

CRAZY TIMES

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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THANK SOMEONE.

DATE
NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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WHAT IS A NEW SKILL YOU CAN LEARN? WHAT DO YOU NEED TO
GET STARTED?

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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HOW COULD YOU USE A RESOURCE MORE WISELY?

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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MAKE A LIST OF OLD FRIENDS. PICK ONE TO REACH OUT TO.

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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START A BUSINESS, RIGHT HERE:

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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DRAW A SELF-PORTRAIT .

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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WHAT'LL YOU DO TOMORROW?

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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TRY A NEW RECIPE. WHAT DID YOU MAKE, AND HOW DID IT GO?

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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WHERE'S THE NEXT PLACE YOU'D LIKE TO VISIT? WHAT DO YOU WANT TO DO THERE?

DATE
NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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ASK YOUR FRIENDS FOR MOVIE/BOOK/ALBUM/PODCAST REFERRALS. WRITE THEM HERE:

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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DRAW YOUR EARLIEST MEMORY.

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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LEARN SOMETHING NEW ABOUT ONE OF YOUR ANCESTORS.

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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MAKE A LIST OF PEOPLE WHO HAVE INFLUENCED YOUR LIFE.

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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WRITE A POEM.

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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ASK SOMEONE TO EXPLAIN A WORLD VIEW THAT IS VERY DIFFERENT FROM YOUR OWN, AND JUST LISTEN. WHAT DID YOU LEARN?

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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GO FOR A WALK AND RECORD WHAT YOU SEE .

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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DRAW 17 THINGS.

DATE
NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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COME UP WITH A RECIPE WITH INGREDIENTS IN YOUR KITCHEN.

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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DESCRIBE YOUR FAVORITE CHILDHOOD TOY.

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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MAKE A LIST OF EVERYTHING YOU CAN GET RID OF.

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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DRAW YOUR DREAM HOUSE .

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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DESCRIBE THE BEST DAY/NIGHT OF YOUR LIFE.

DATE

NEWS

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WHAT I DID TODAY

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WHAT I ATE TODAY

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FEELINGS

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TELL ME A SECRET.