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| Mindfulness and meditation makes me feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_C:\Users\P0084722\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\58Q8HZ2D\Yoga_Meditation_Pos-410px[1].png\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Today I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Rating** 1 2 3 4 5 | Mindfulness and meditation makes me feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_C:\Users\P0084722\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\58Q8HZ2D\Yoga_Meditation_Pos-410px[1].png\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Today I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Rating** 1 2 3 4 5 |
| Mindfulness and meditation makes me feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_C:\Users\P0084722\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\58Q8HZ2D\Yoga_Meditation_Pos-410px[1].png\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Today I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Rating** 1 2 3 4 5 | Mindfulness and meditation makes me feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_C:\Users\P0084722\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\58Q8HZ2D\Yoga_Meditation_Pos-410px[1].png\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Today I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Rating** 1 2 3 4 5 |
| Mindfulness and meditation makes me feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_C:\Users\P0084722\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\58Q8HZ2D\Yoga_Meditation_Pos-410px[1].png\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Today I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Rating** 1 2 3 4 5 | Mindfulness and meditation makes me feel\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_C:\Users\P0084722\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\58Q8HZ2D\Yoga_Meditation_Pos-410px[1].png\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Today I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Rating** 1 2 3 4 5 |