

A top-down photograph of a person's hands on a silver laptop keyboard and trackpad. The laptop is open and sits on a thick, grey, shaggy rug. To the right of the laptop, a white smartphone with a black Apple logo is lying face down. The person is wearing a black long-sleeved top with a lace-up detail at the shoulder. The overall scene is cozy and suggests a relaxed work or study environment.

Day 2
Stay positive

Rest, Relax and Recharge

GELUKKIGE
STUDENT

WHERE FOCUS GOES ENERGY FLOWS



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Instagram: Gelukkige Student

Where does your focus go?

- Often we focus on negativity

Exercise

- Write down 5 things you are proud of and/or thankful for

