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| **CARD**  **NUMBER** | **FRONT OF CARD** | **BACK OF CARD** |
| 1 | Engage in 10 minutes of mindful meditation for 5 days  *(example prompt)* | C:\Users\GNL\AppData\Local\Microsoft\Windows\INetCache\Content.Word\screenshot.jpg |
| 2 | Front card text or image | < Insert image here > |
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