



SLEEP

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ALCOHOL

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EXERCISE

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FOOD

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TICKING OFF TO DO LISTS

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WALKING

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MEDITATION

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HAVING A SENSE OF PURPOSE

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AUTONOMY

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ASKING FOR HELP

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TIME WITH FAMILY OR FRIENDS

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TIME ALONE

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HELPING OTHERS

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COMMUTE TO WORK

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JOKER

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HAVING A PERSONAL/WORK CHALLENGE

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