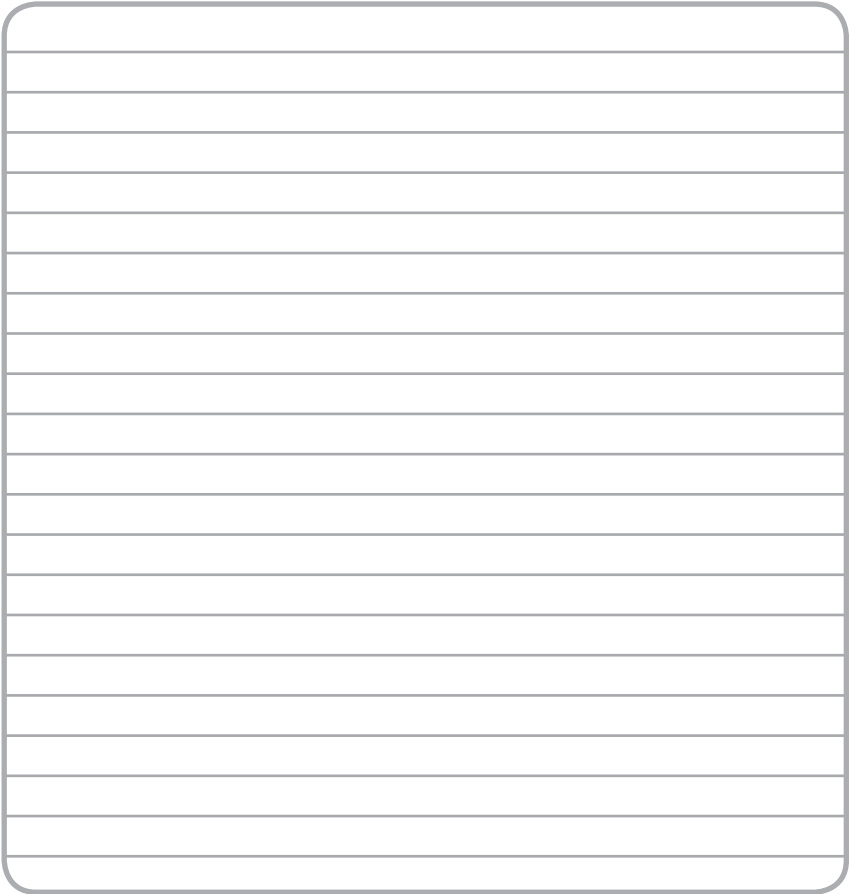


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Day **39** Date _____

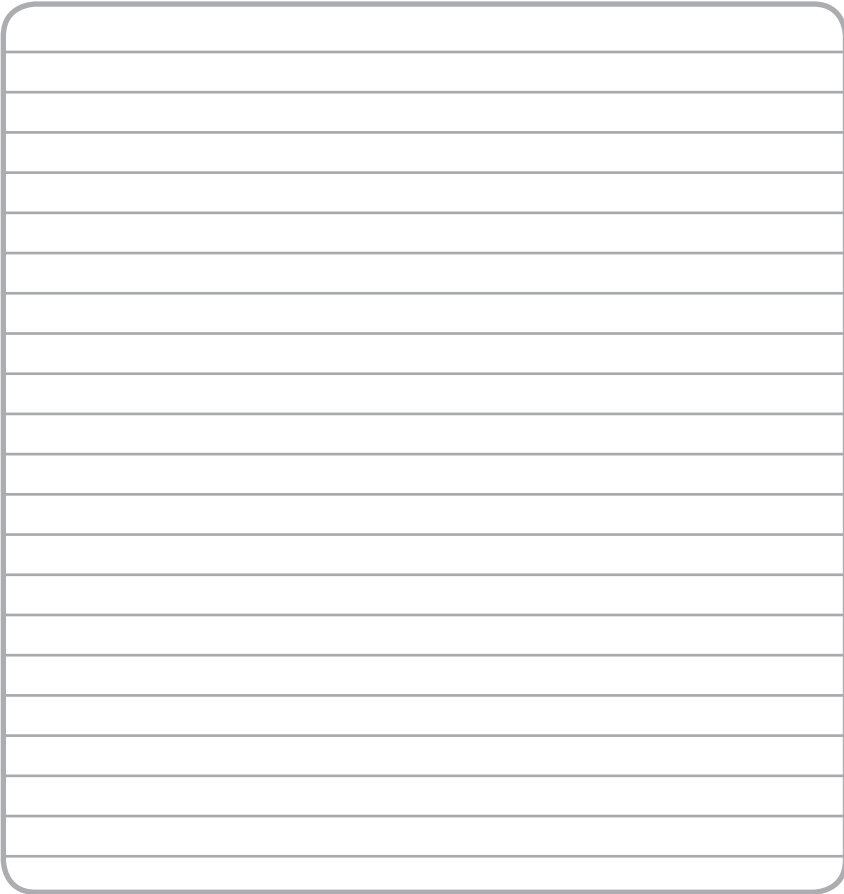
What are you Grateful for today?



**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **40** Date _____

What are you Grateful for today?



**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Dr. Tianna's Company

Infinite Possibilities Productions

www.yourgpscode.com

All things are possible with God as your partner

Dr. Tianna's Bio

Dr. Tianna Conte is a trailblazing blend of mystic, international bestselling author, Love's Fire Trilogy and founder of a signature program, GPS Code™ (God/Source Positioning System.) This ego friendly spiritual system empowers you to navigate life's challenges in five simple steps that re-awakens your divine guidance and innate soul superpowers.

Born with the gift of multi-sensory abilities and spiritual awakenings including a near-death-experience, Tianna brings an intuitive knowing to your entrepreneurial journey.

Her career has spanned 40 years as a naturopath, interfaith minister, initiated shaman, and psycho-spiritual therapist specializing in energy healing, enlightened self-care and personal evolution.

Guiding Scripture

1 Corinthians 13:1

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with truth.

Your Free Gift

GPS Code Jump Start Video

www.spiritualitymadepractical.com



Dr. Tianna Conte

What I'm Grateful for . . .

I believe every person is born with unique gifts that are their soul's destiny to share with the world and prosper. The discovery of the gift and the financial success that business implies comes in various stages of life. I am beyond grateful that I discovered my gifts and began earning a living doing what I loved by age seven!

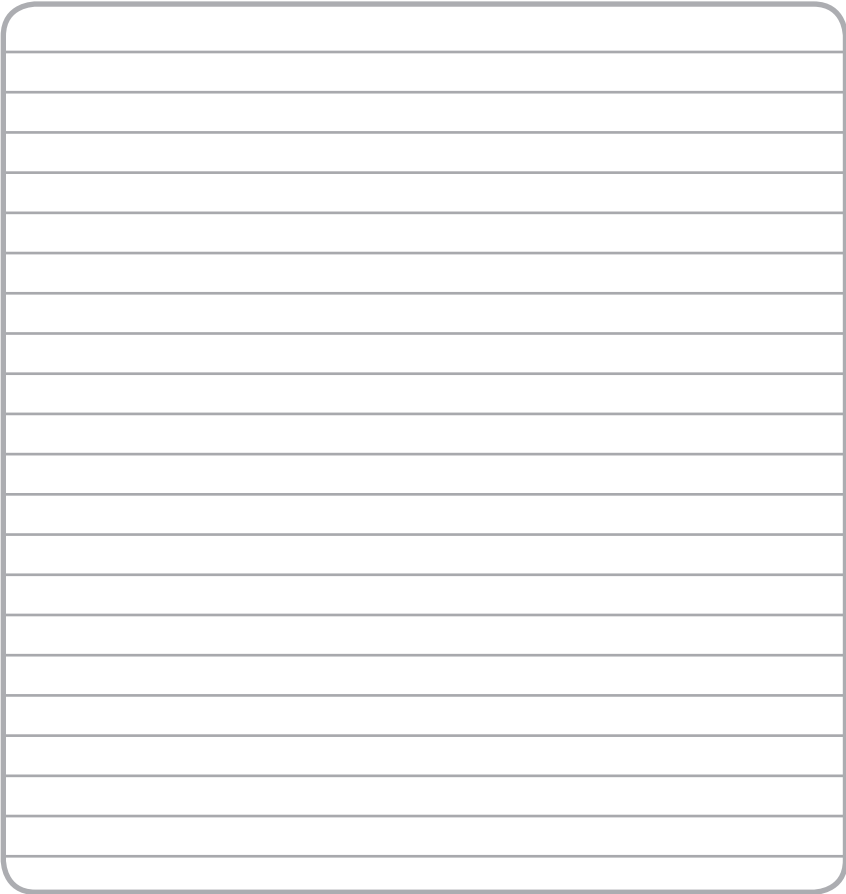
My father emmigrated from Italy to New York as a doctor with a dream and little funds. I watched as hundreds of people were healed weekly. I was his precocious daughter who wanted daddy's secret. I wandered into his waiting room and asked his patients if I could put hands on boo-boo and make them better. My gift of healing ignited, my opportunity of a lifetime happened.

My father couldn't diagnose a patient and I offered my support. In the man's face I saw a mosquito. It was malaria! My ability impressed him and he invited me into his office. Soon he offered me money for my time and talents to the tune of \$100.00 /week. Prosperity consciousness was born.

From this innocent beginning, I am grateful that I evolved into a "forever" entrepreneur. I have never worked a job or called any human being, boss. I have been Self-employed by God direct. Trusting intuition, I have trained with masters globally and unfolded a lucrative soul driven mission, spanning 40 years, mentoring thousands of people in self-empowerment. I have been blessed to facilitate life changing transformations, prospering beyond imagination.

Day **47** Date _____

What are you Grateful for today?

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**Choose one moment from your day that made you happy.
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Day **42** Date _____

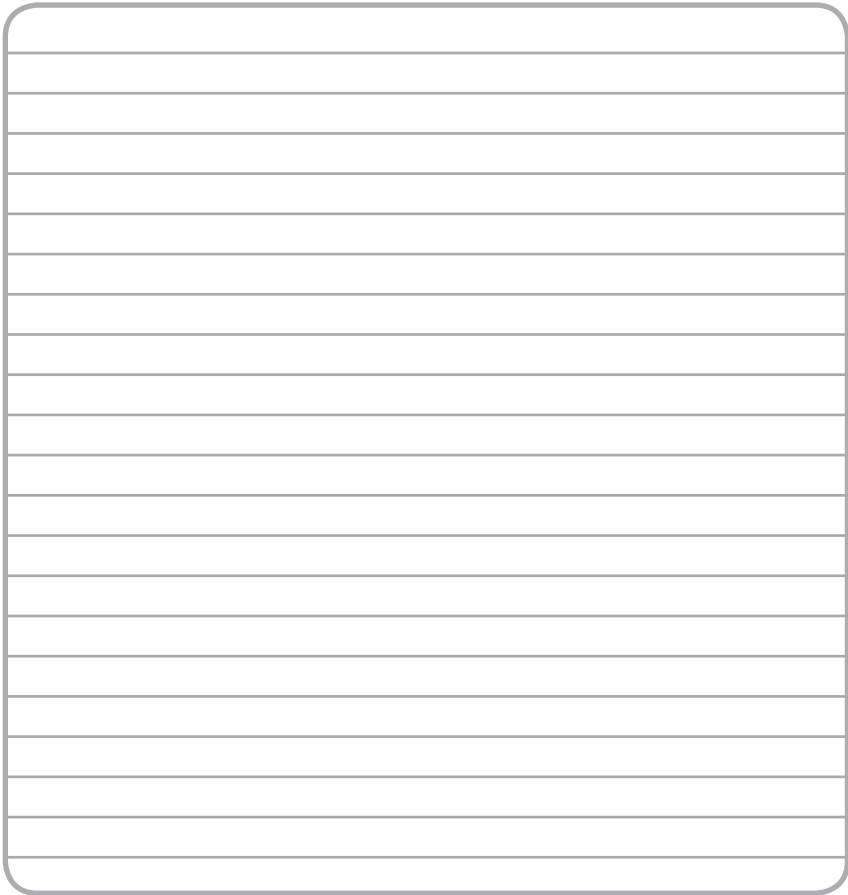
What are you Grateful for today?

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**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **43** Date _____

What are you Grateful for today?



**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **44** Date _____

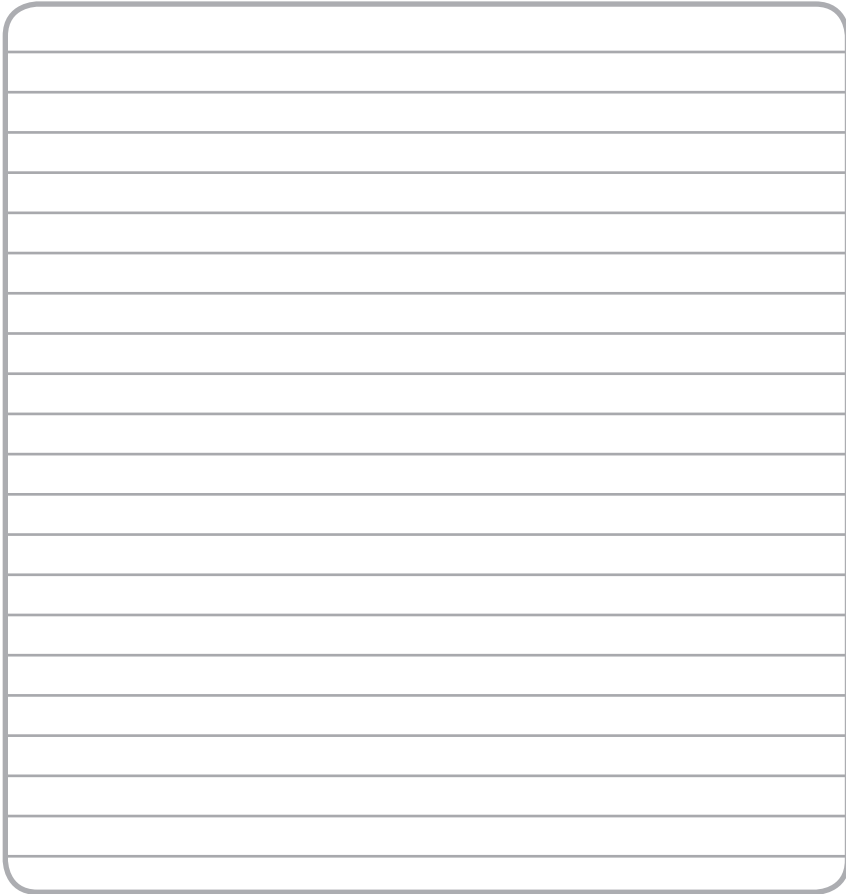
What are you Grateful for today?

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Day **45** Date _____

What are you Grateful for today?



A large, rounded rectangular box with a light gray border and rounded corners. It contains 18 horizontal lines for writing, providing space for the user to list things they are grateful for.

**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Dr. Bradford's Company

The Kingdom Complex
DrAlfredaB.Tv
Expanding Your Capacity to Receive

Dr. Bradford's Bio

Dr. Alfreda B. Bradford is an ordained, anointed and appointed servant leader. She is a Bridge and a Kingdom Coach called to the Office of Apostle currently serving as the Pastor of Life Word Jesus Kingdom Ministries in Philadelphia, Pa. She is a prolific teacher and preacher of the Gospel of Jesus Christ, edifying the body of believers – building Spiritual Mindsets across the globe. She is a Kingdom Entrepreneur with a strong desire for Kingdom citizens (God's children) to mature and dominate in the Spirit of abundant power in every area of their lives. She is serious in her work but also keeps an open mind that allows her to be creative and have fun while being effective for God's glory. Her life's motto is - "The will of God - for the Glory of God!"

She is single with 3 beautiful daughters, 2 son-in-laws and 5 grandchildren. She is an inventor and the author of 3 books - "From Poverty to Prosperity" - "The Eagles Nest" and "The Crucible Threshold", and the Host of Dr.AlfredaB.Tv. Alfreda holds a Doctor of Theology degree from Next Dimension University.

Guiding Scripture

Psalm 32:8

I will instruct thee and teach thee in the way which
thou shalt go: I will guide thee with mine eye.



Pastor Dr. Alfreda B. Bradford

What I'm Grateful for . . .

I am grateful to Prophetess Pamela Vinnett, who prophesied over twenty years ago that one of my major functions on earth was to serve as a Bridge for God's people. A bridge for those He has foreordained to cross over from poverty to prosperity, from brokenness to wellness, from zero to hero, from empty to full, in Jesus name. What a prophecy!

I am also grateful to have served in God's Kingdom for the last thirty-nine years. I am a servant leader and take pleasure in doing so. I am extremely grateful for every divine opportunity to coach and mentor those who desire, accept and honor my assistance. A simplistic communication style and God-given gifts, talents and abilities are contributing factors and components that drive our success. I am grateful that God trusts me with His precious anointing as I teach and preach the Kingdom, which brings deliverance to break old mindsets; and with an intensifying difference enables participants to transform into a new person with new habits.

This level of capacity is a full and expanding reality made possible because of all those who have prayed, supported and believe in me. For this I am also grateful.

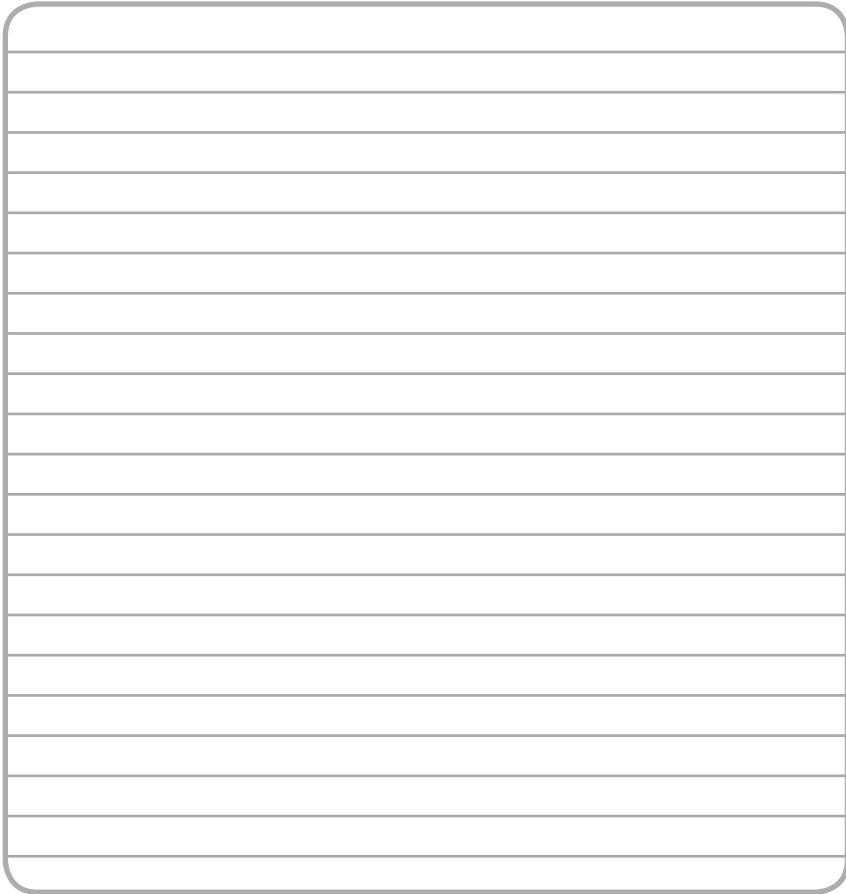
Most of all, I am extremely grateful to God that He loves me so much that He gave His only begotten Son, Jesus, to die in my stead, that I through grace and faith, might experience an abundant and eternal life of glory. Yes indeed, I have much to be grateful for – and I am!

Your Free Gift

6 Biblical Steps to Expand Your Capacity to Receive
DrAlfredaB.Tv/gift

Day **46** Date _____

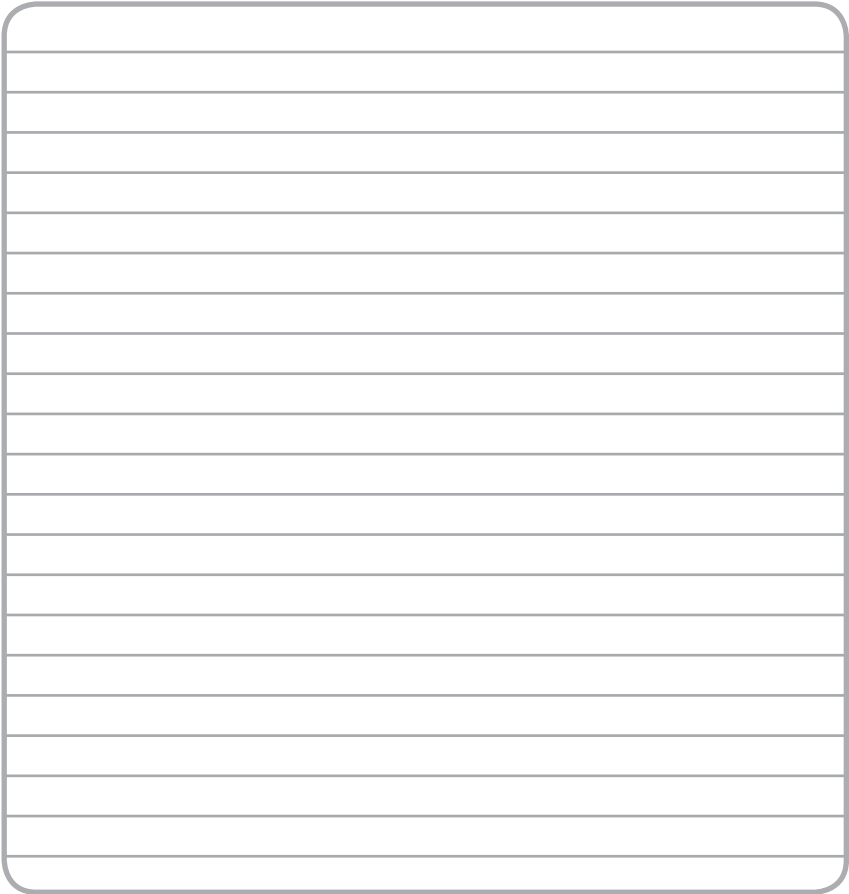
What are you Grateful for today?



**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **47** Date _____

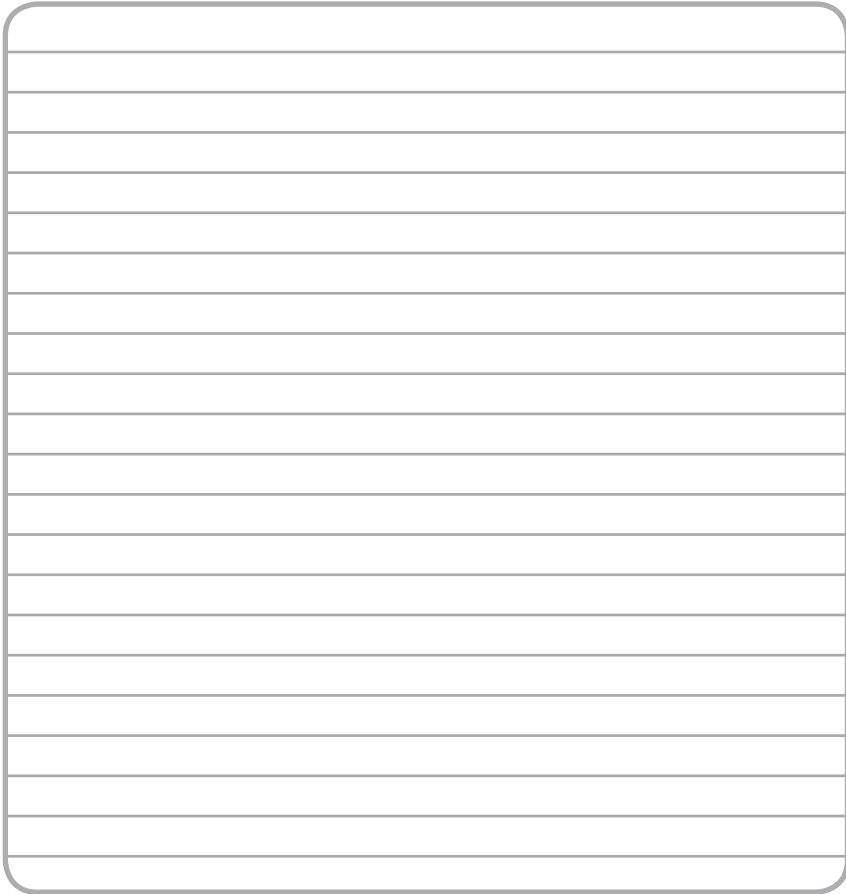
What are you Grateful for today?



Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.

Day **48** Date _____

What are you Grateful for today?



**Choose one moment from your day that made you happy.
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Day **49** Date _____

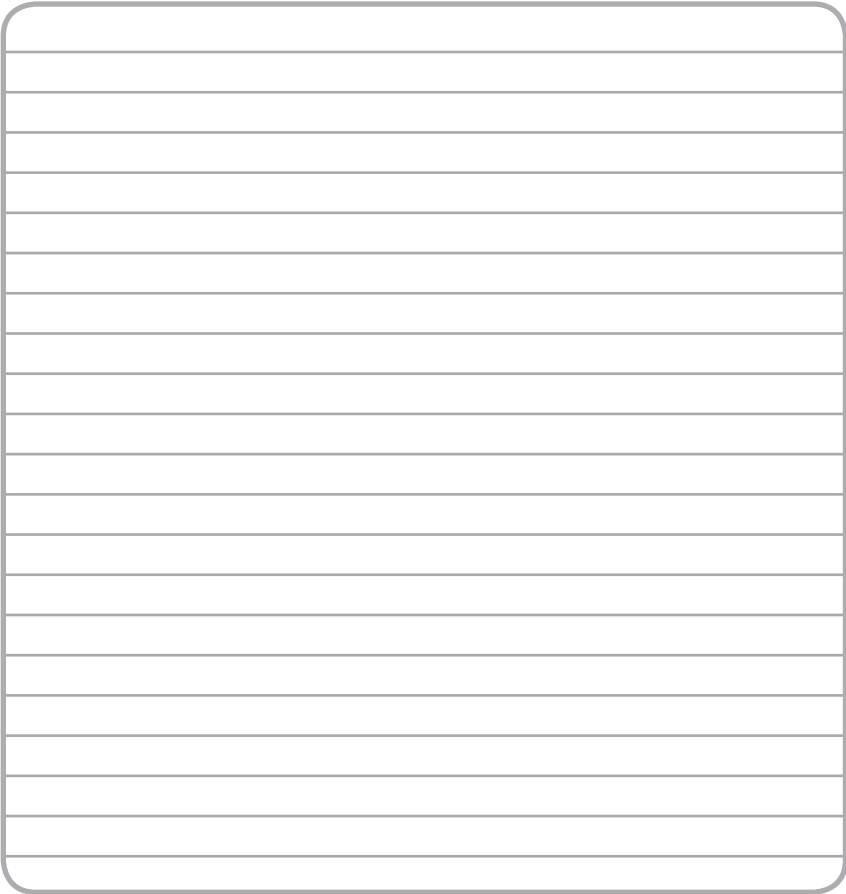
What are you Grateful for today?

A large rectangular box with rounded corners and a light gray border, containing 18 horizontal lines for writing.

Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.

Day **50** Date _____

What are you Grateful for today?

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**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

June's Company

Center for Laughing and Learning

www.JuneCline.com

Transformation Through Humor, Health, and Happiness

June's Bio

President of the Center for Laughing and Learning and creator of the B.R.A.S.S. Bra Woman: Master Your Own Mind On-line Mentoring Program, June Cine is a Certified Speaking Professional (CSP), awarded by the National Speakers Association. June, also an Author and Entrepreneur, has performed on stage at convention centers across the country and Canada as well as in well-known comedy clubs like Ricks House of Comedy in Phoenix, Arizona and The Punchline in Atlanta Georgia. When she's not making people laugh and learn, you can find her riding her Harley-Davidson, Good Golly Miss Molly on the beautiful twisty back roads of North Georgia. She loves coming home to Kennesaw Georgia and her "mens" as she calls them, the light-of-her-life, Jerry Cline, and the Lucky Man, their rescued crazed Shih Tzu. Together the three of them— "Make Life a Great Ride."

Your Free Gift

What's your comedic style?
junecline.com/comedics-style-quiz/

Guiding Scripture

Romans 12:2 NKJ
Be ye transformed by the renewal of your mind



June Cline, CSP

What I'm Grateful for . . .

I am just grateful to still be here! With 30 years as a Speaker, Author and Entrepreneur, it's been an up, down, all around feast or famine kind of UH-MAZING life. And I'm still standing—in total passion of showing others to feel “mobetta” through the transformational power of humor, health and happiness.

I'm grateful for every company, college, colleague and friend who have ever laughed out loud with me—especially my snorters. I do LUV a snorter.

My Jerry Cline, who makes ME laugh out loud, is the epitome of unconditional love. After nine years of divorce, we are together again, with “The Lucky Man,” a little Sh!t Zoo who will eat ANYTHING—Kinda like his Momma.

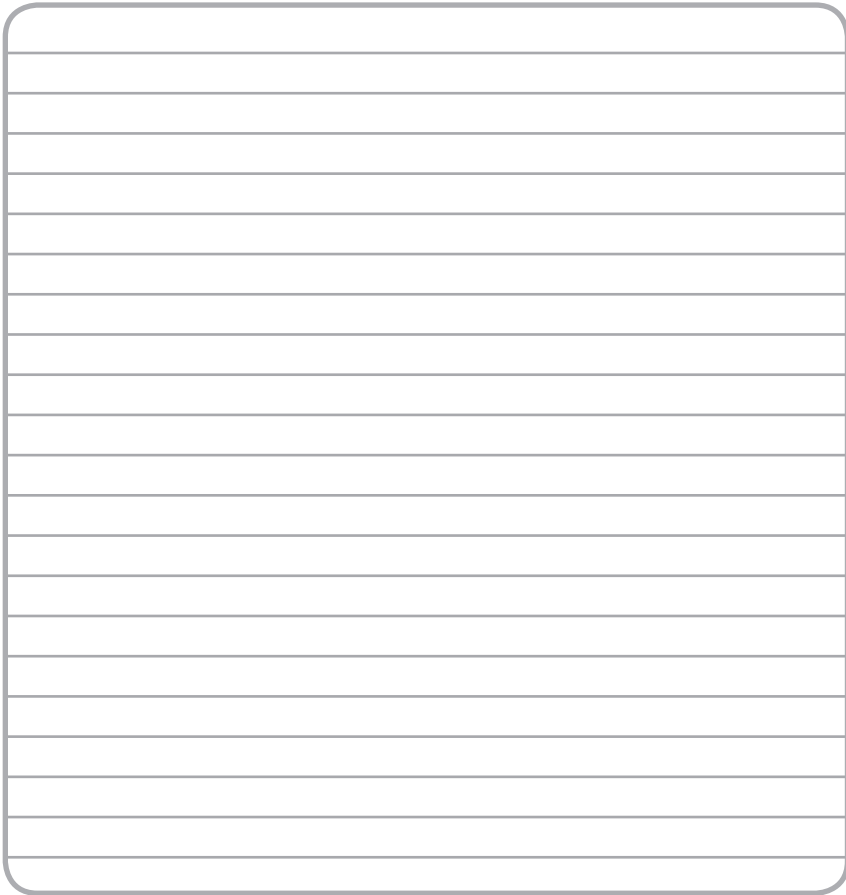
I am grateful for the gift of gab, wit, wisdom, love, the support of and the material from my family. My Uncle Freddie used to say “Junie, you can talk to a machine longer than anybody I know.”

I am grateful each time I make an audience laugh out loud because I know, “Laughter Equals Hope.” For every person who stood in line to say, “Thank you—I needed that” and for the man who told me—“You saved my life today”—and meant it—grateful. Yes, laughter saves lives.

I am grateful you are reading these words. I am grateful to God/The Universe, whatever you call the entity bigger than ourselves. Through the gratitude you put on these pages, your desires and actions, you will be transformed. In total #Gratitude.

Day **51** Date _____

What are you Grateful for today?



**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **52** Date _____

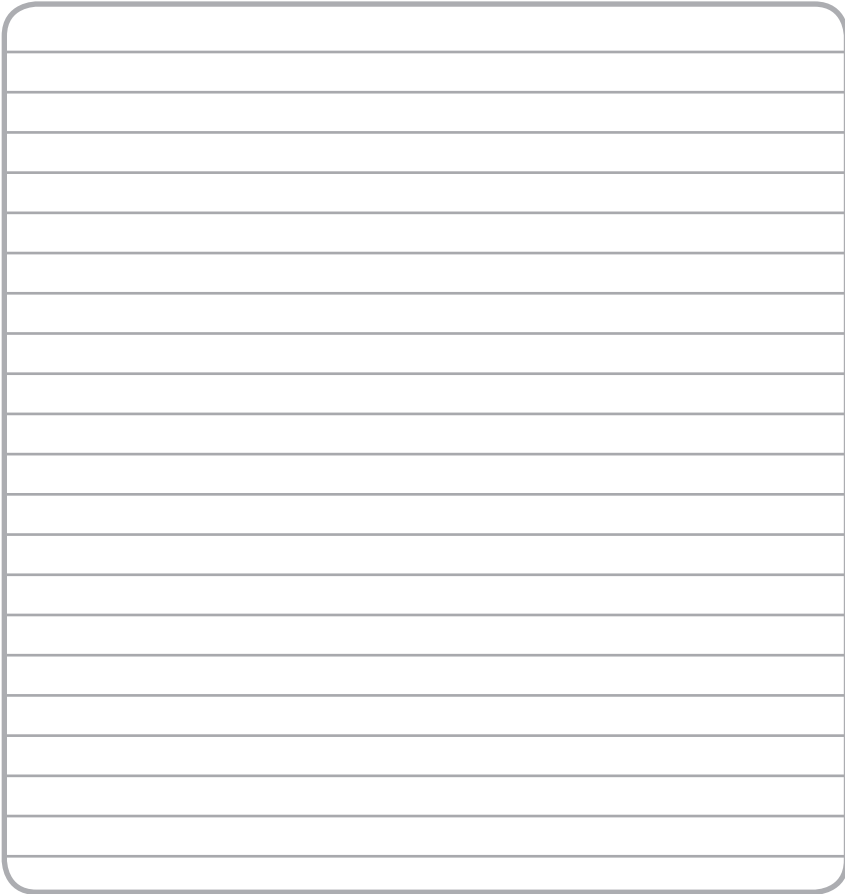
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Day **53** Date _____

What are you Grateful for today?

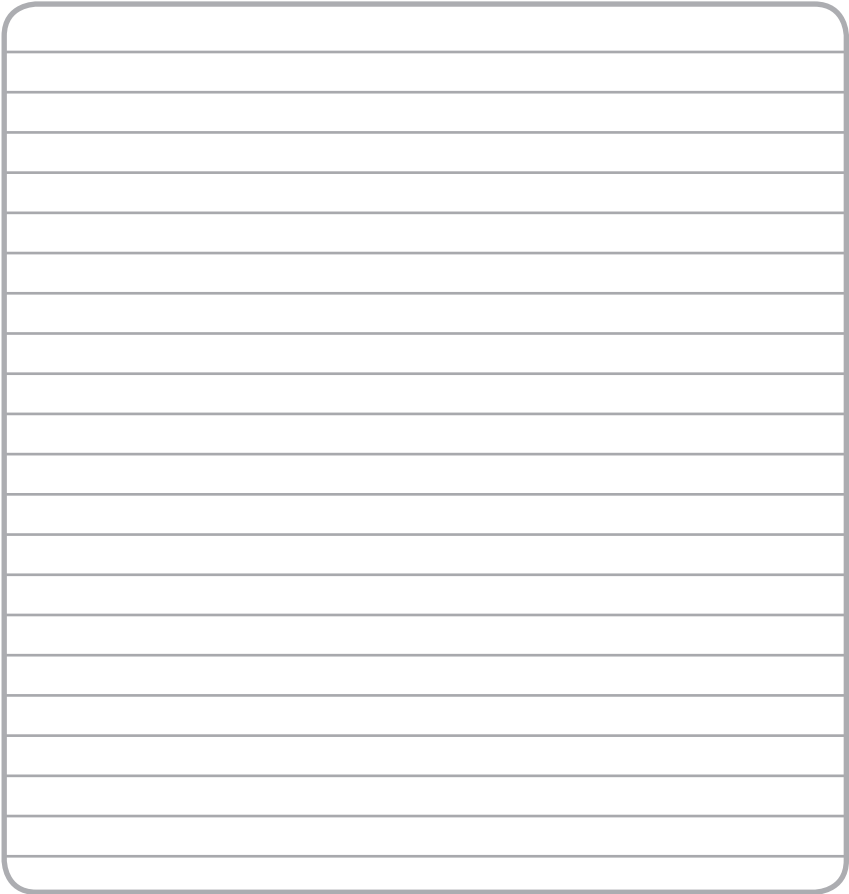


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Day **54** Date _____

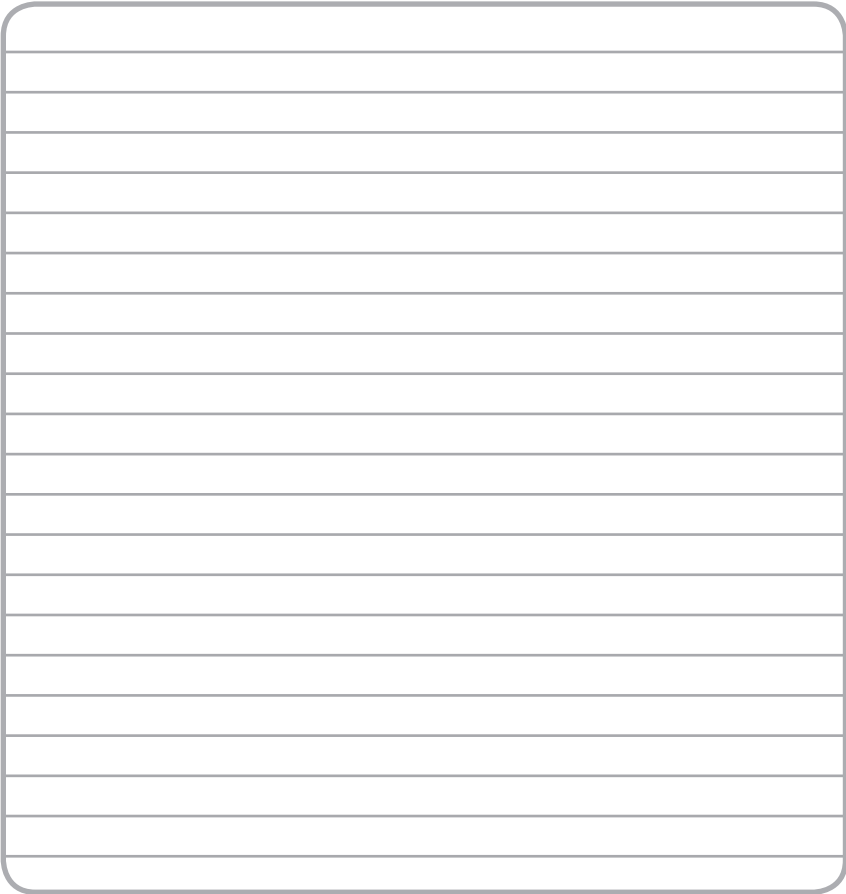
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Day **55** Date _____

What are you Grateful for today?



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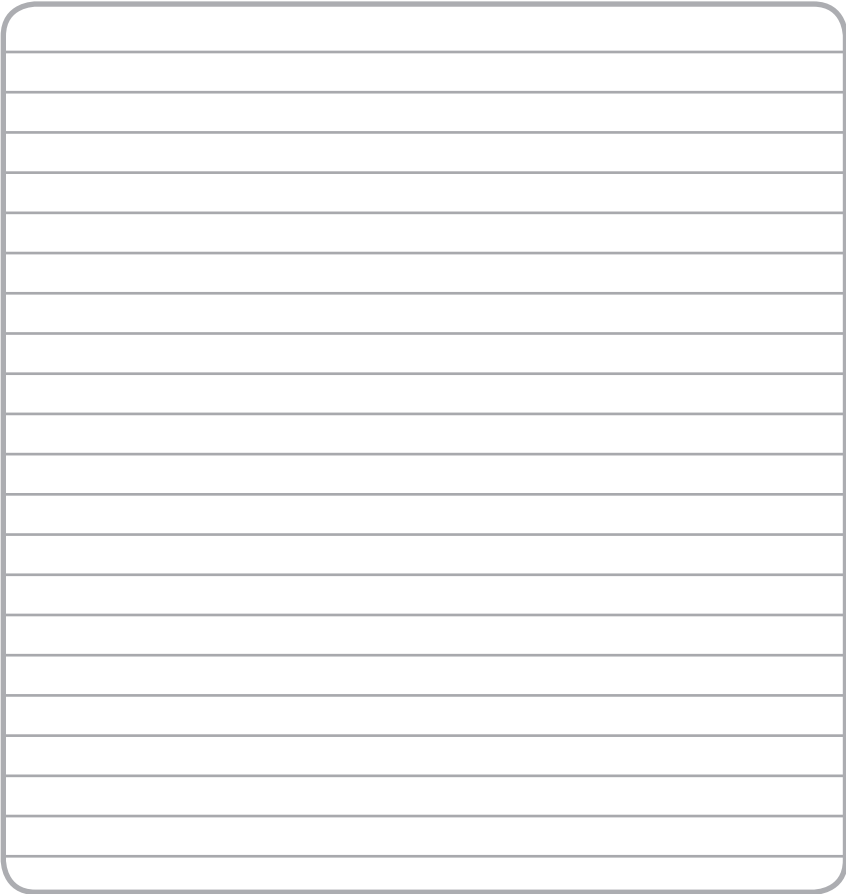
5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Day **56** Date _____

What are you Grateful for today?

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**Choose one moment from your day that made you happy.
Write it here, then focus on that moment before bed tonight.**

Day **57** Date _____

What are you Grateful for today?

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Day **58** Date _____

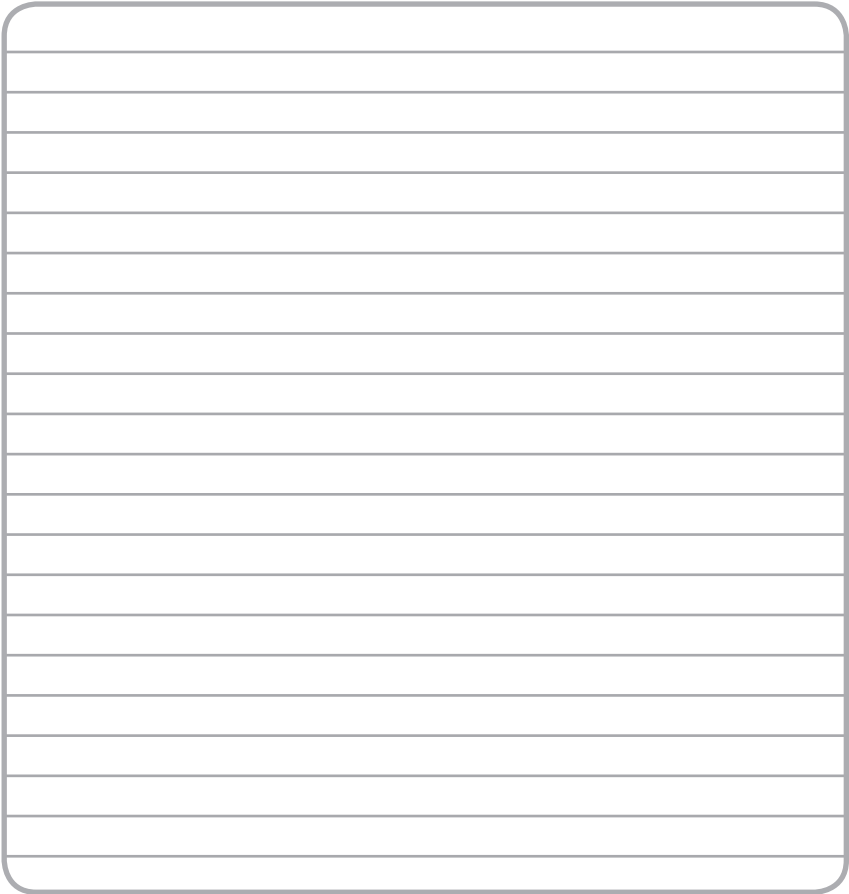
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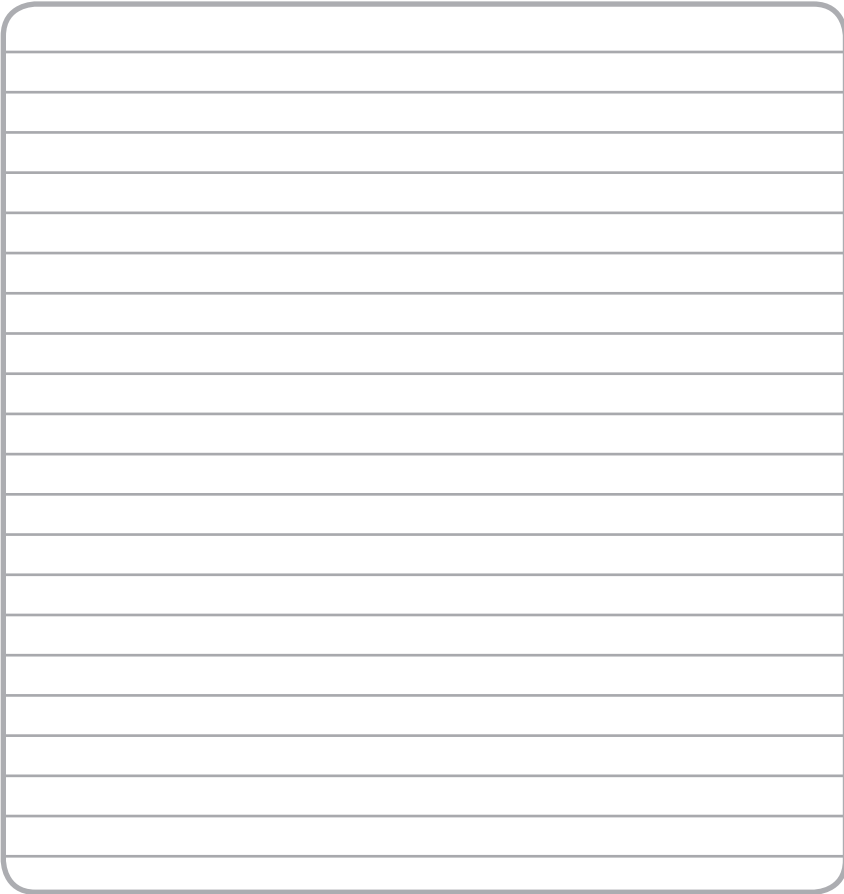
What are you Grateful for today?



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Day **60** Date _____

What are you Grateful for today?



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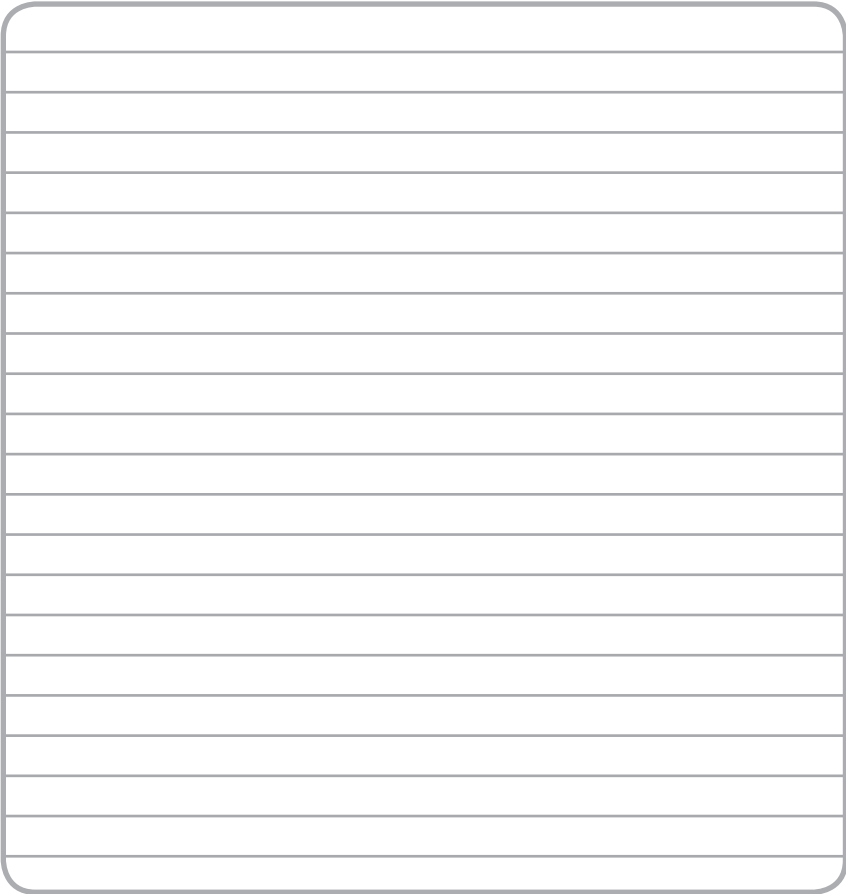
5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Day **67** Date _____

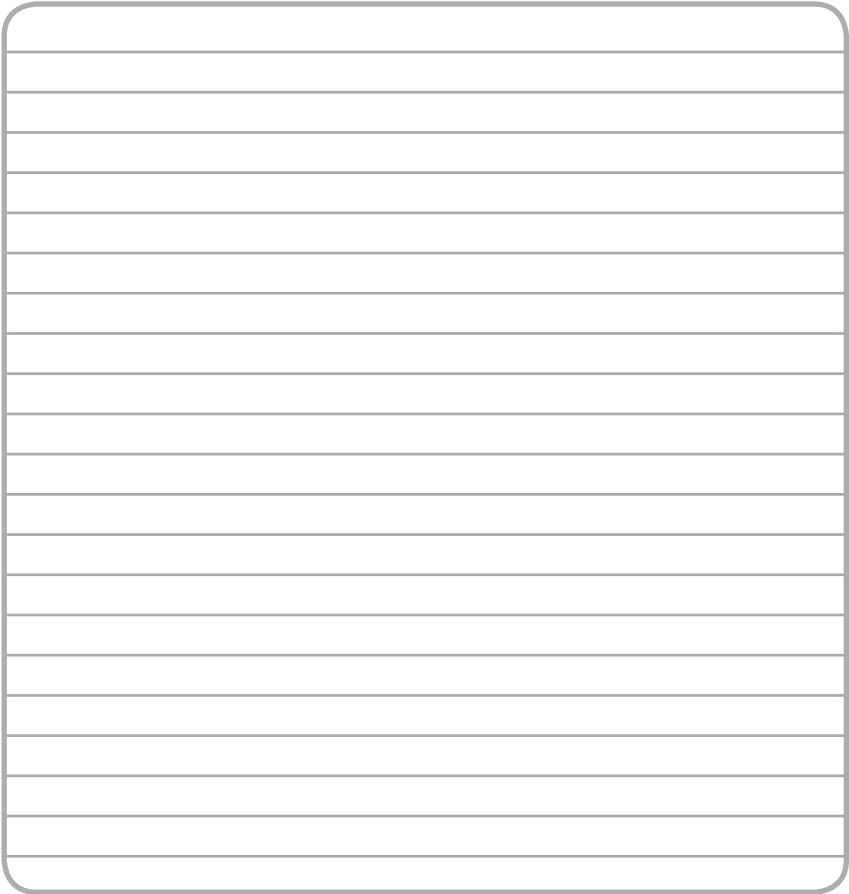
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Day **62** Date _____

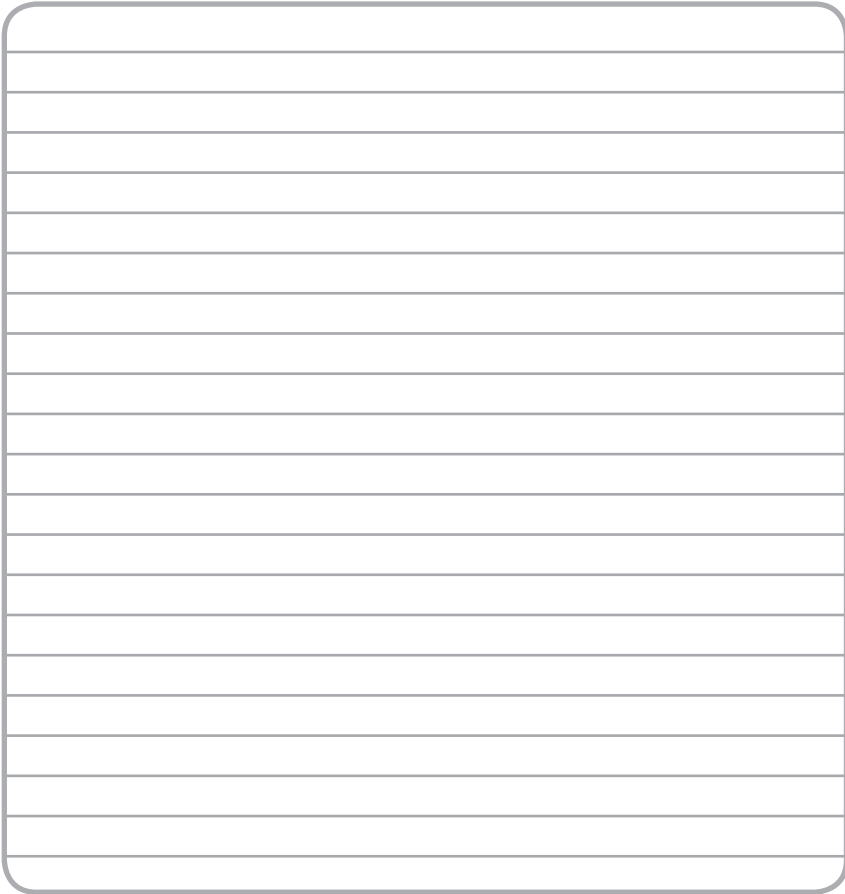
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Day **63** Date _____

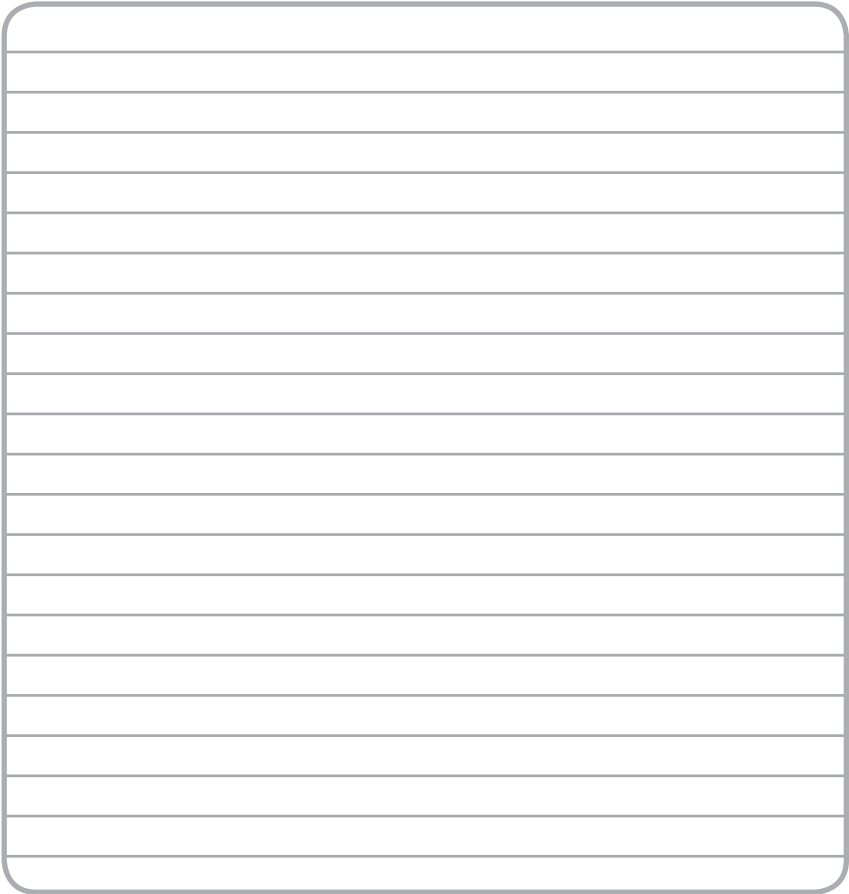
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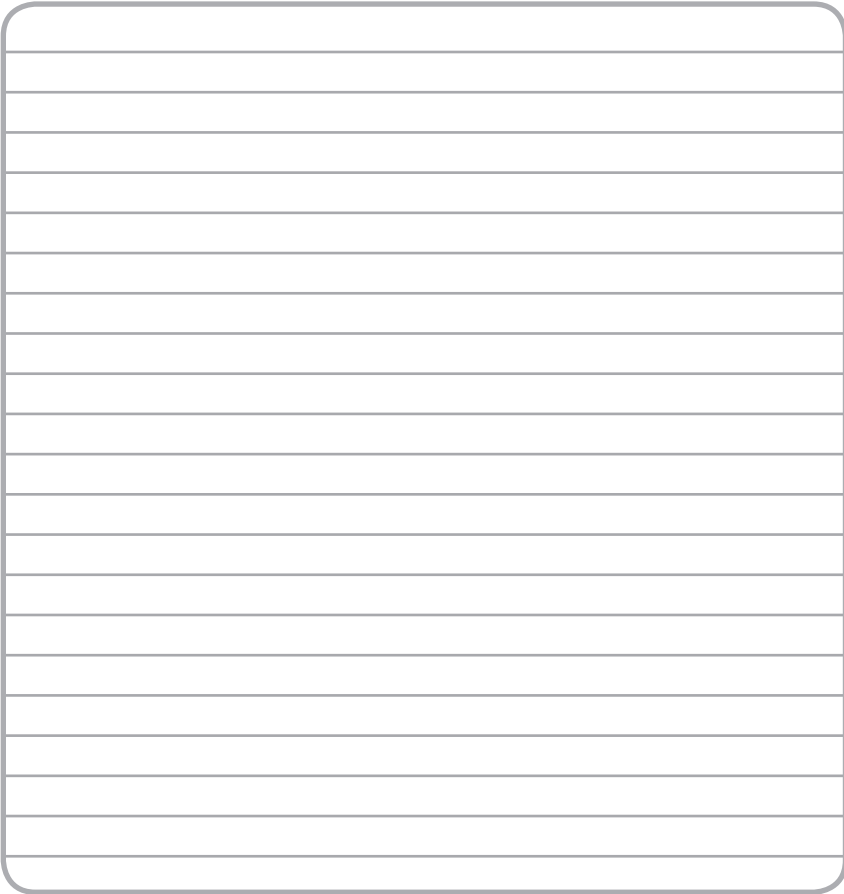
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Day **65** Date _____

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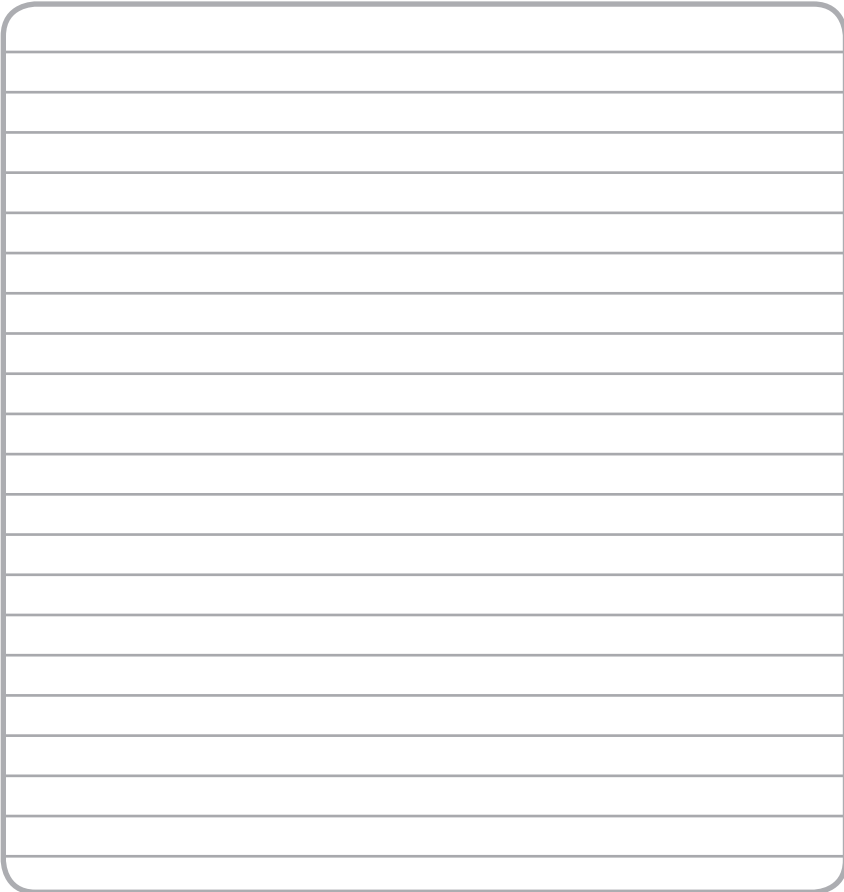
5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Day **66** Date _____

What are you Grateful for today?



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Day **67** Date _____

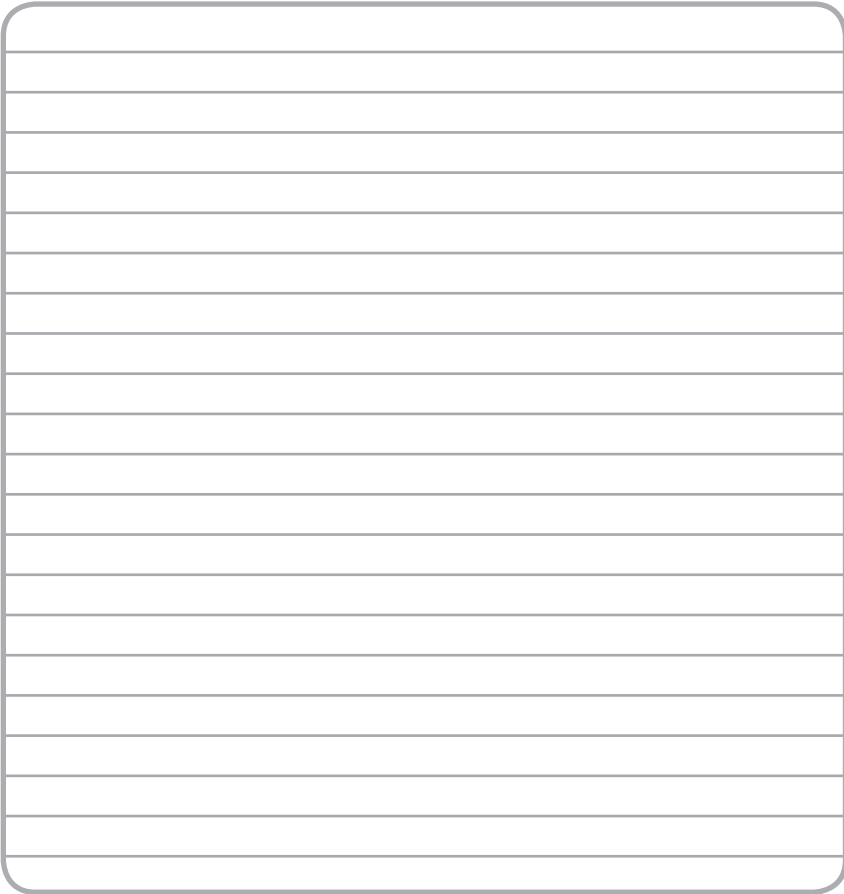
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Day **68** Date _____

What are you Grateful for today?

A large, vertically oriented rounded rectangular box with a light gray border. The interior of the box is filled with horizontal lines, providing a space for writing. The lines are evenly spaced and extend across the width of the box.

**Choose one moment from your day that made you happy.
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Day **69** Date _____

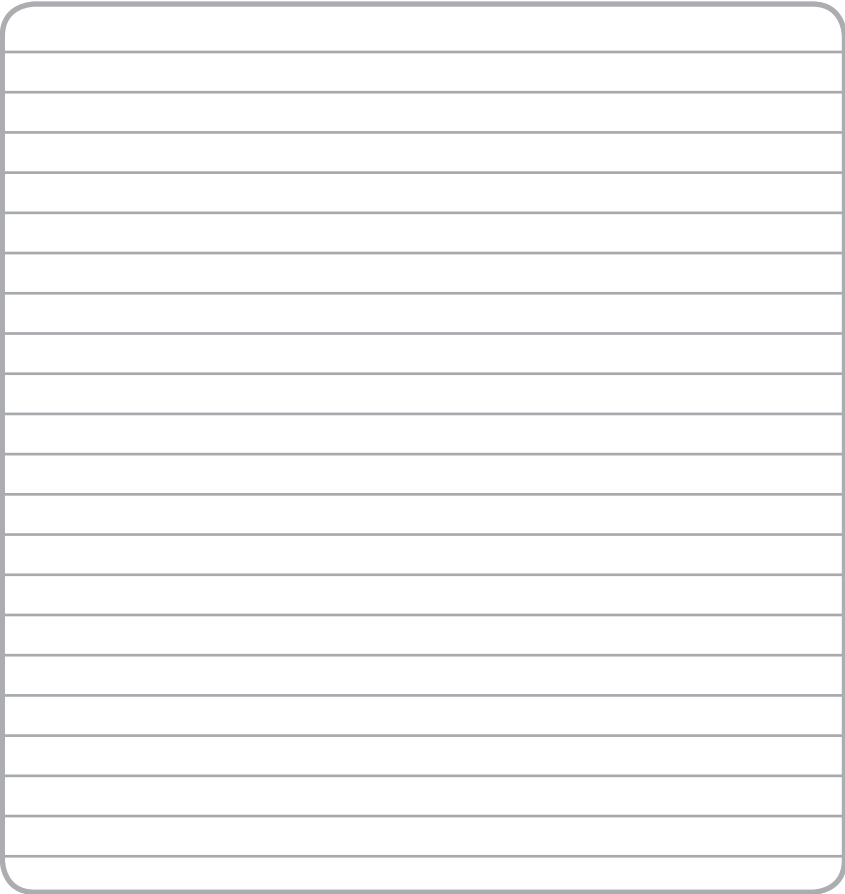
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Day **70** Date _____

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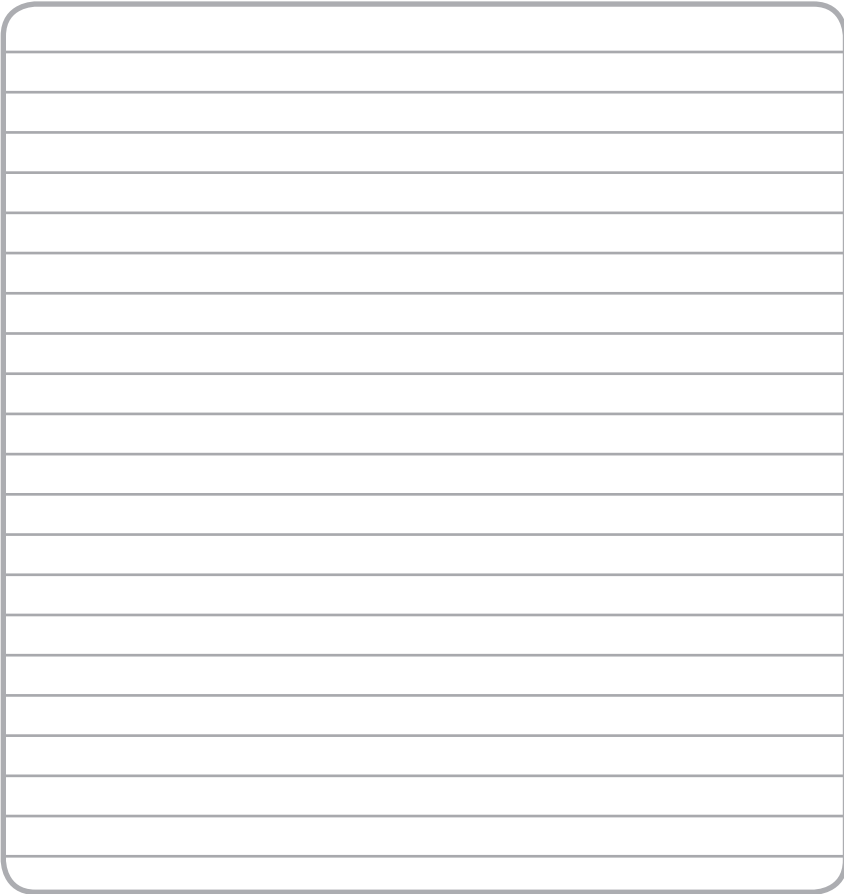
5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Day **71** Date _____

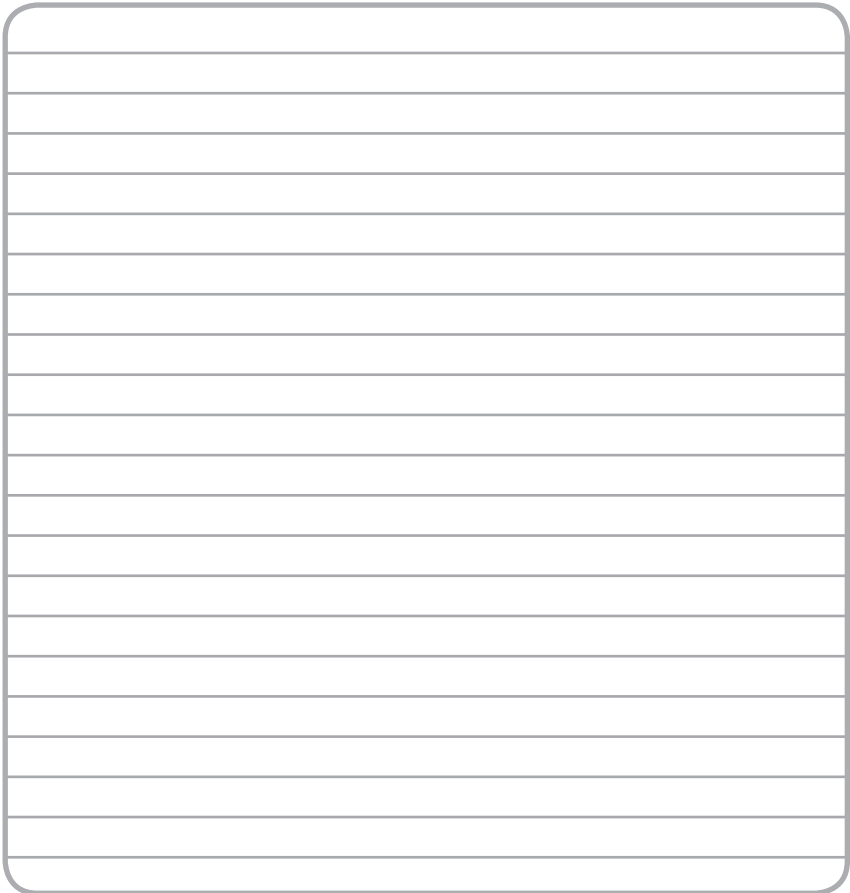
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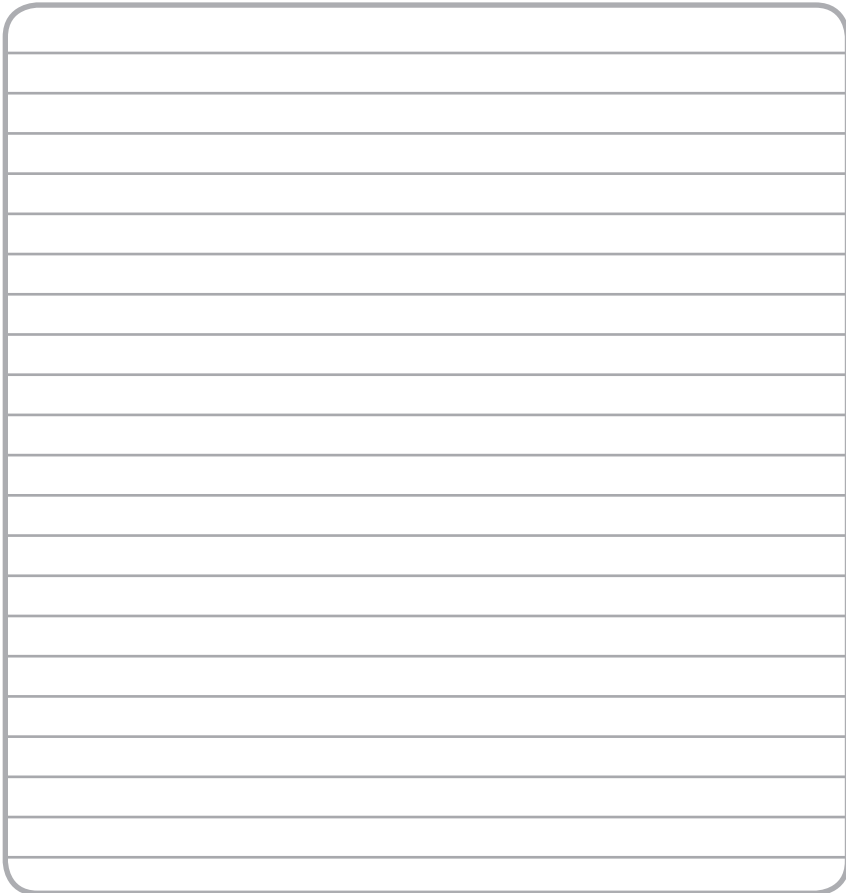
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Day **73** Date _____

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Day **74** Date _____

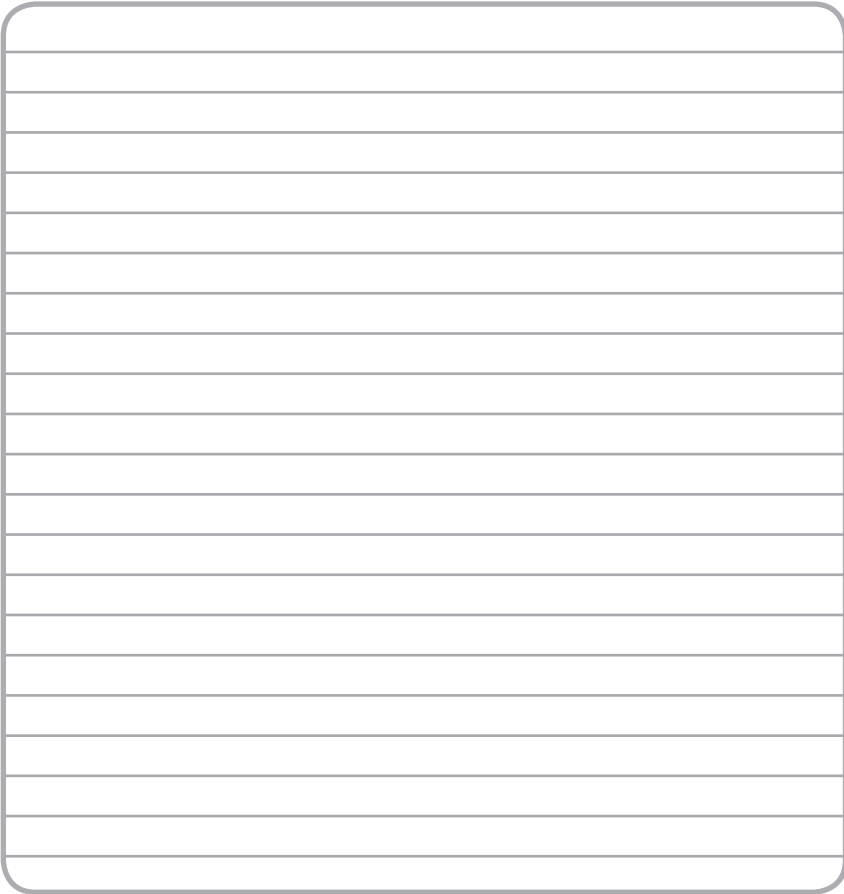
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Day **75** Date _____

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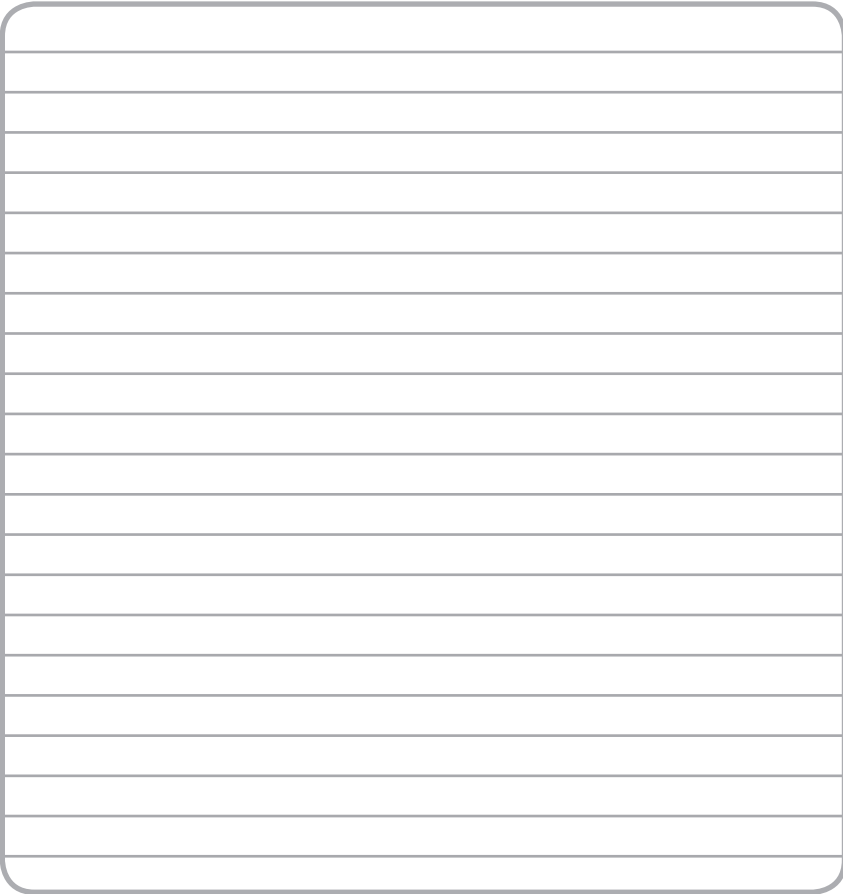
5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Day **76** Date _____

What are you Grateful for today?

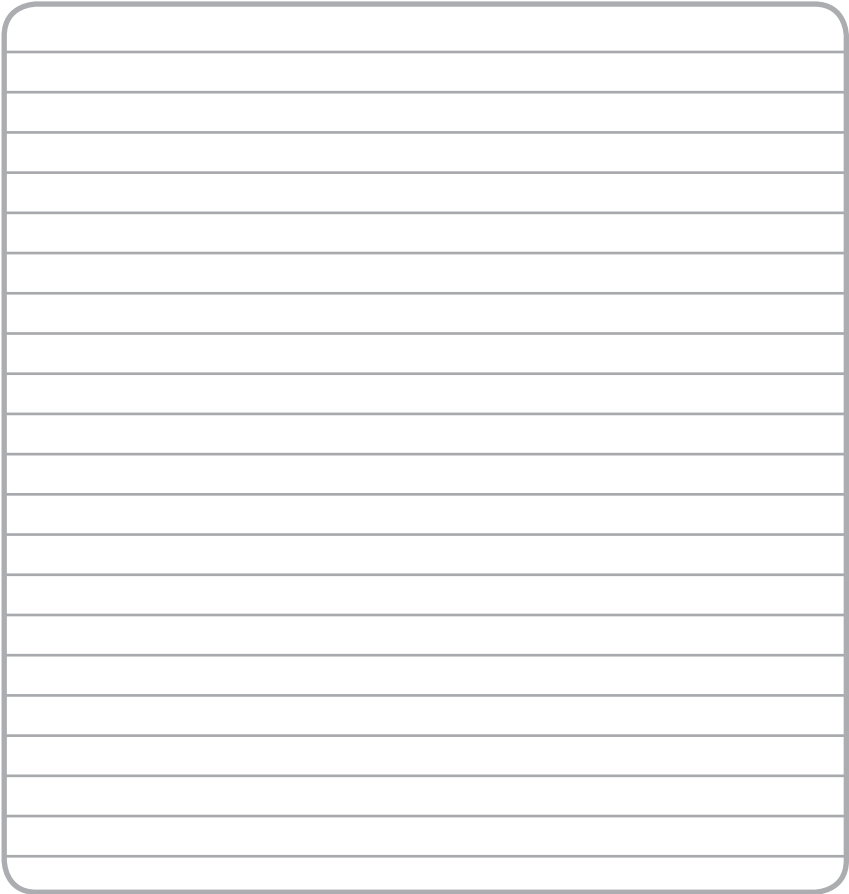


A large rectangular box with rounded corners and horizontal lines for writing. The box is empty and intended for the user to write their gratitude for the day.

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Day **77** Date _____

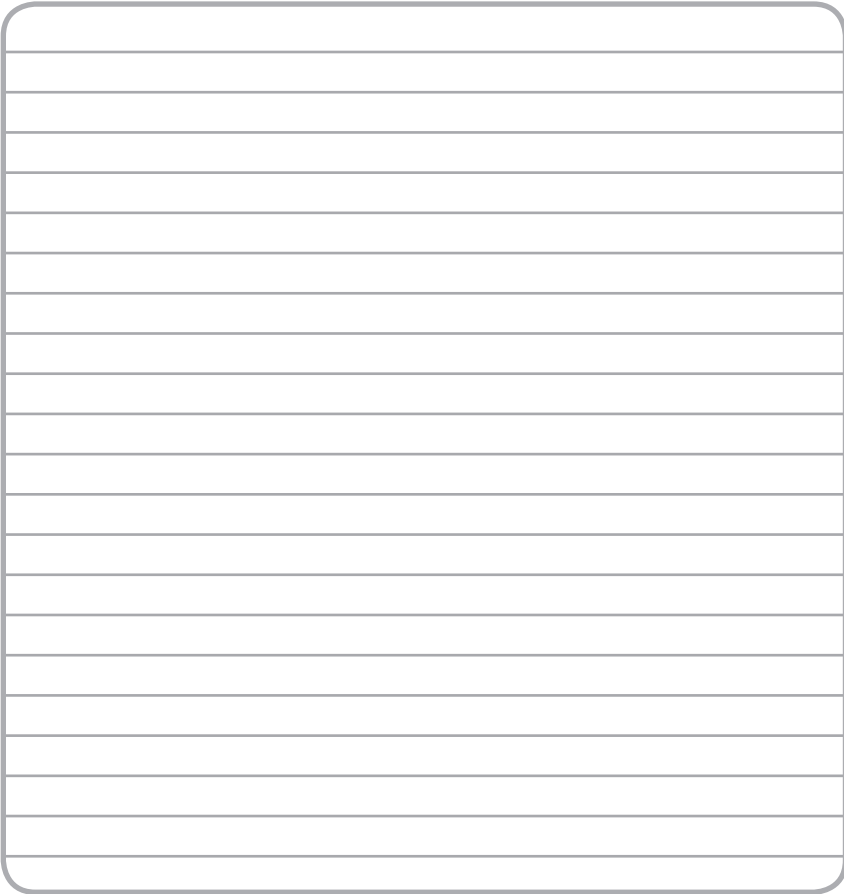
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Day **78** Date _____

What are you Grateful for today?

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Day **79** Date _____

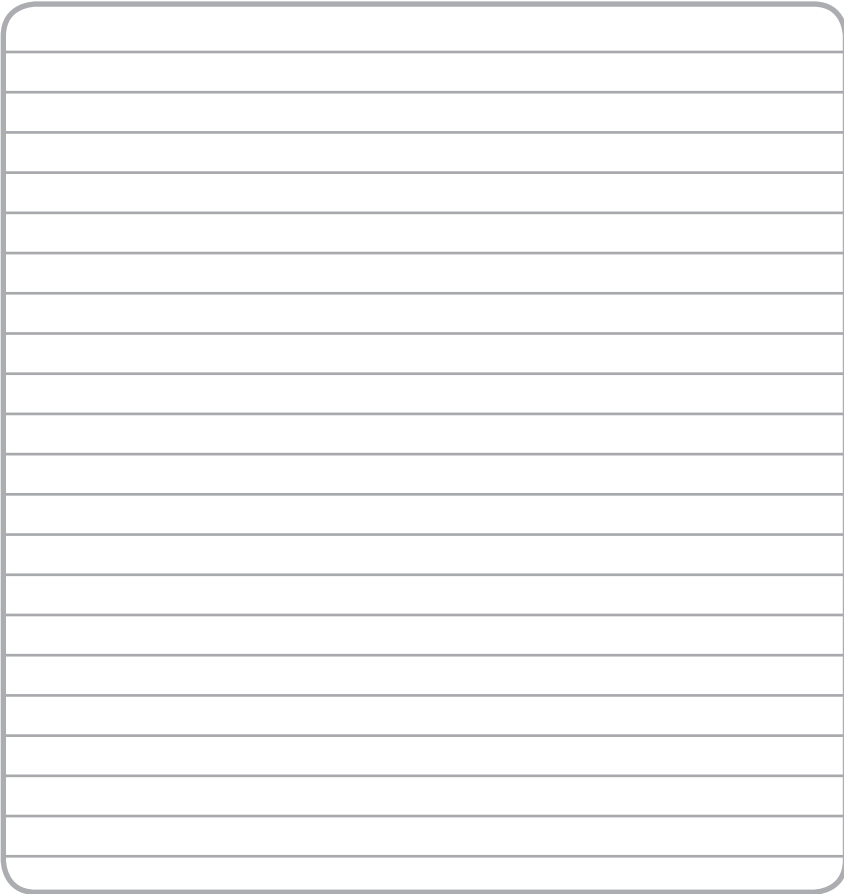
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Day **80** Date _____

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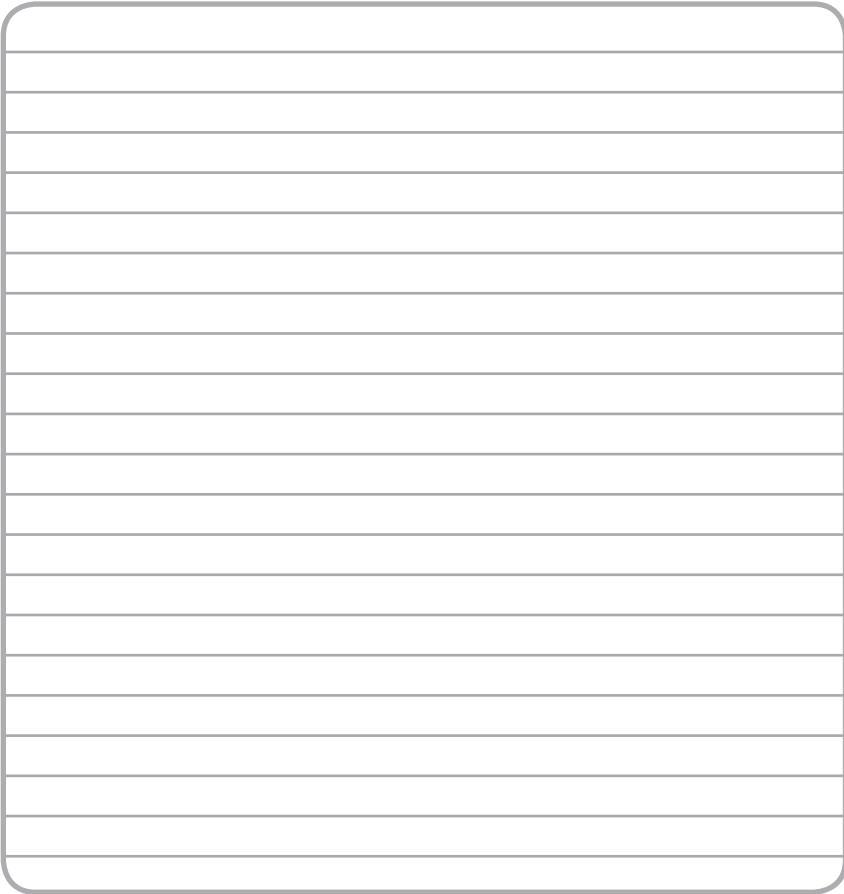
5-Day Round up

Go Deeper

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Day **81** Date _____

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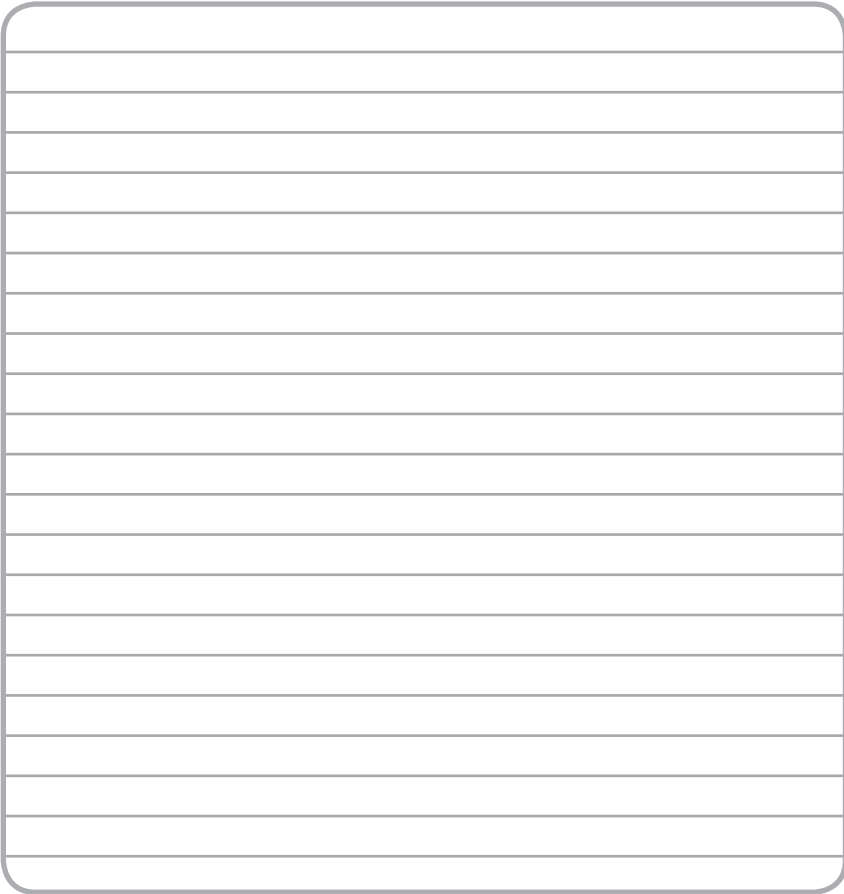
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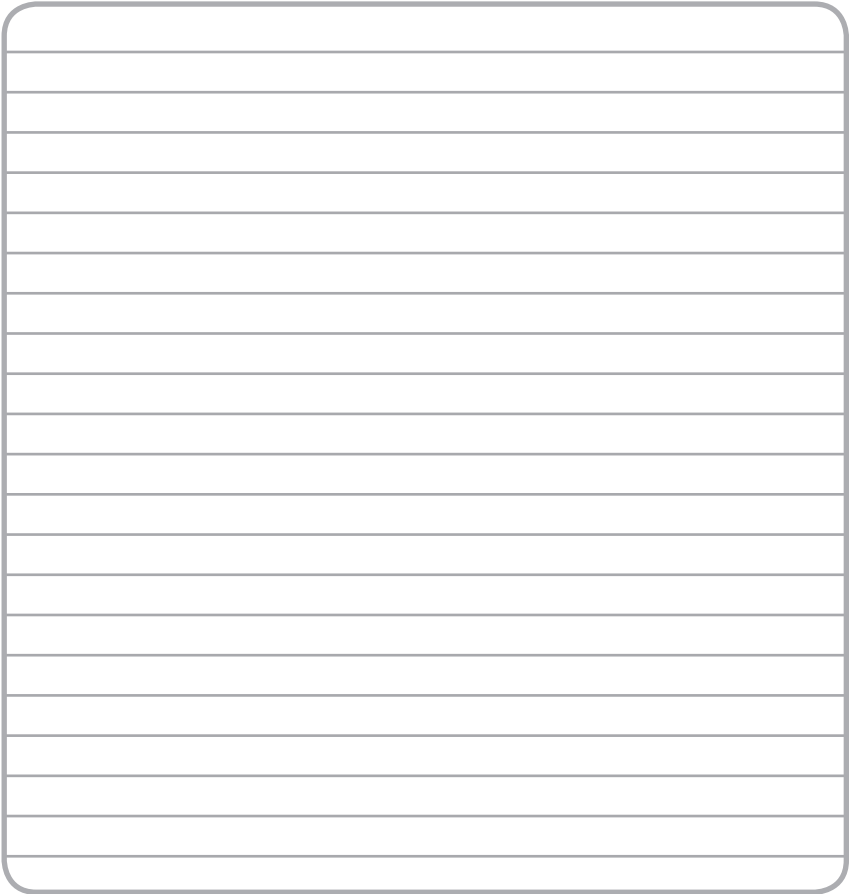
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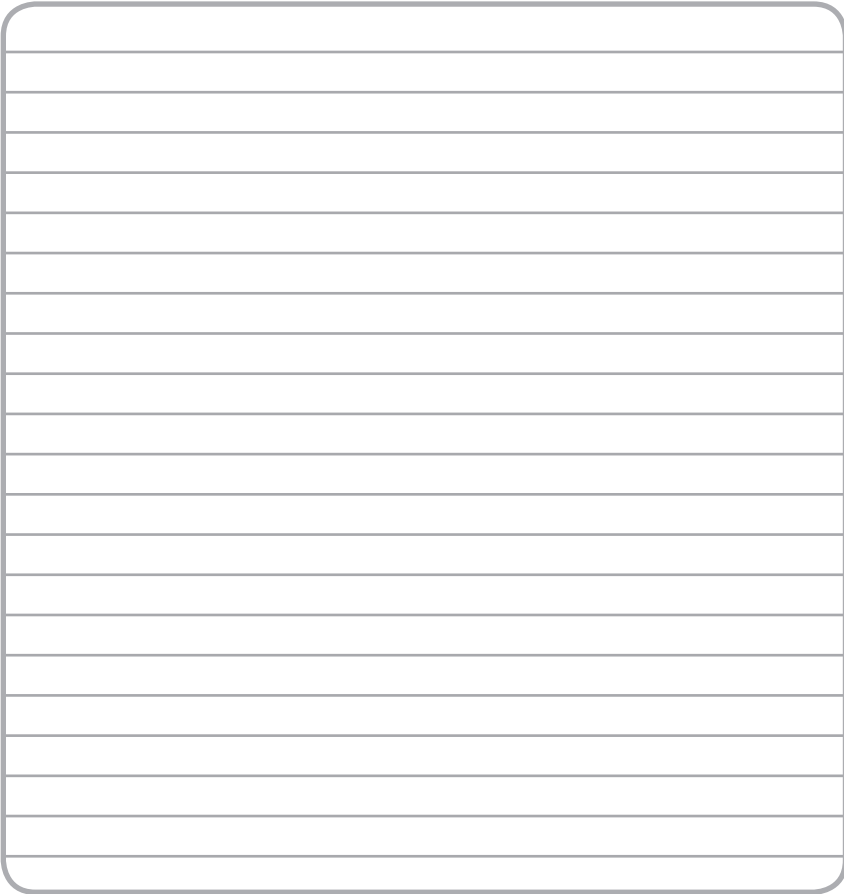
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Day **85** Date _____

What are you Grateful for today?



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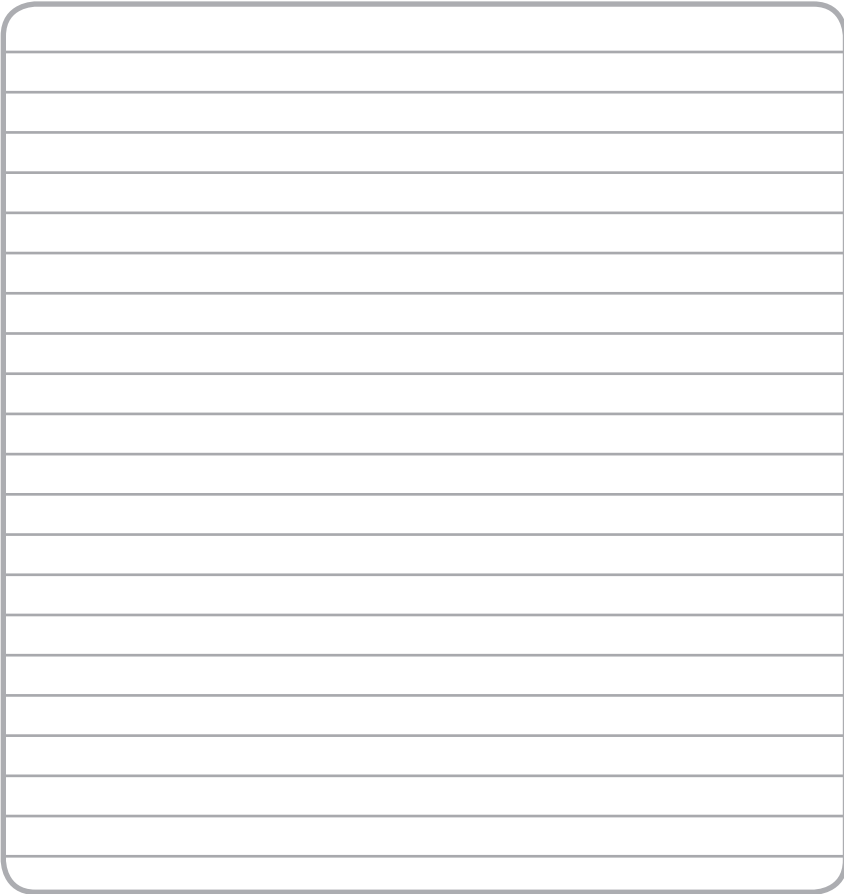
5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

Day **86** Date _____

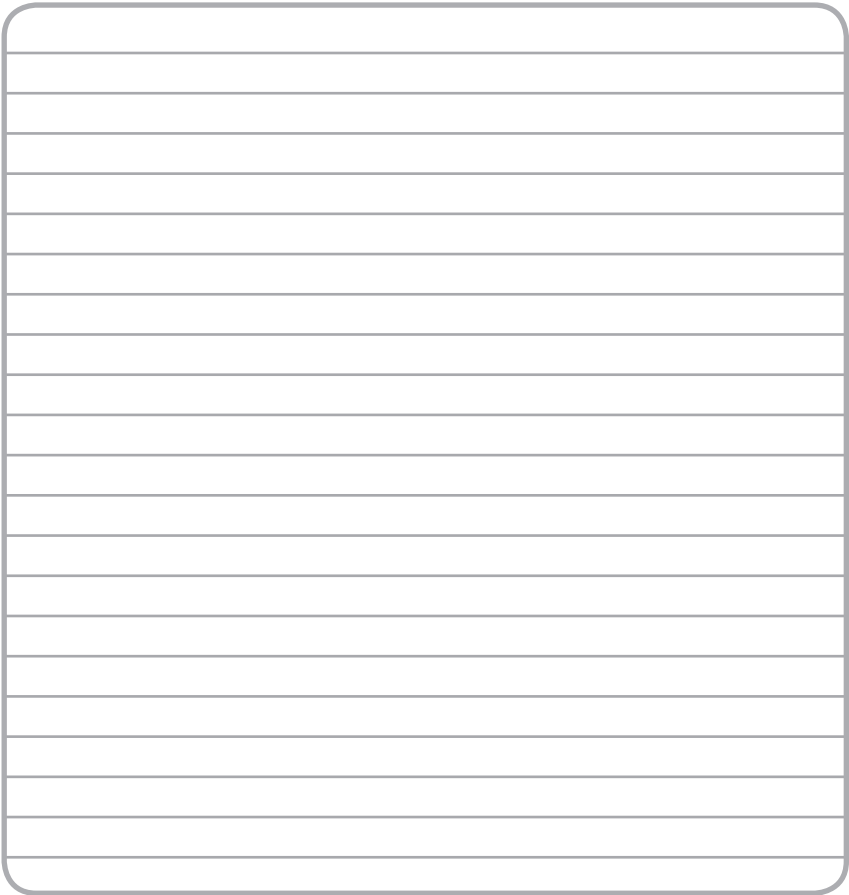
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Day **87** Date _____

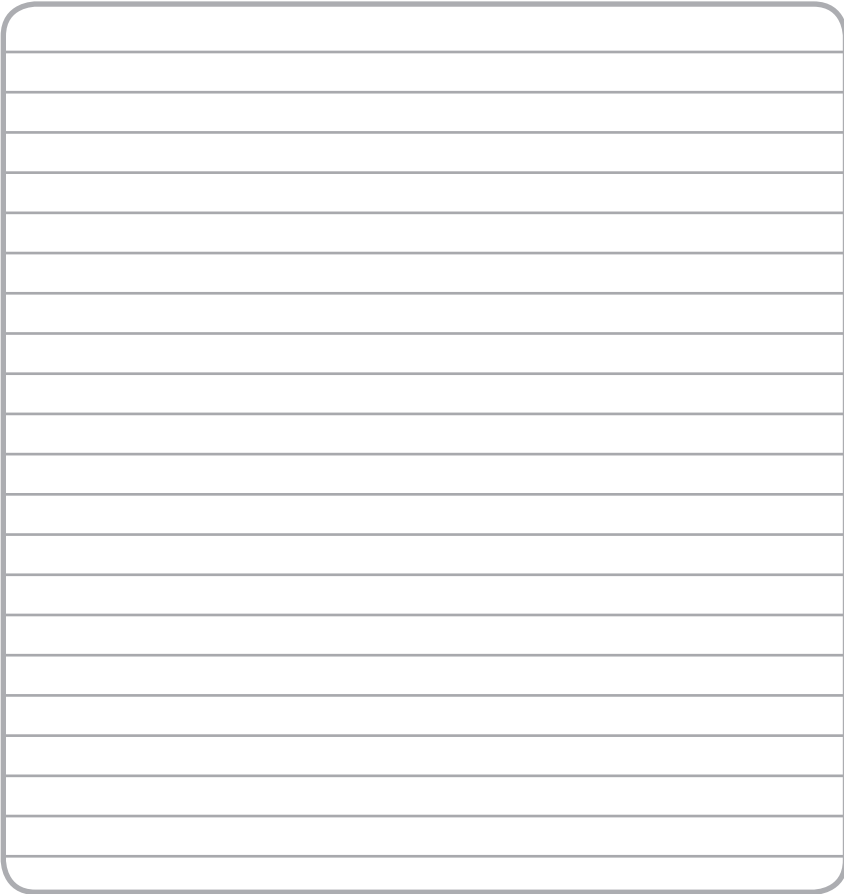
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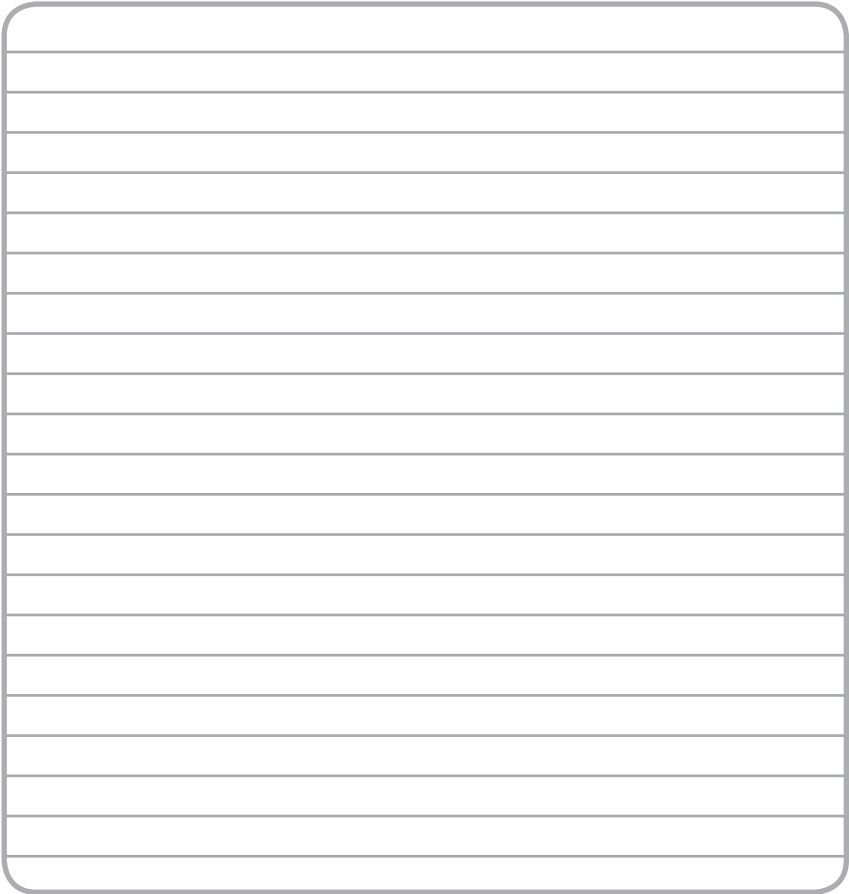
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Day **89** Date _____

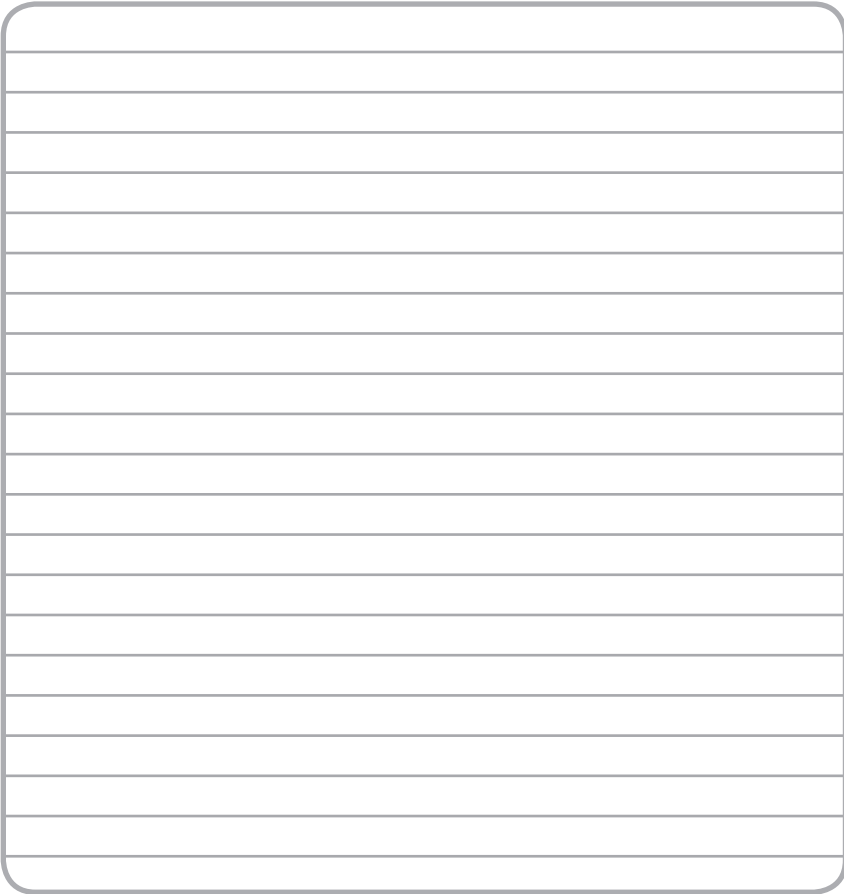
What are you Grateful for today?



Choose one moment from your day that made you happy.
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Day **90** Date _____

What are you Grateful for today?



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5-Day Round up

Go Deeper

Think about the past 5 days. List one reason per box that you are grateful for what happened or did not happen in your business.

*Please use this area to Summarize your
Gratitude Journey*

*Please use this area to Summarize your
Gratitude Journey*

Resources For Your Business

Facebook Pages to Grow Your Business

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