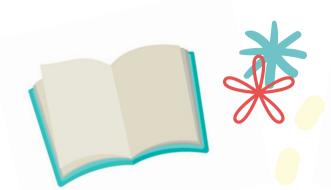
Gruwble Free to po LIST



Read God's Word



Speud time with someone you love



Plau au adveuture



Pray for a friend



Seek 5 winutes of peace



30







Praise God for all His good gifts

Thauk your kids for a job well doue

Spend time in nature

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