

Life without limits

ONE LIFE JOURNAL

Your personal, daily journal
to help you create your
best life ever.

This journal belongs to:

Date started:

ONE LIFE
LIFE COACHING & ESCAPES



The power of keeping a journal

A daily journal is an excellent tool for personal growth and self-reflection.

Here are some benefits of keeping a daily journal when looking to make changes in your life:

- Clarify your thoughts and feelings about different aspects of your life.
- Provides a safe space to express your emotions and release stress.
- Encourages self-awareness and mindfulness by focusing your attention on the present moment.
- Identify patterns and behaviours that may be holding you back.
- Set and track goals, and measure your progress over time.
- Provides a record of your personal growth and transformation.
- Allows you to reflect on past experiences and learn from them.
- A source of inspiration and motivation during challenging times.
- Helps you recognize things you no longer want, and make conscious choices that align with your values and goals.

Try to journal every day, even if it's just a few minutes to record your observations of things you liked and didn't like throughout the day.

If something has a profound impact on you, stop and note it down for later reflection.



This Journal is best used as part of the **ONE LIFE TRIBE MEMBERSHIP** – our community dedicated to empowering you to create and live your best life.

Click here to find out more...



JANUARY

Sotogrande Marina

**ONE LIFE
JOURNAL**

January



Reflect on the day:

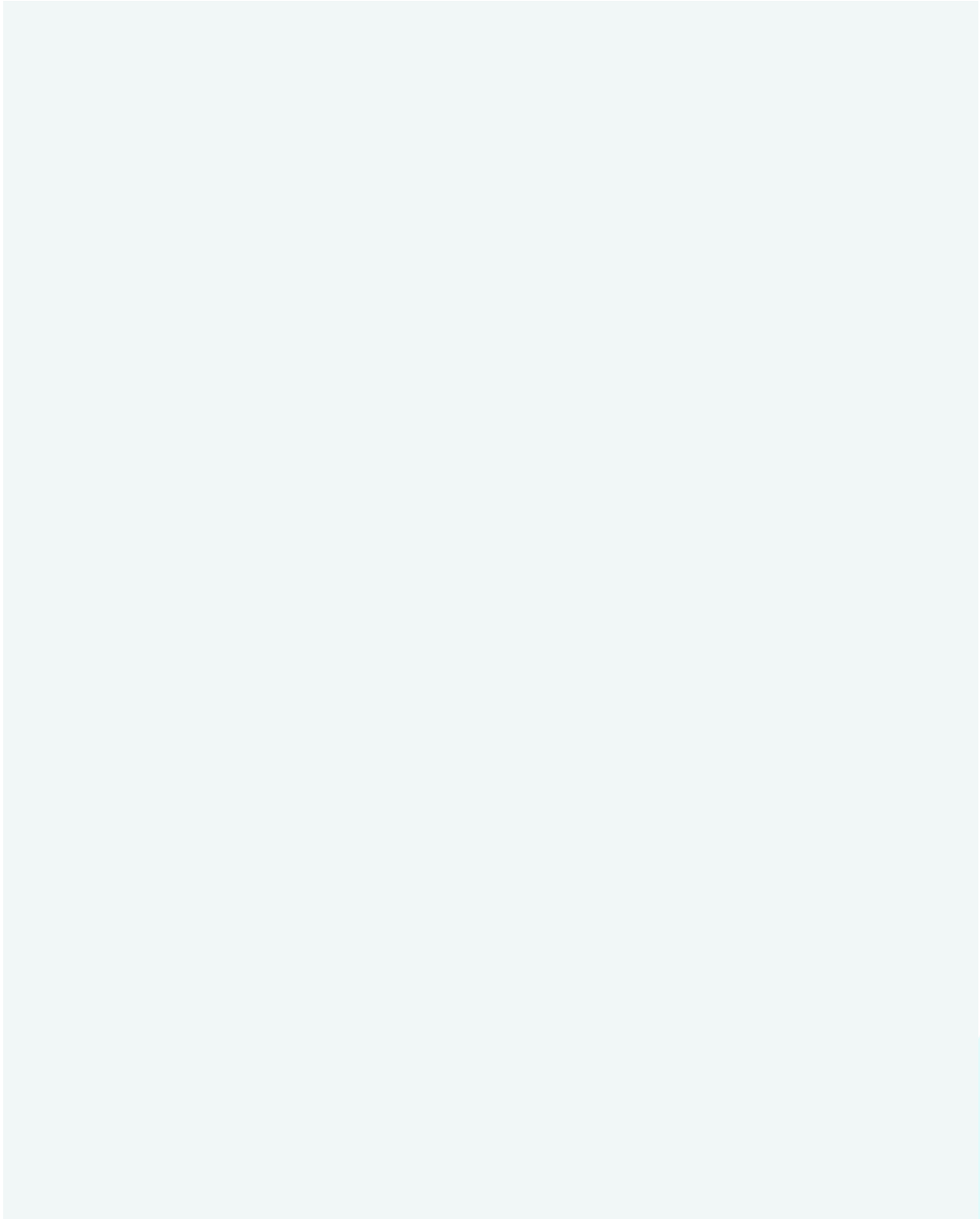
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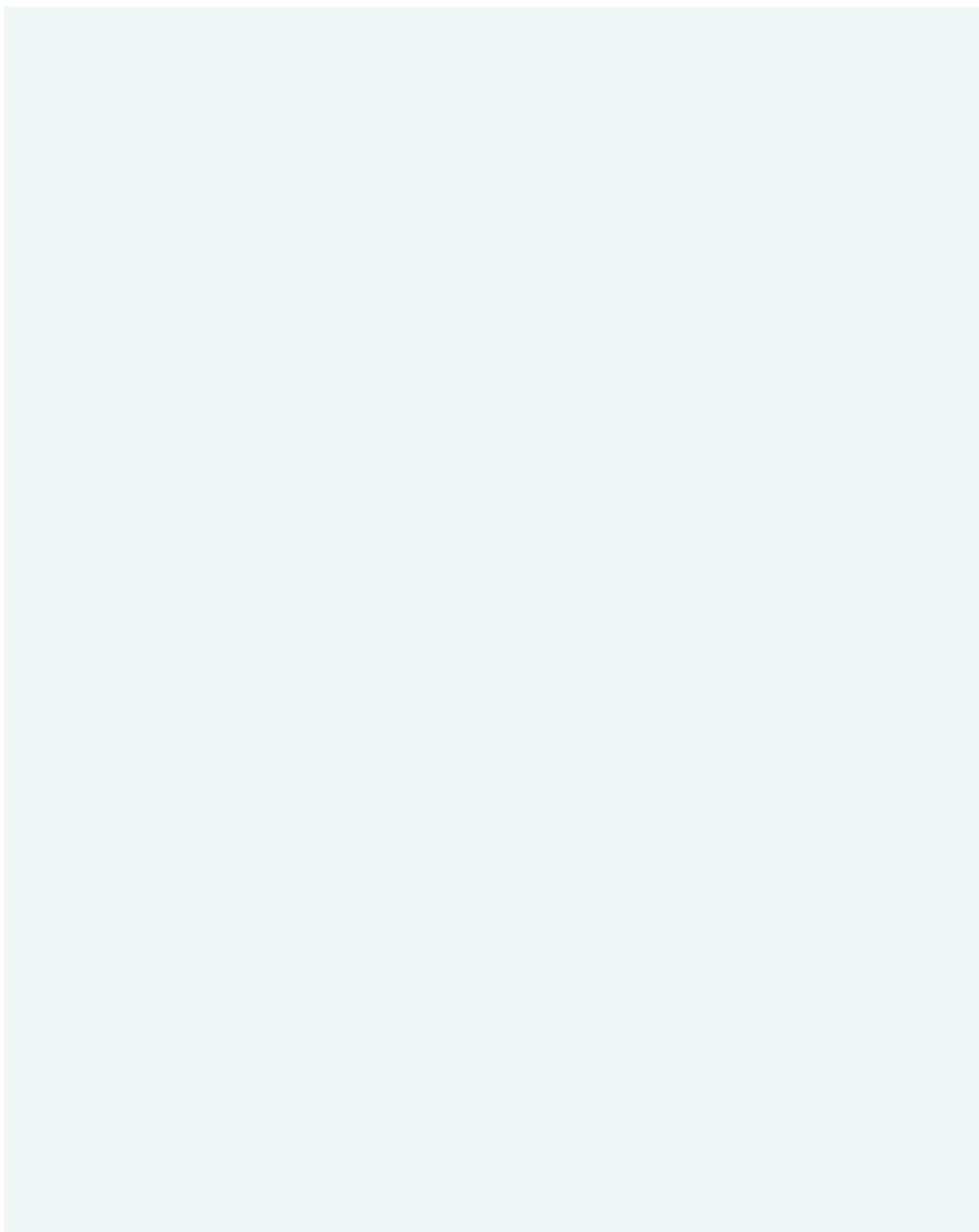


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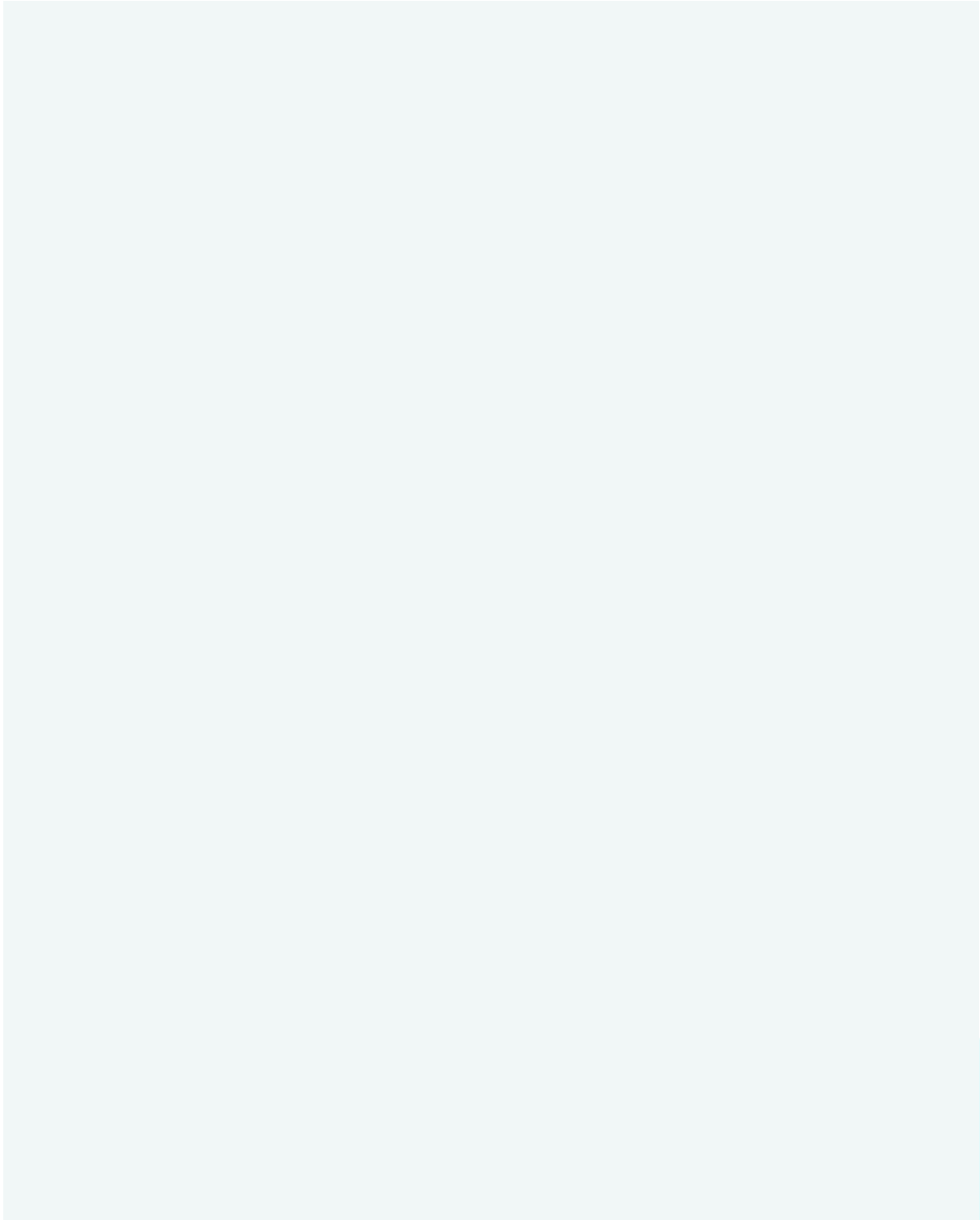


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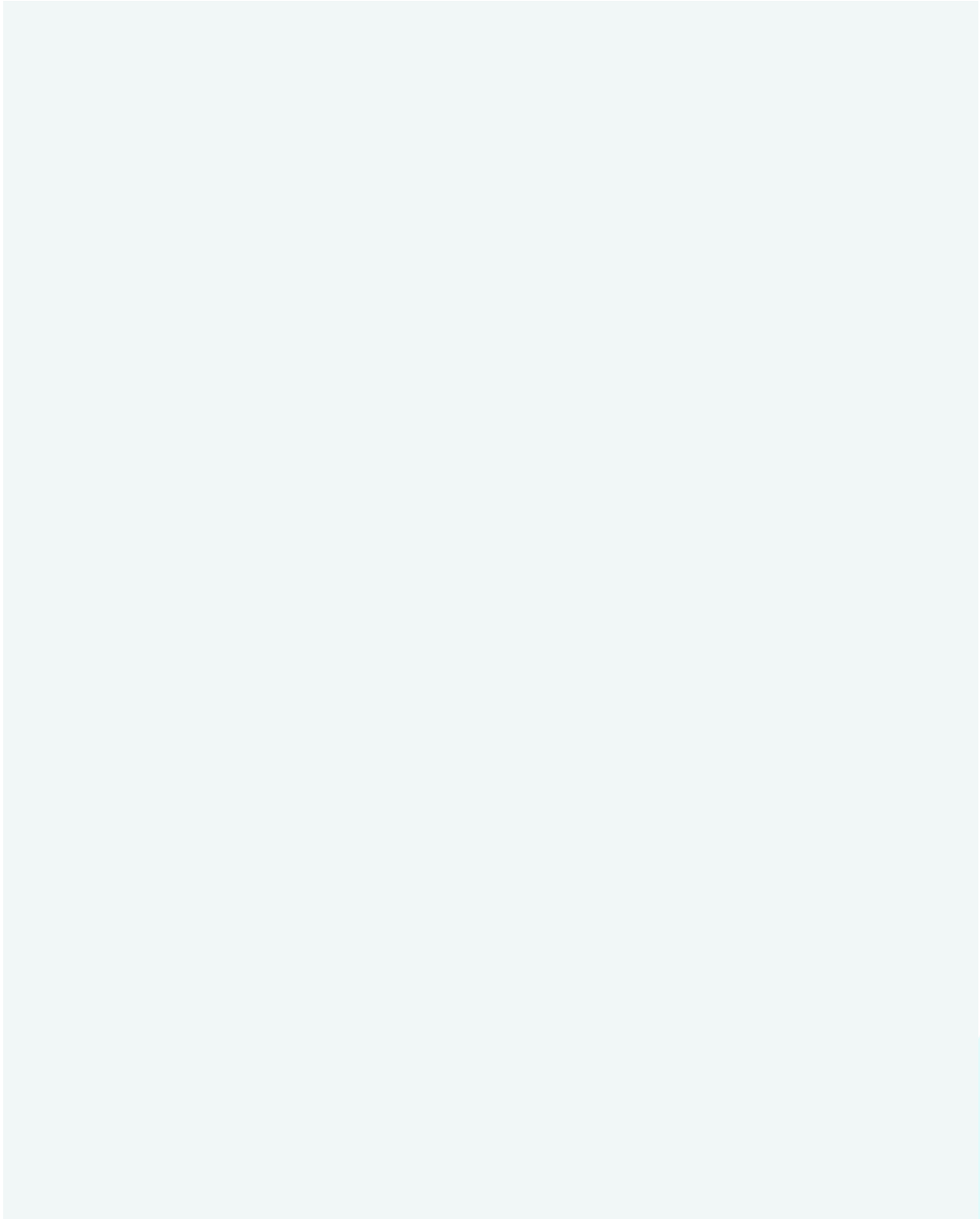


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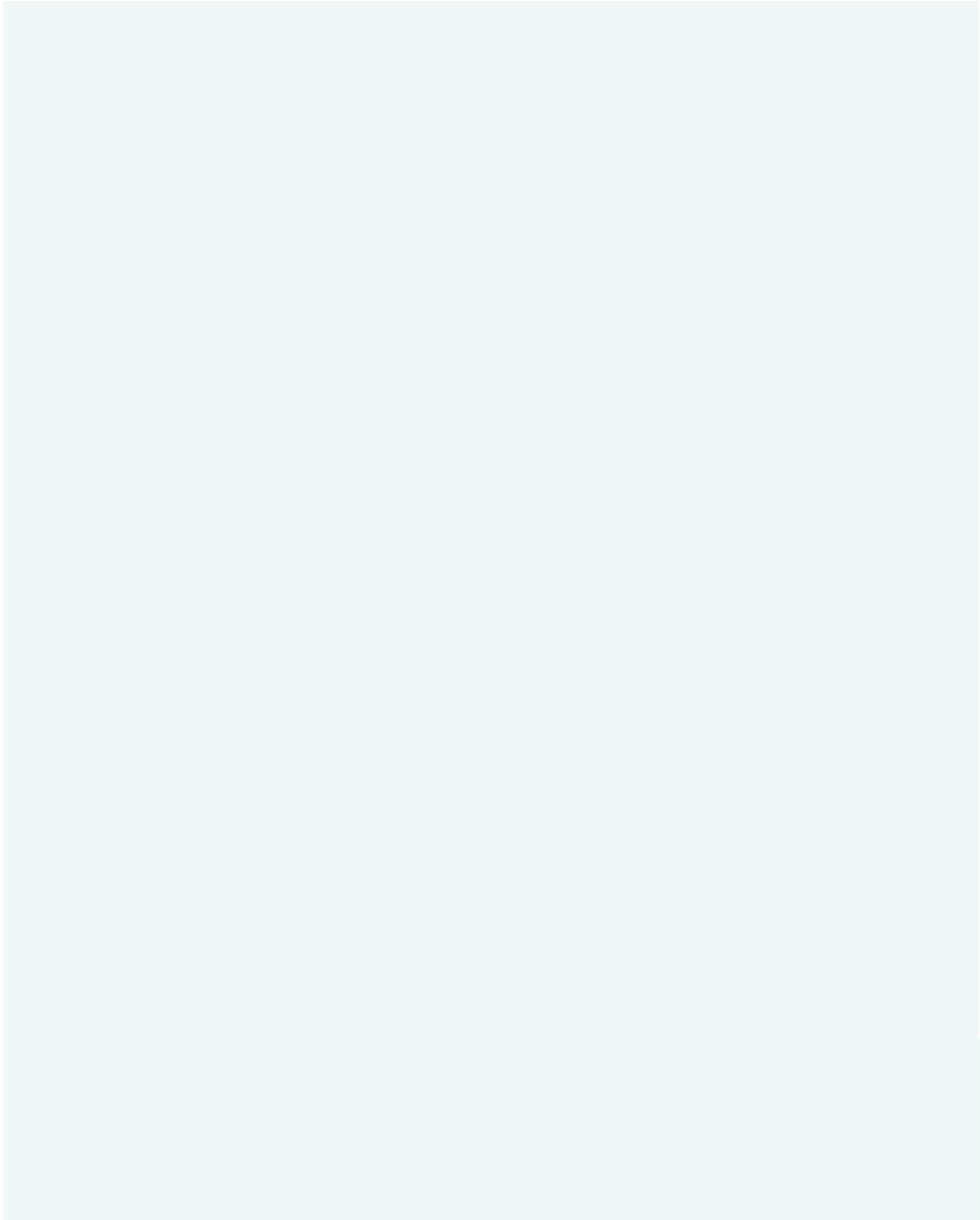


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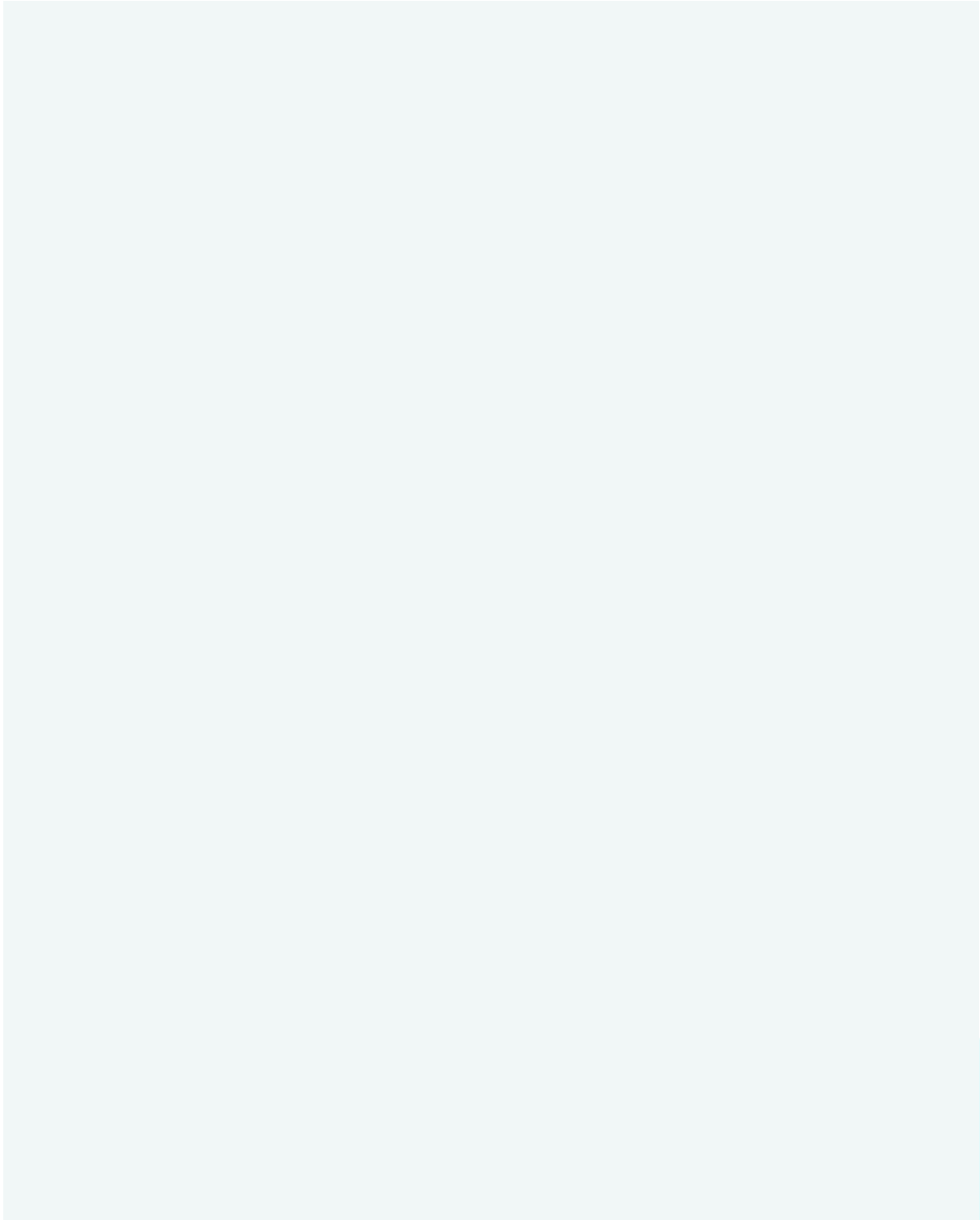


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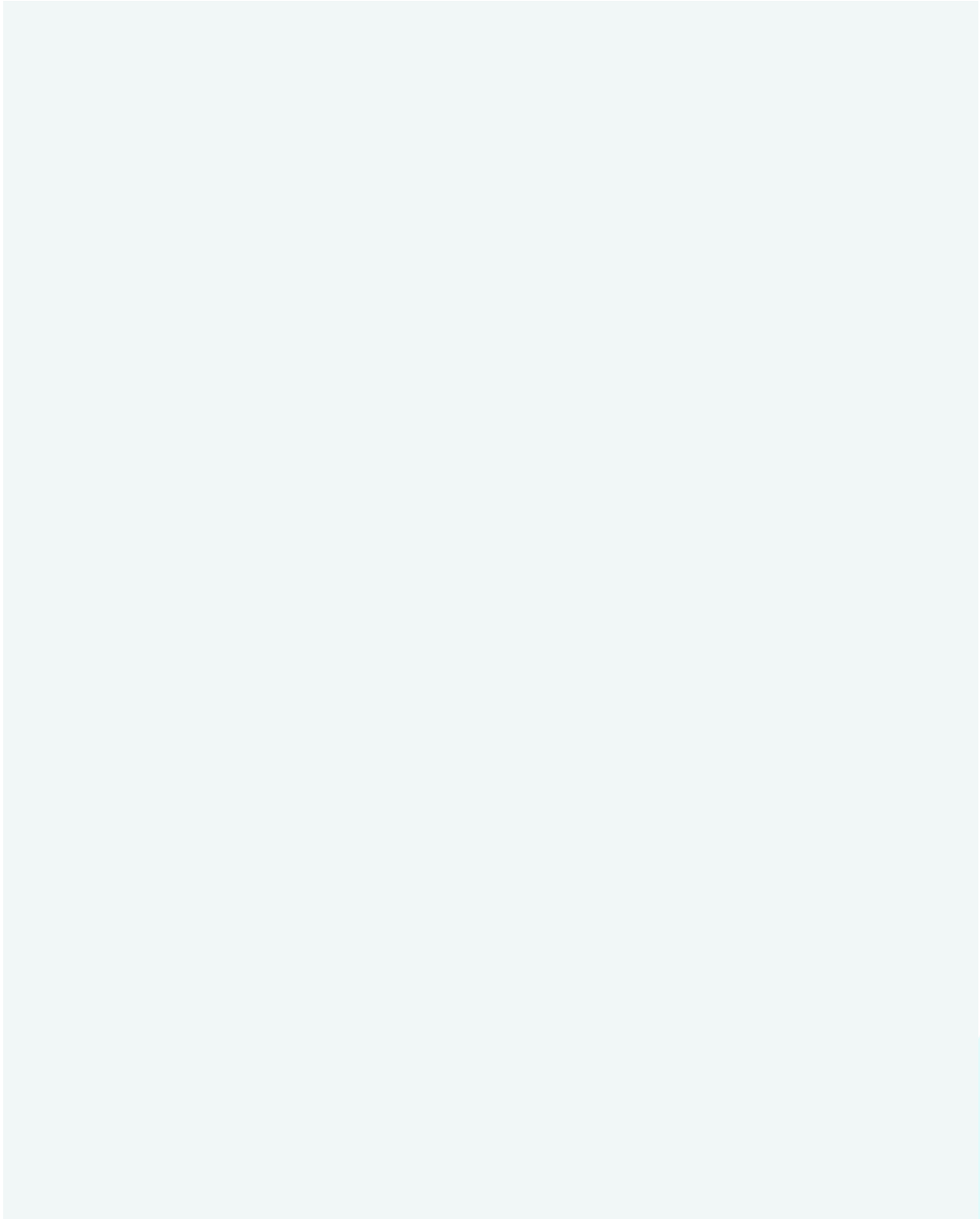


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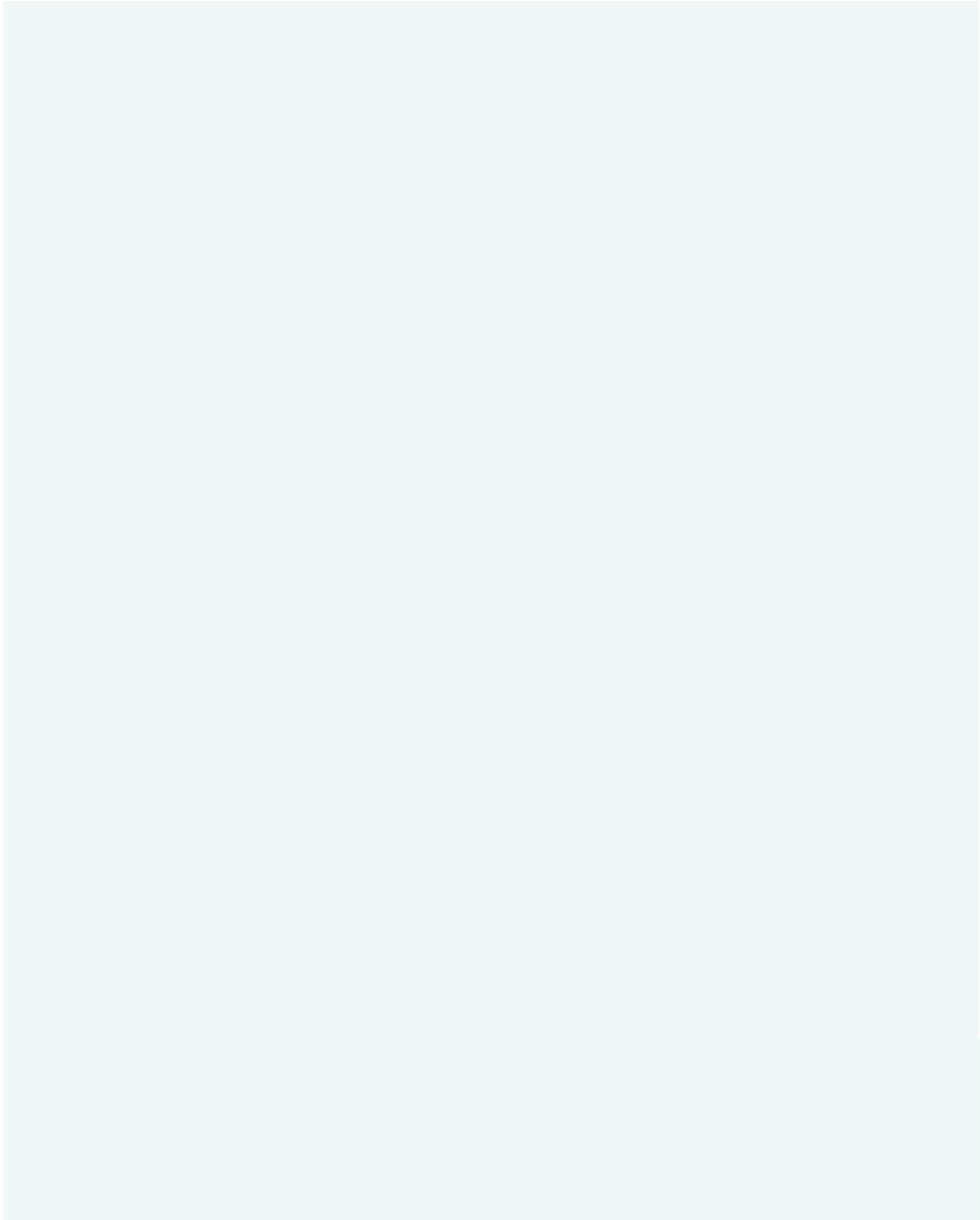


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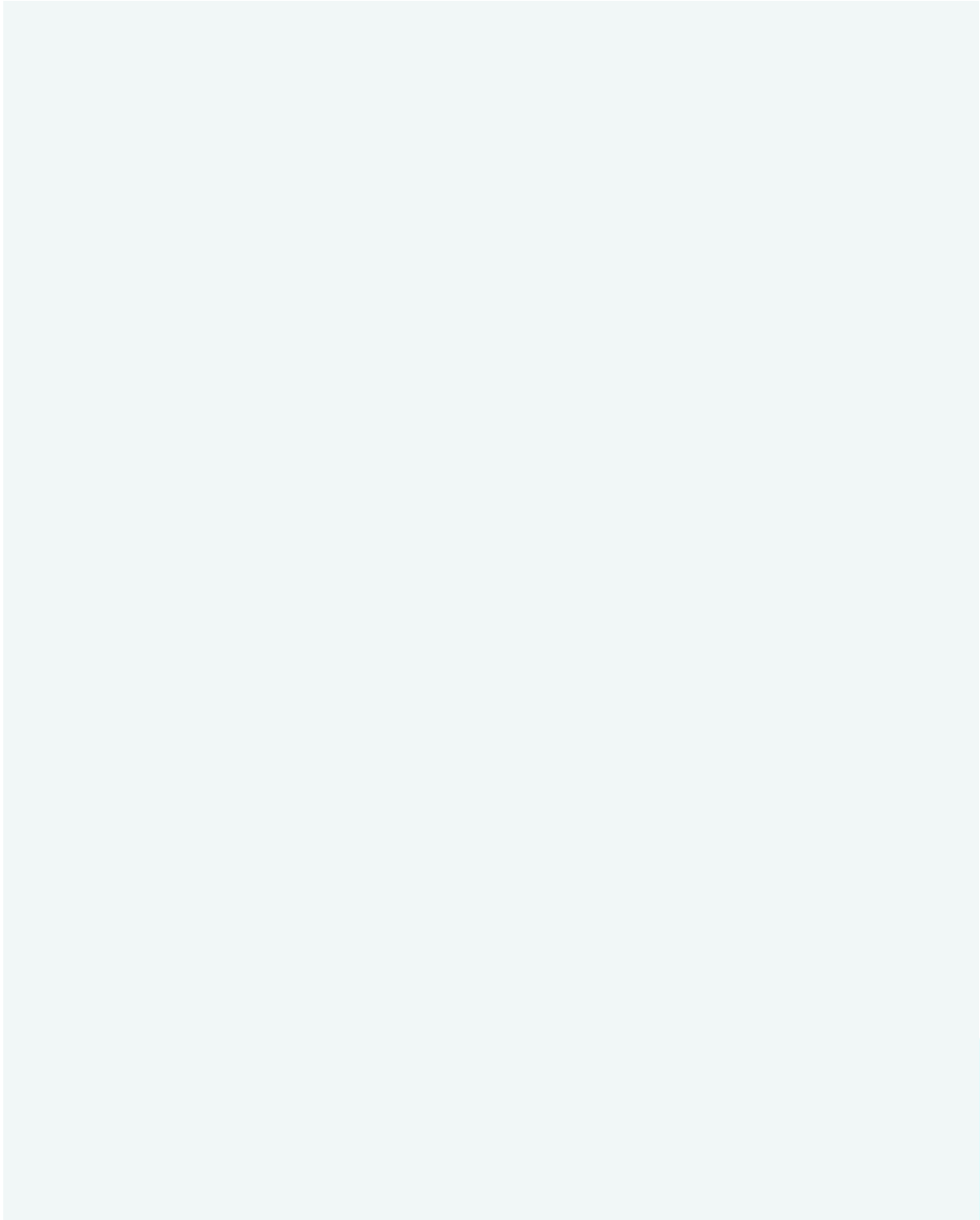


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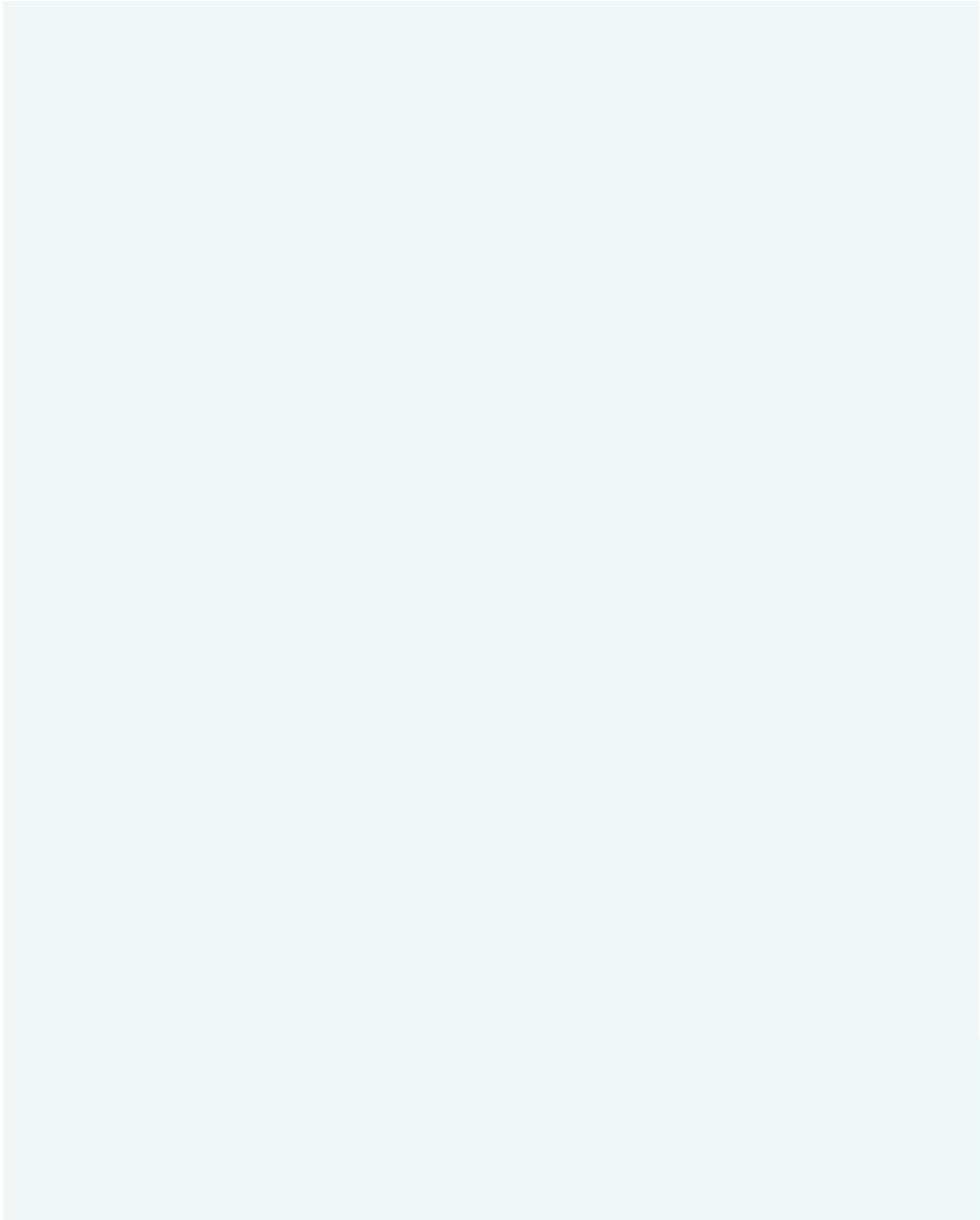


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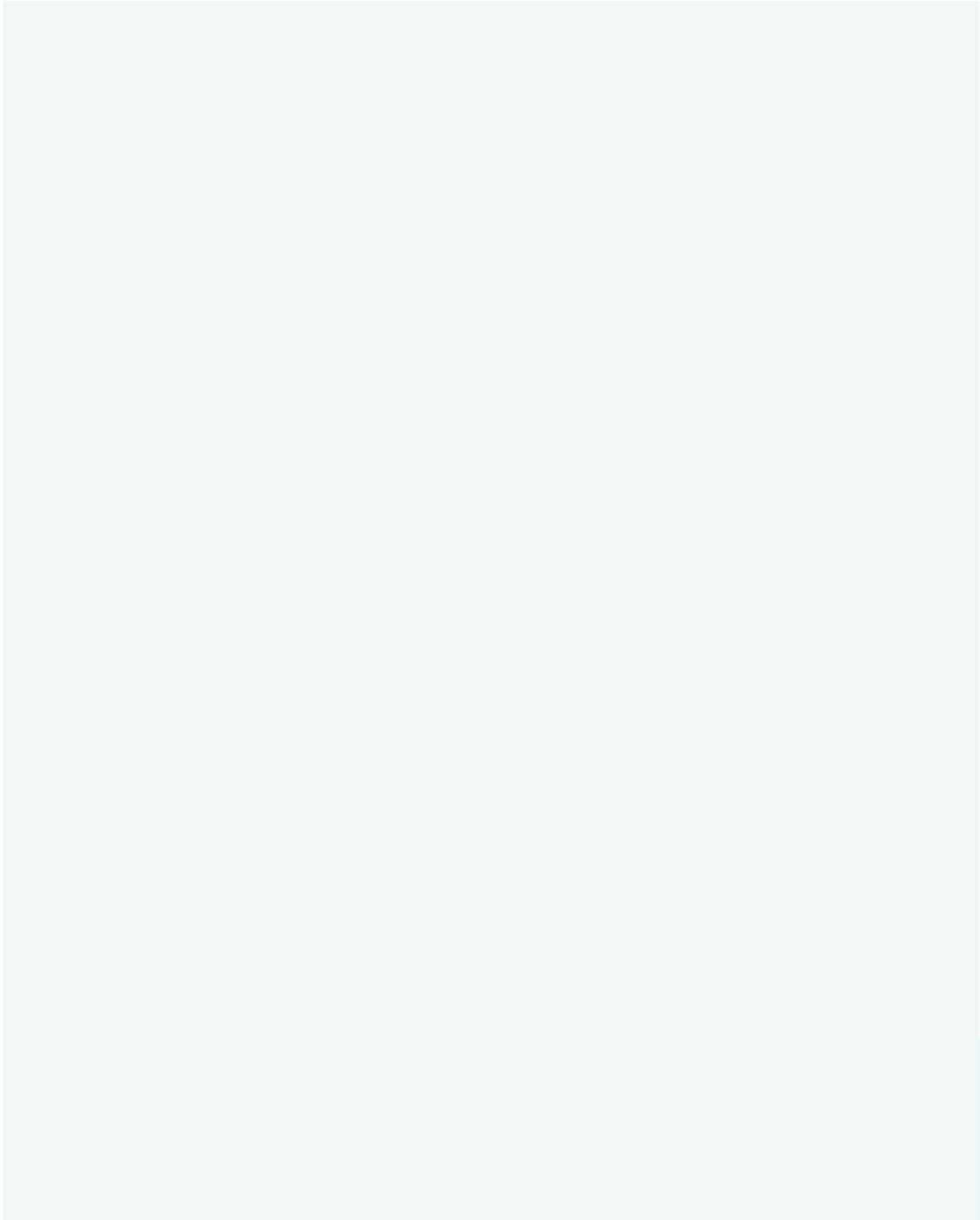


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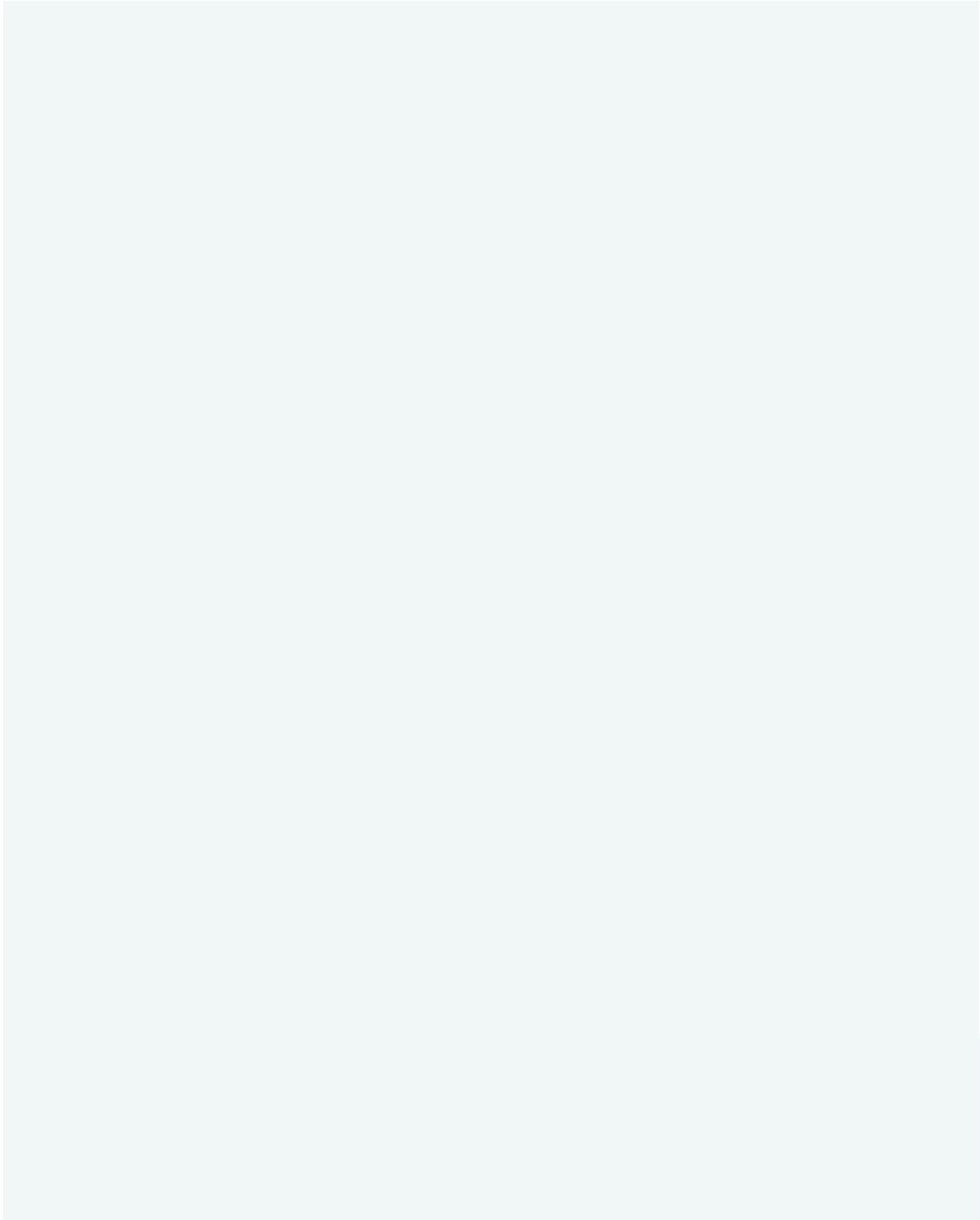


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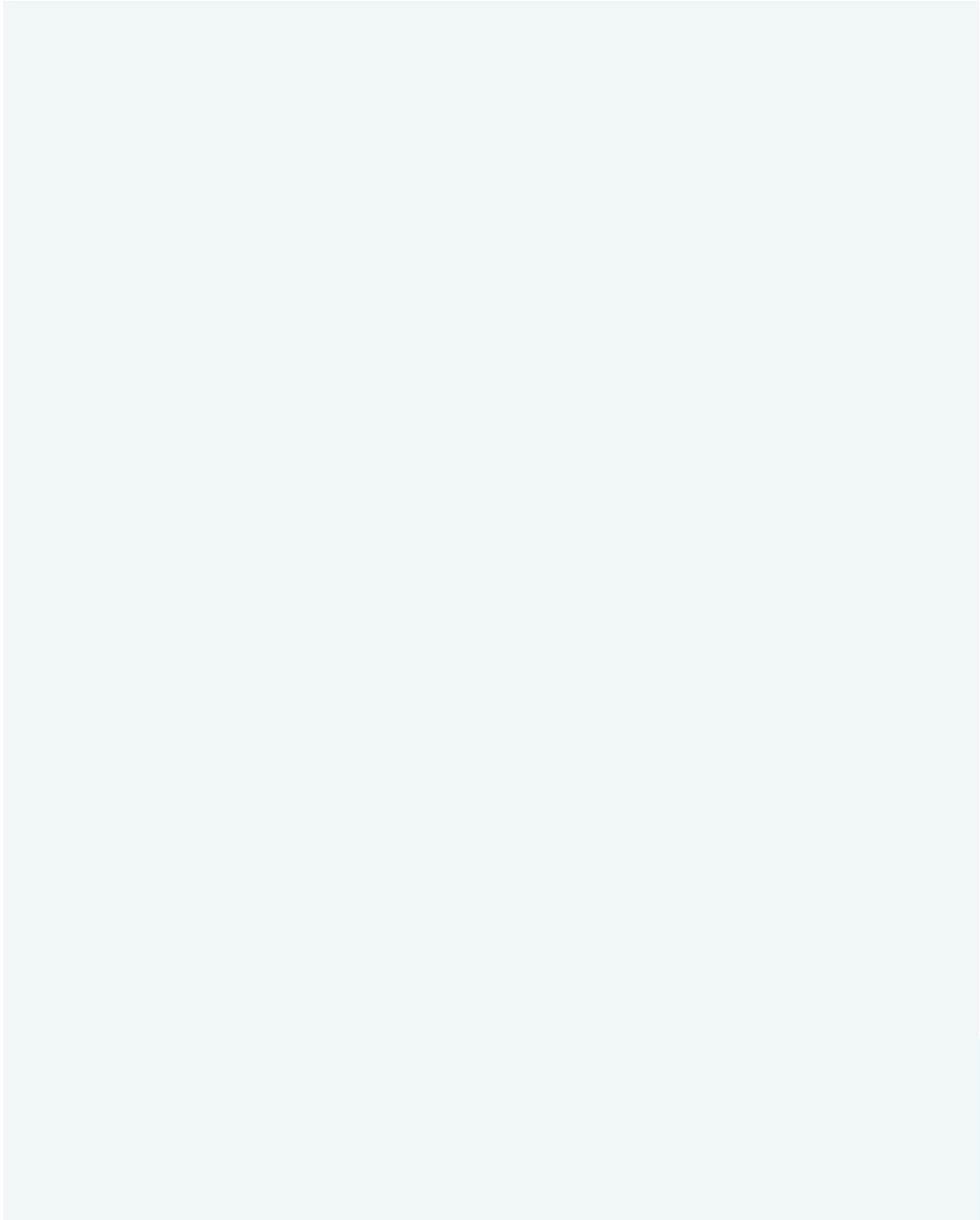


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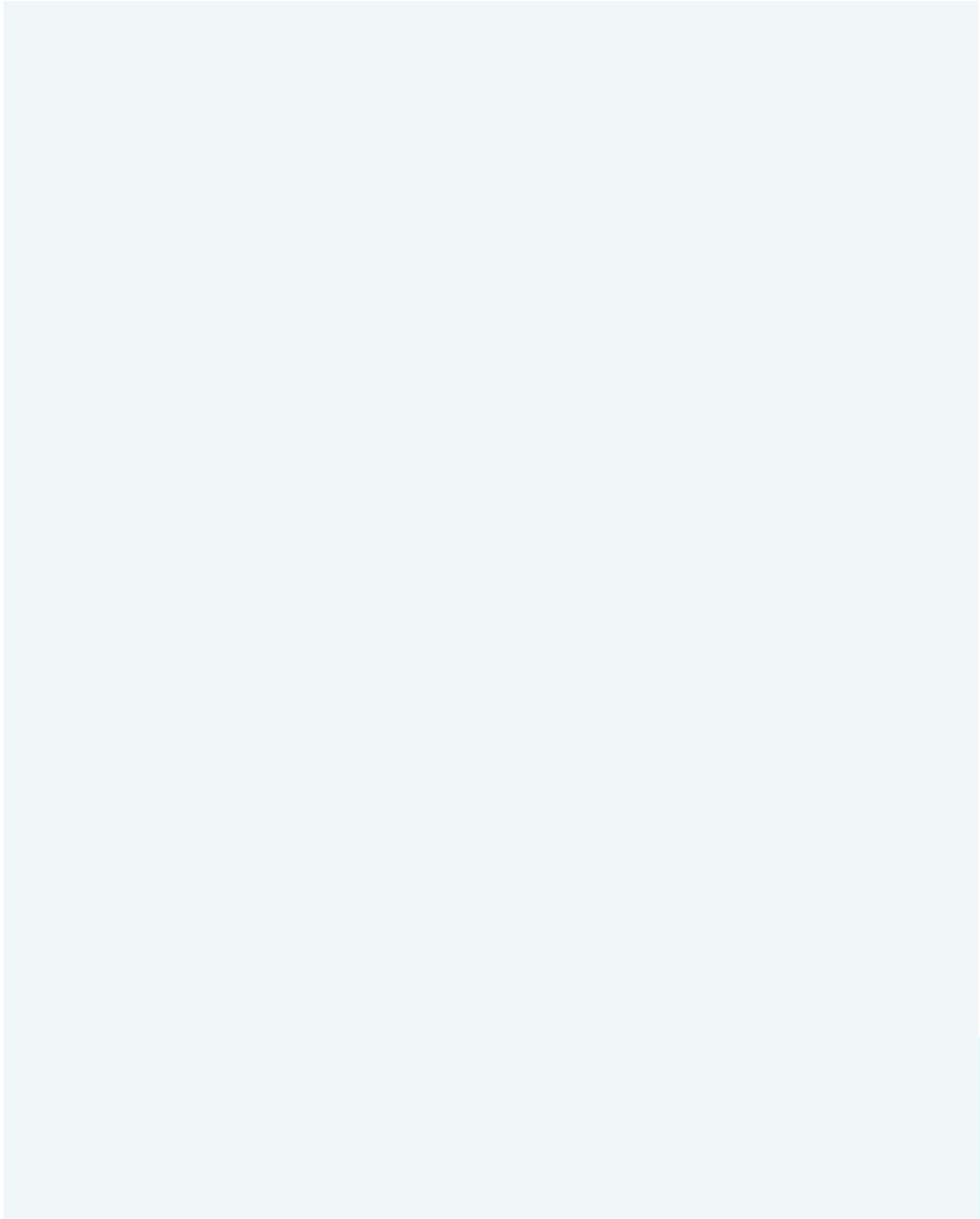


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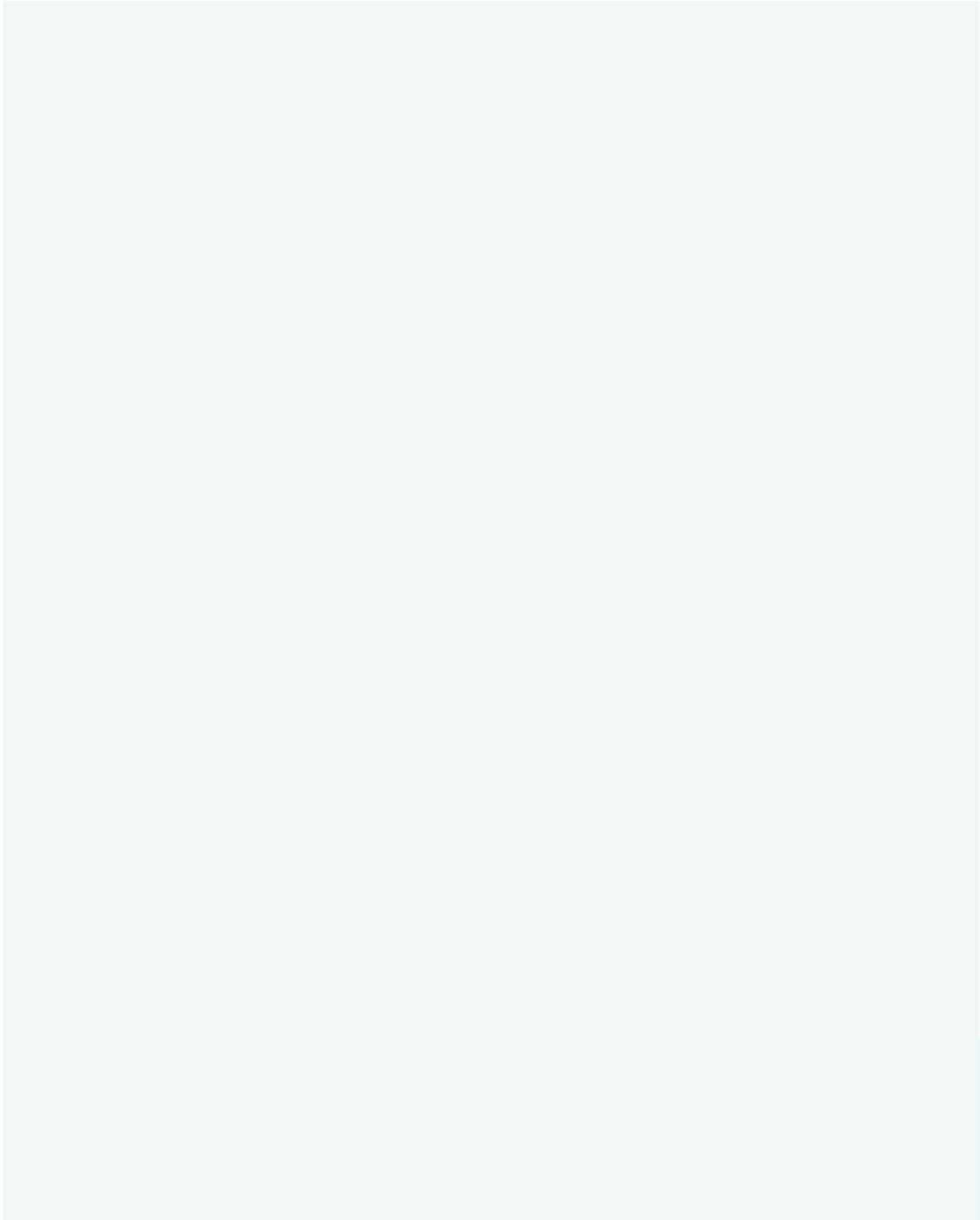


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FEBRUARY

Sotogrande Waterways

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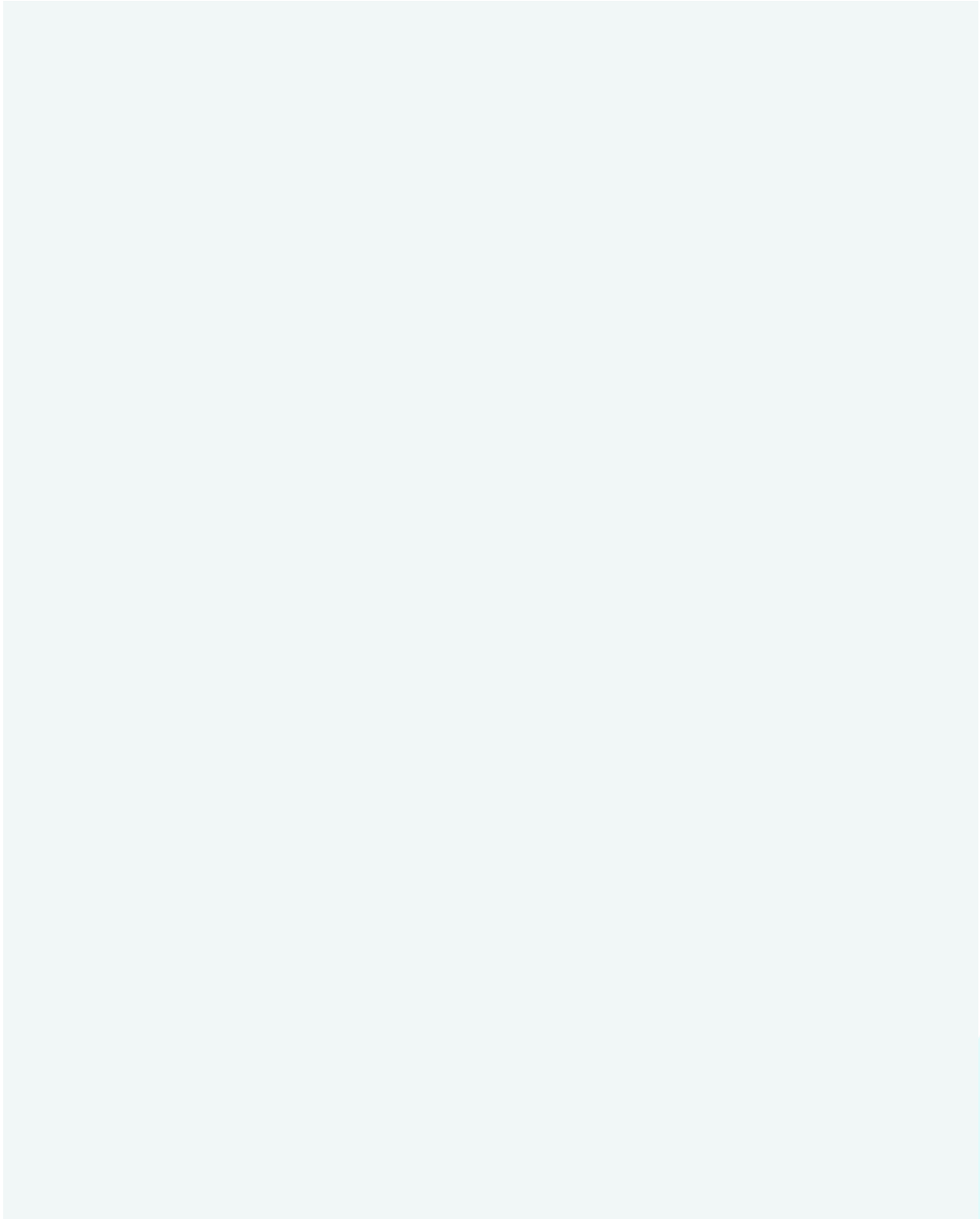


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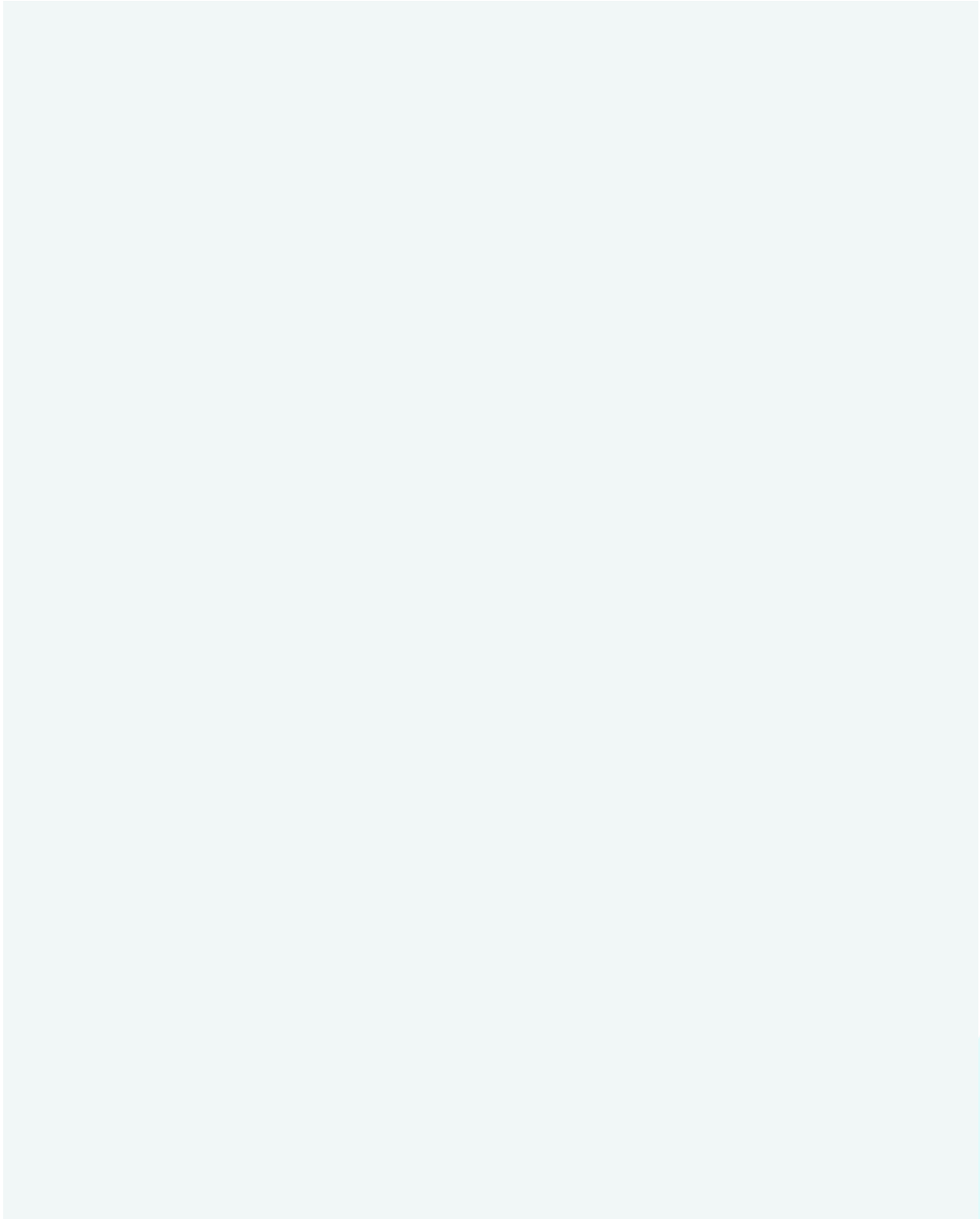


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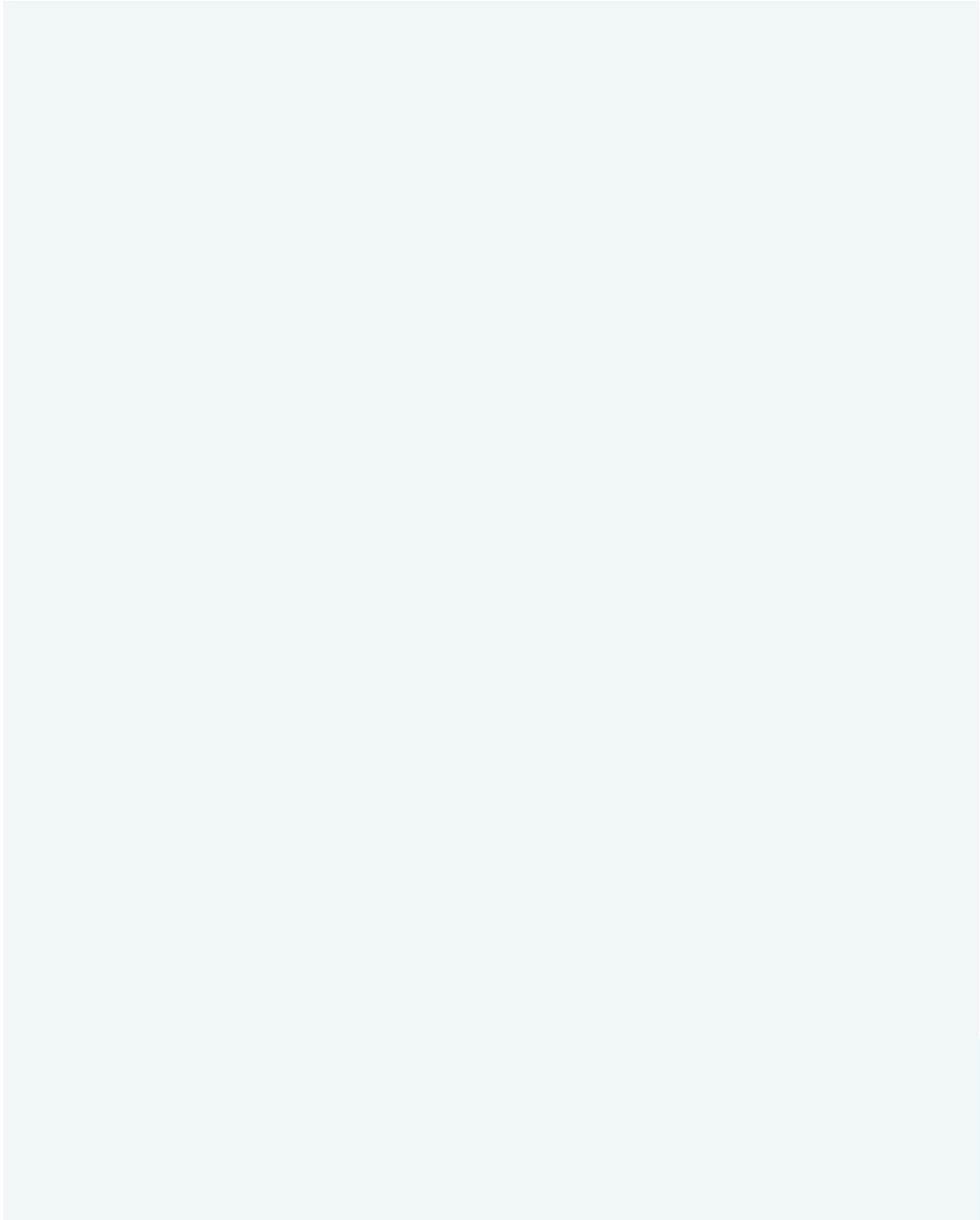


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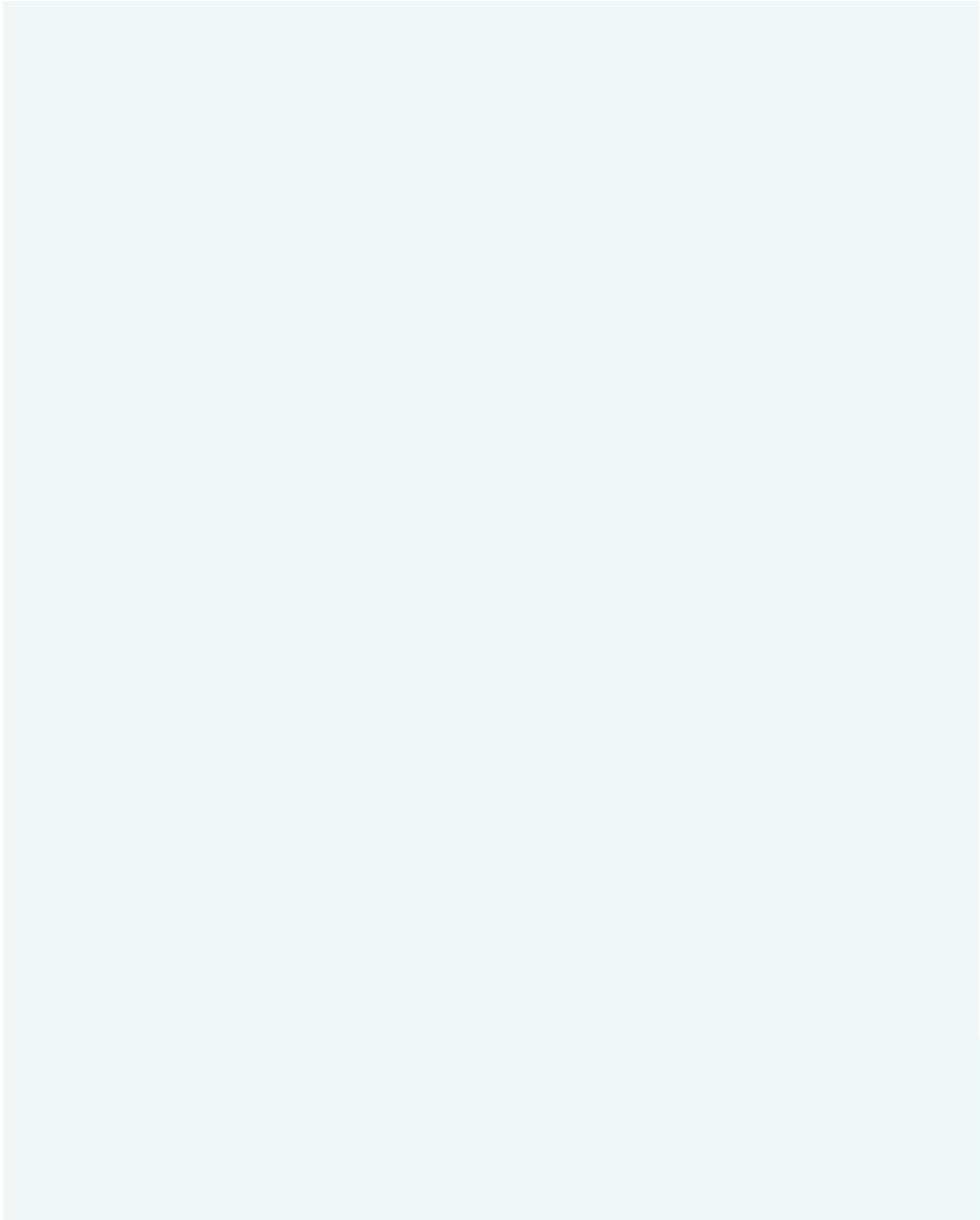


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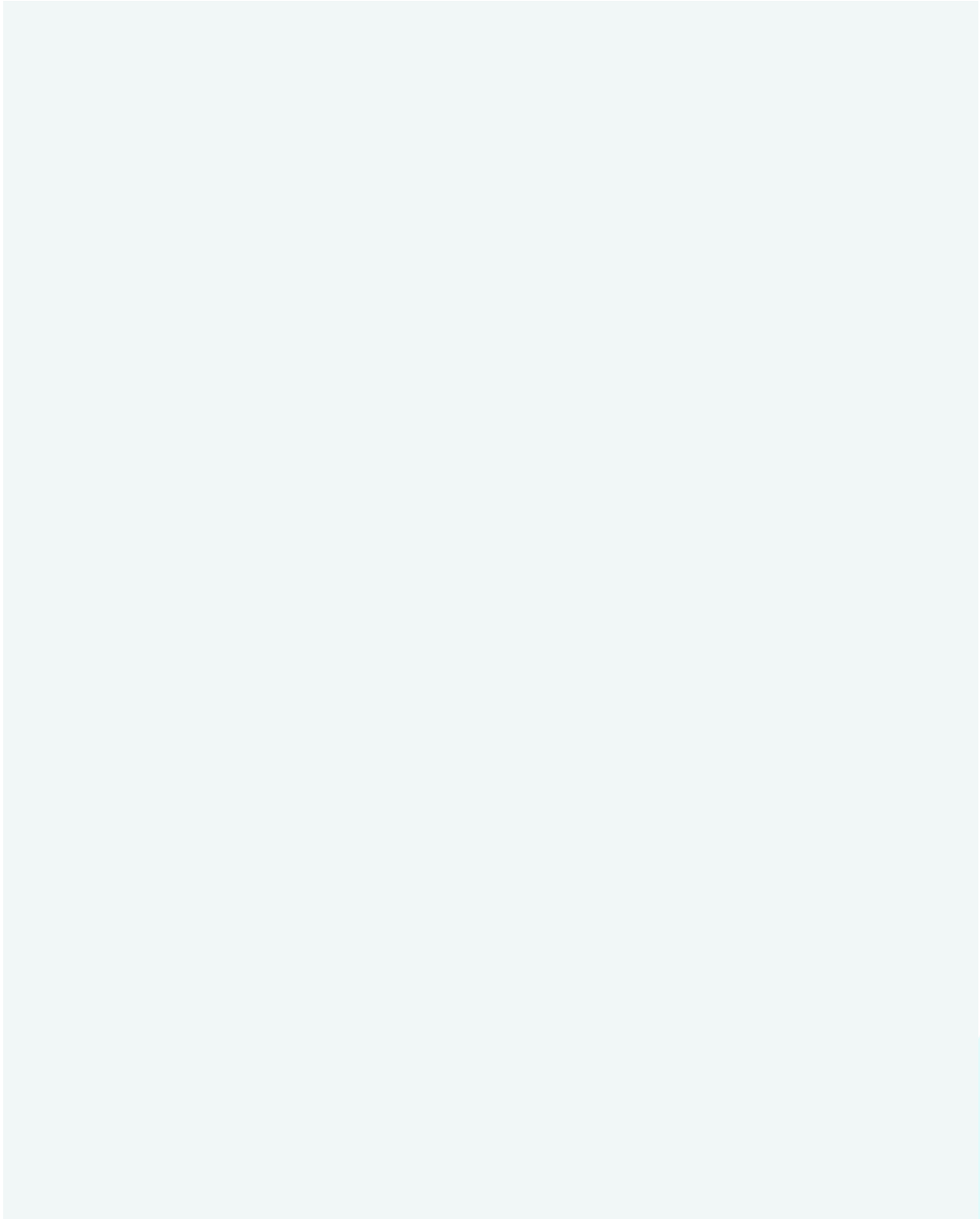


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MARCH



Almenara

**ONE LIFE
JOURNAL**

March

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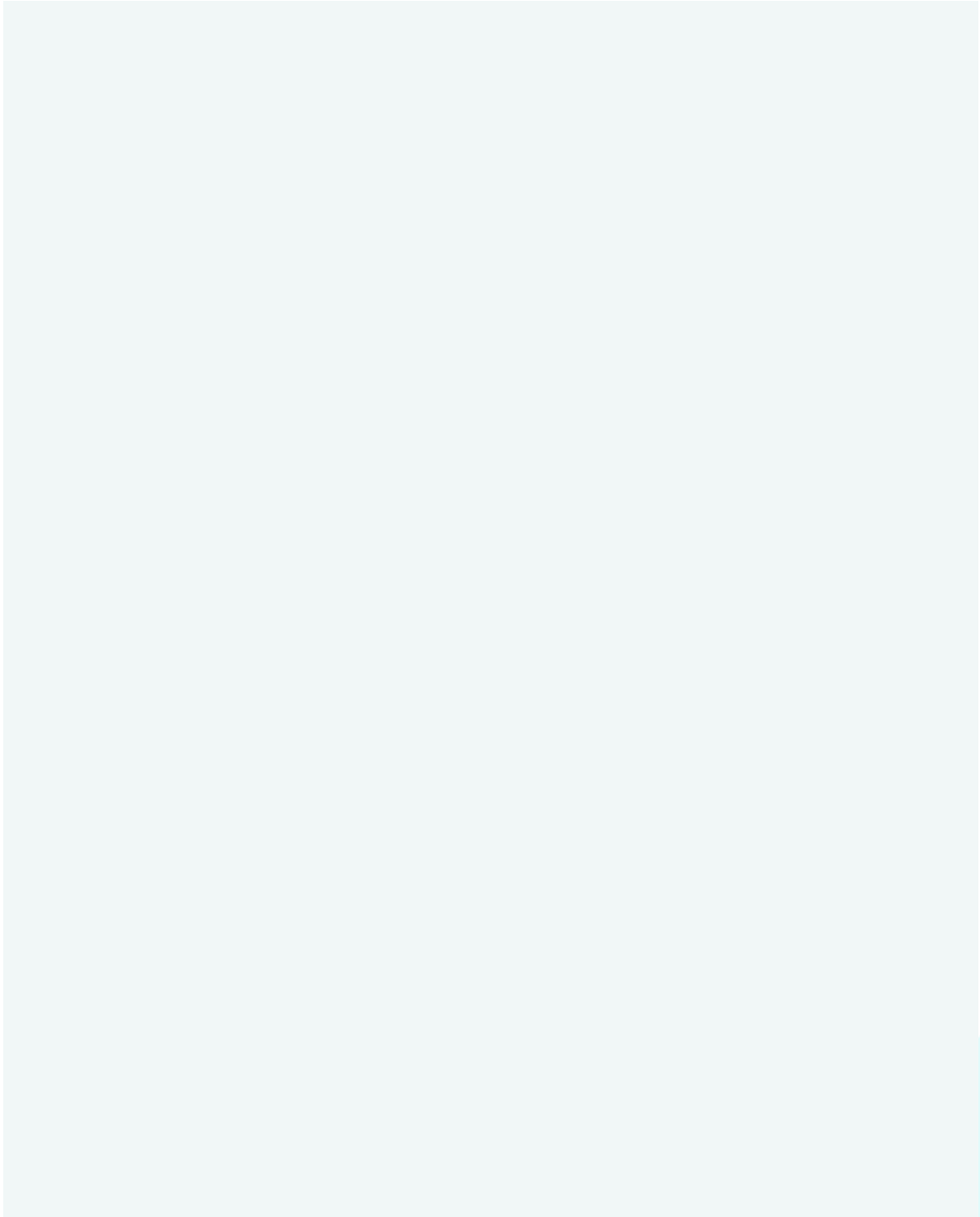


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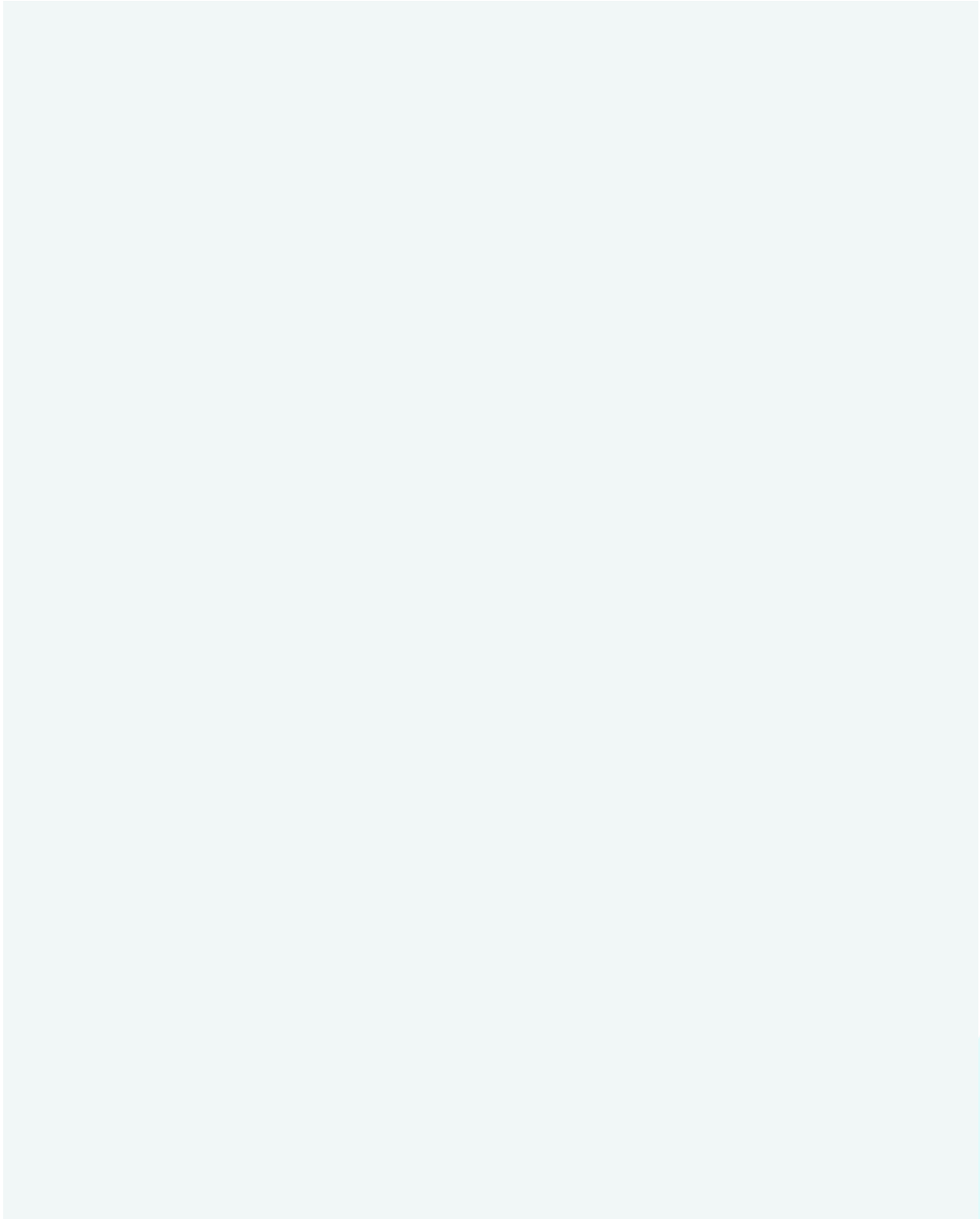


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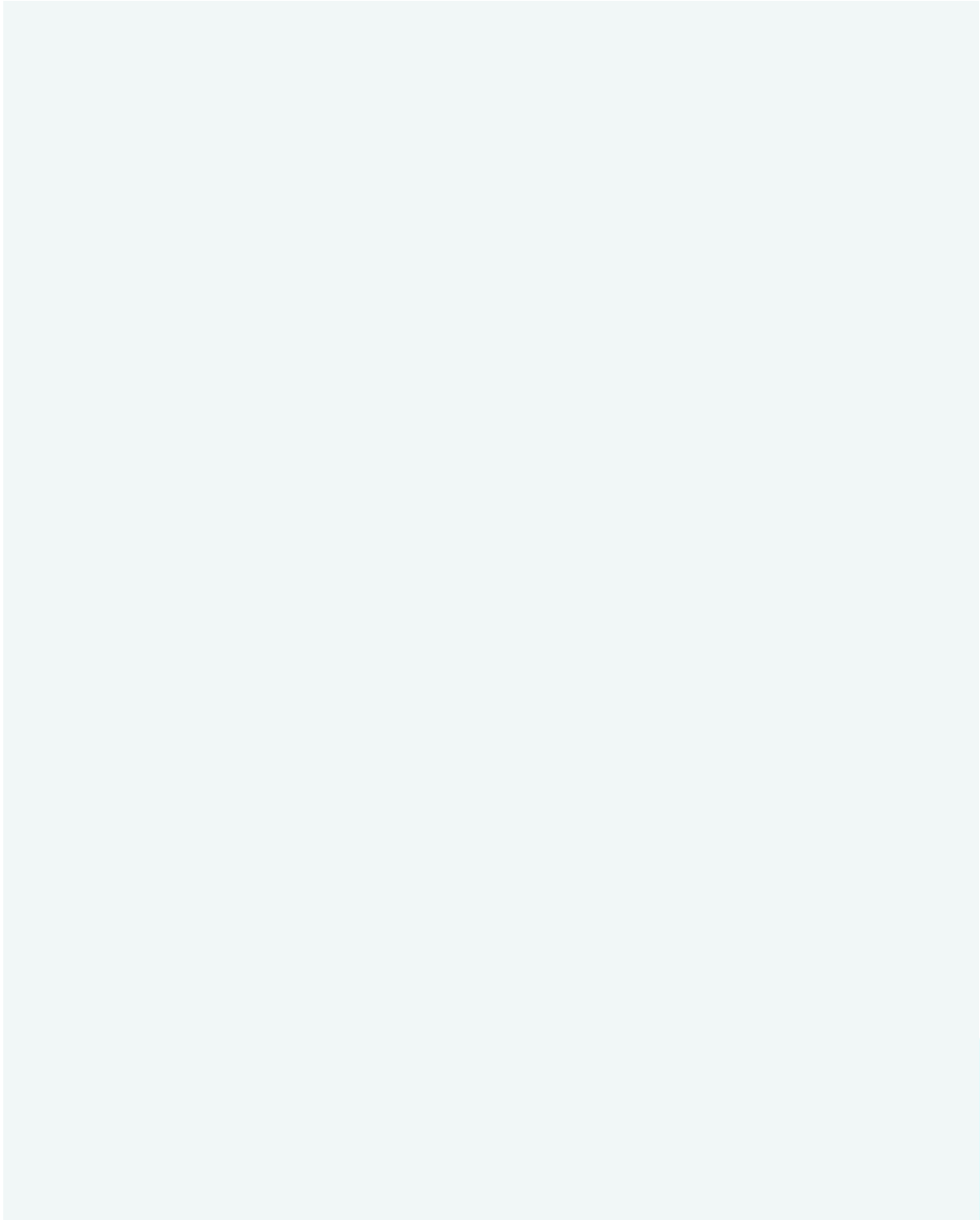


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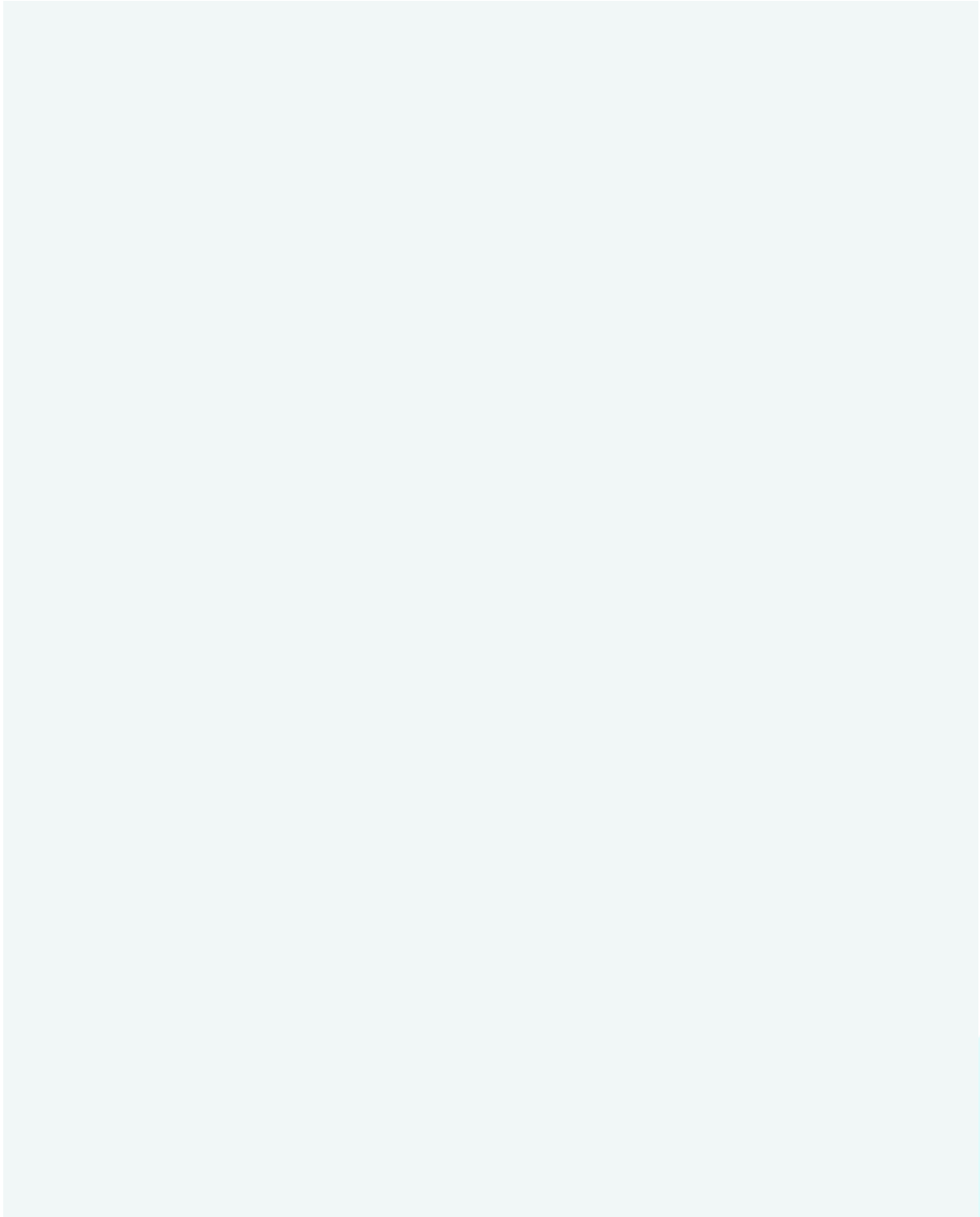


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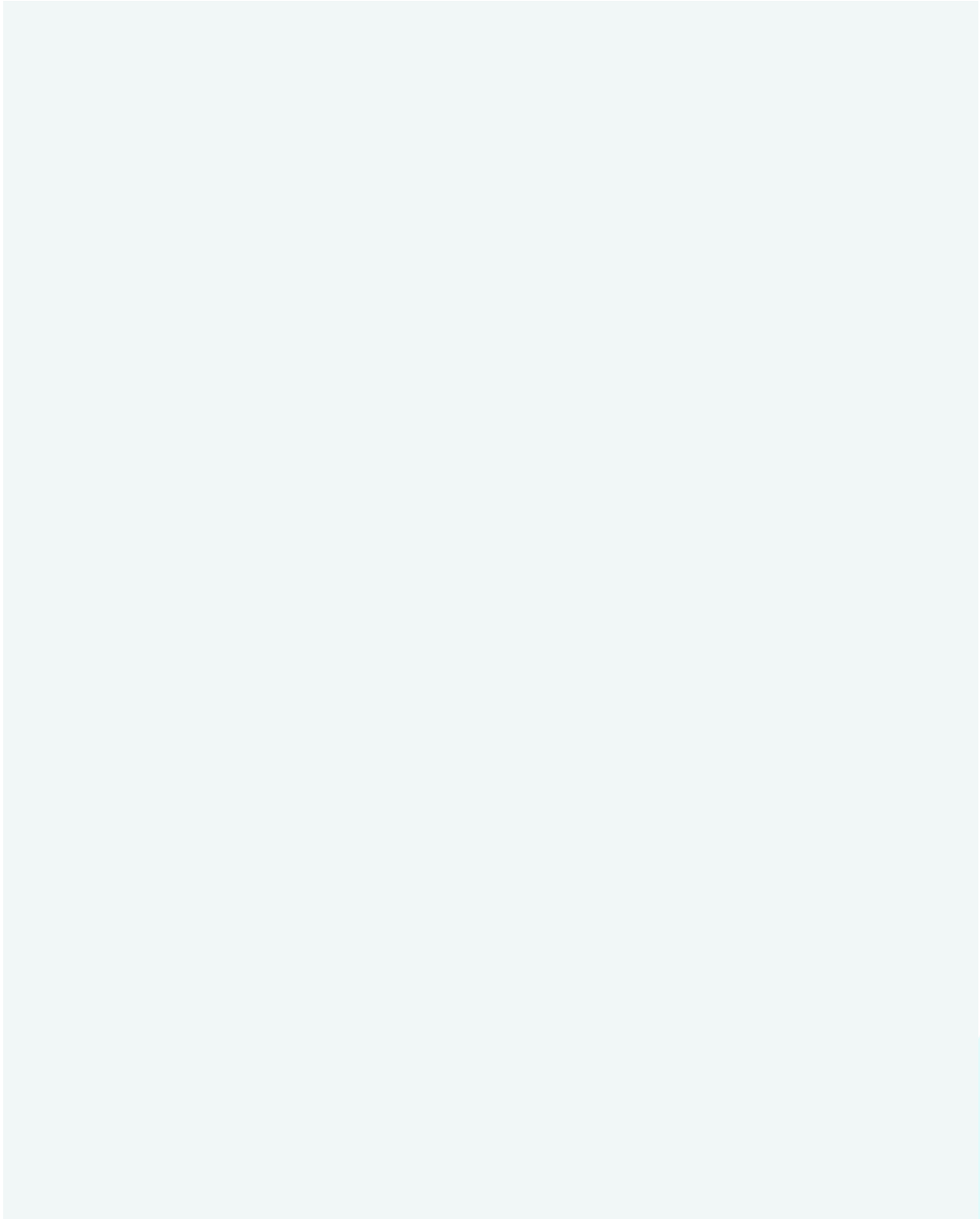


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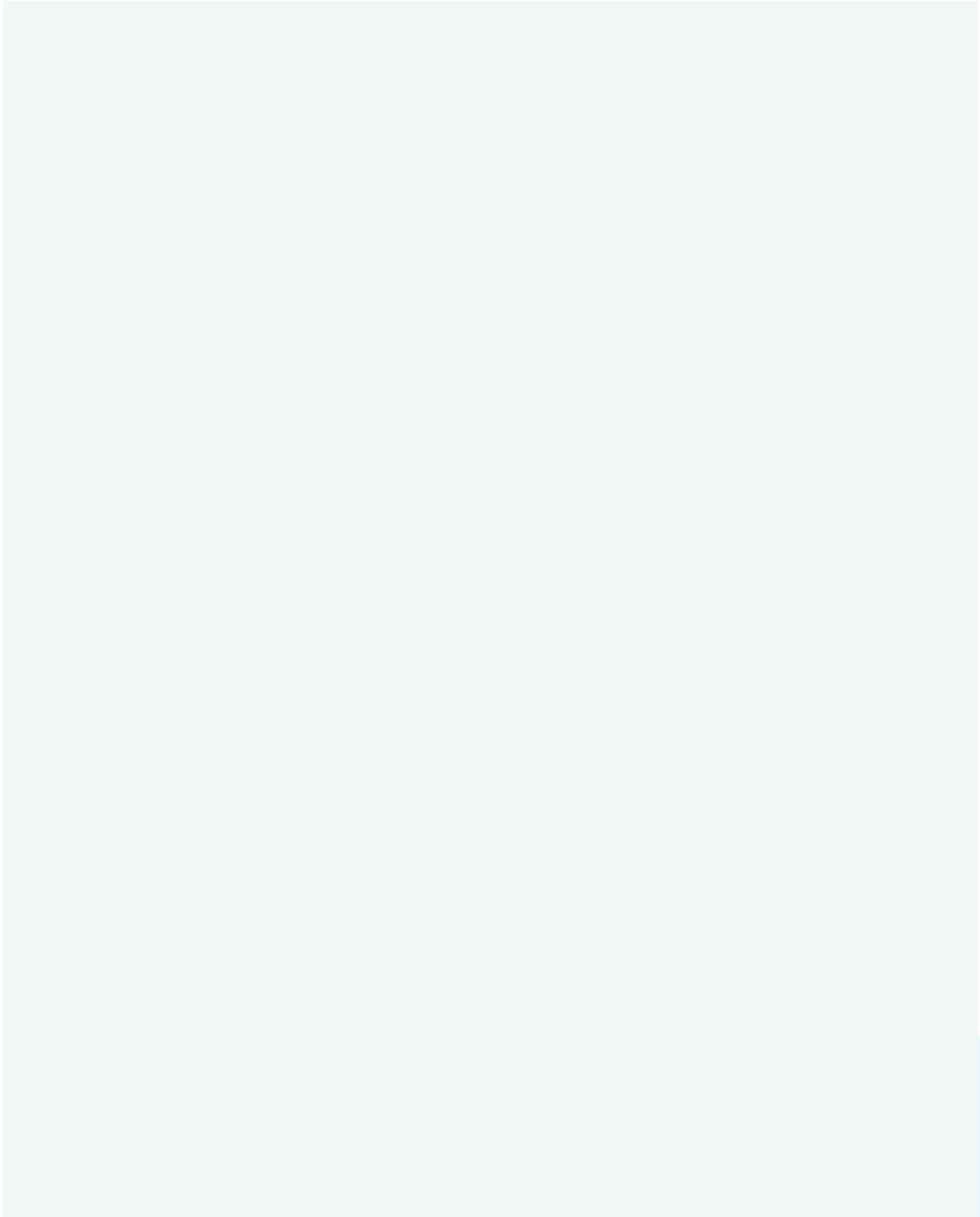


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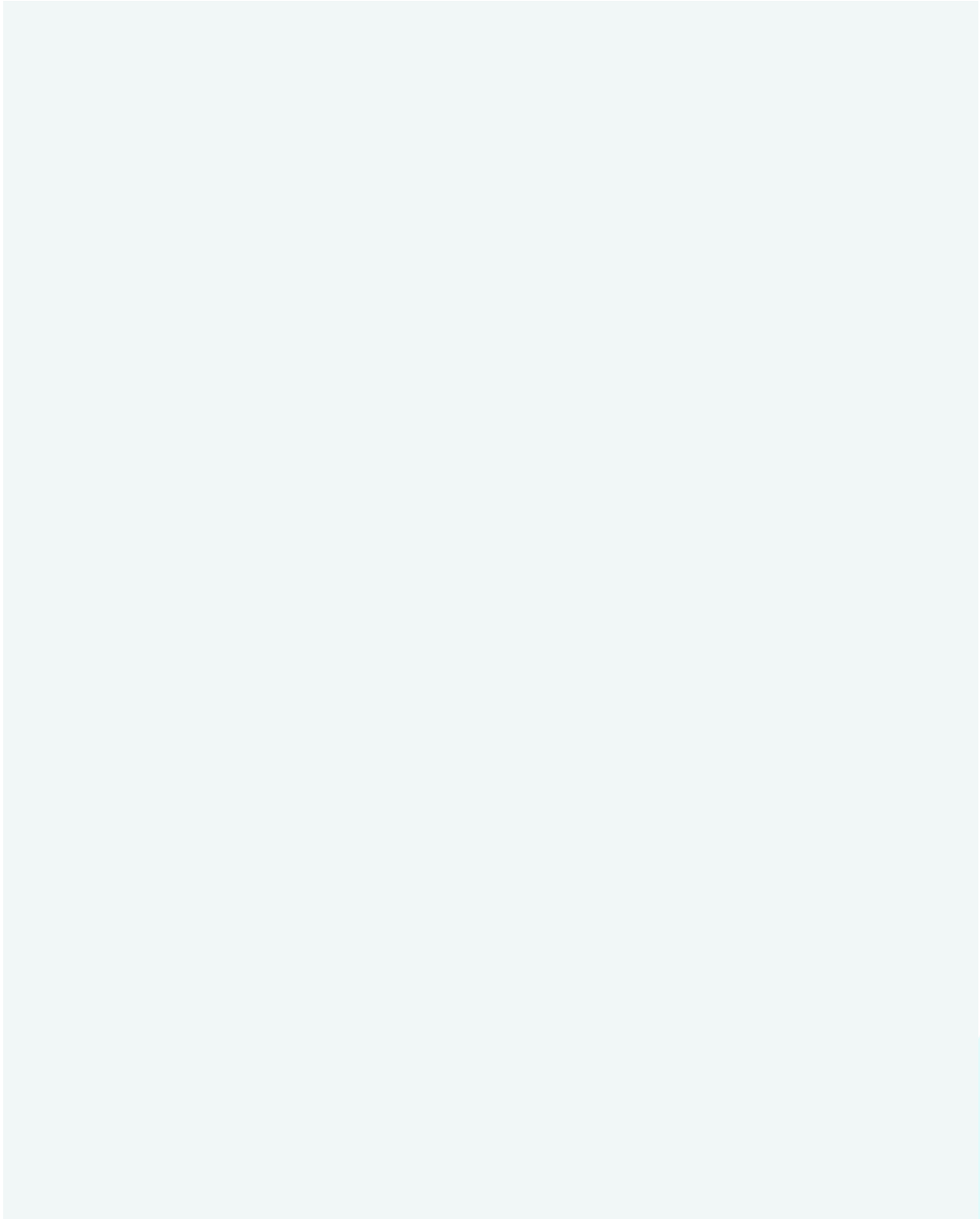


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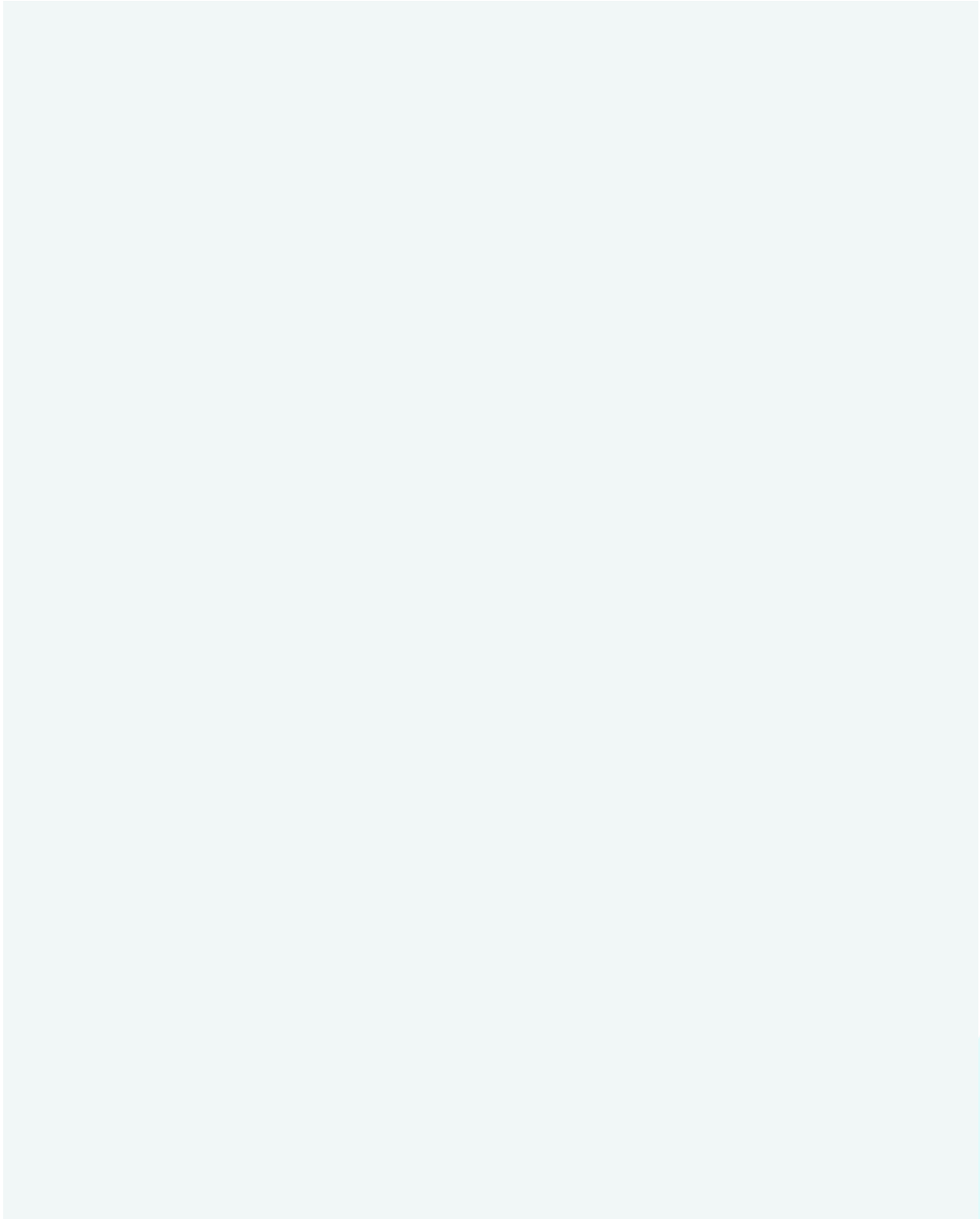


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APRIL

Sotogrande Port

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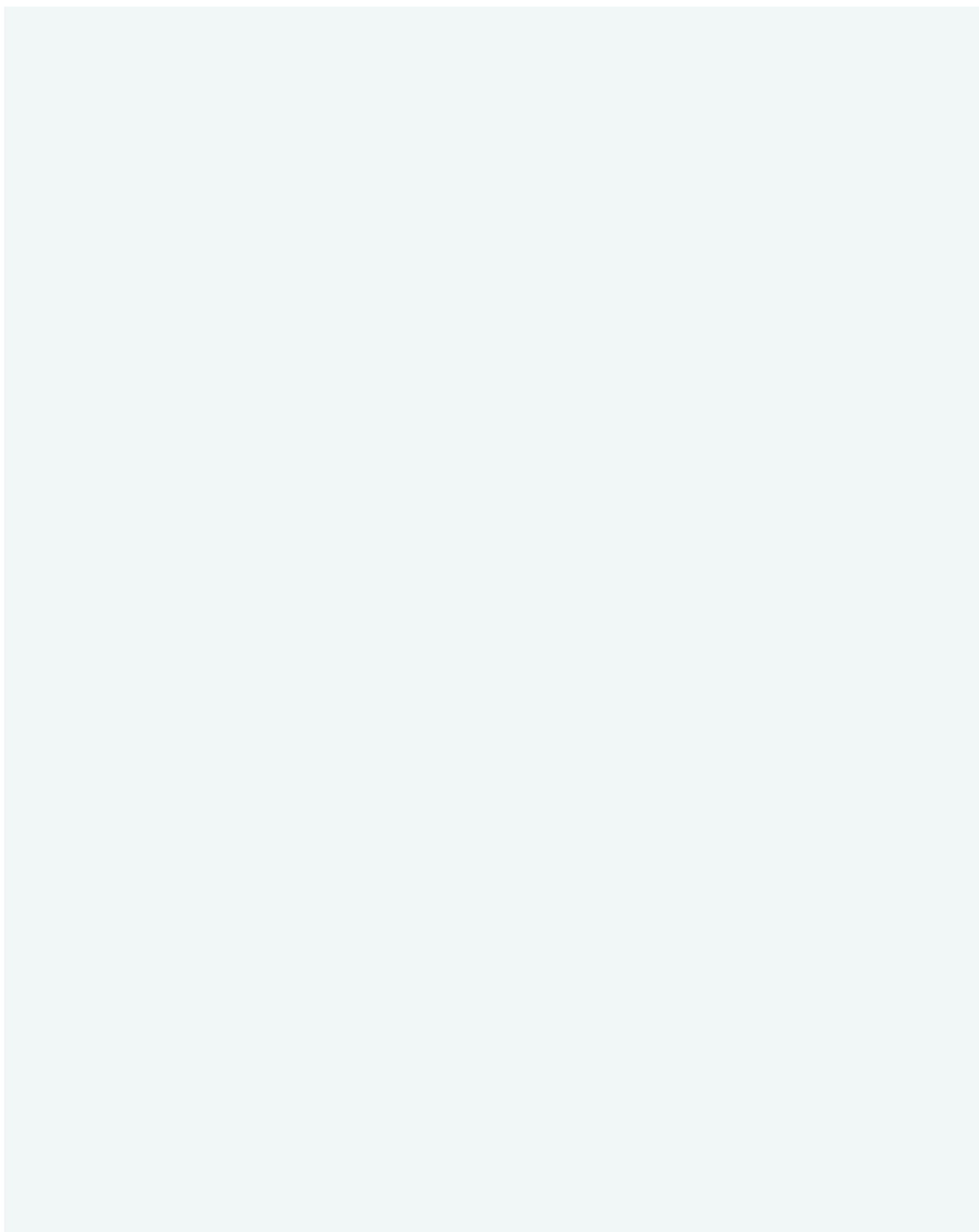


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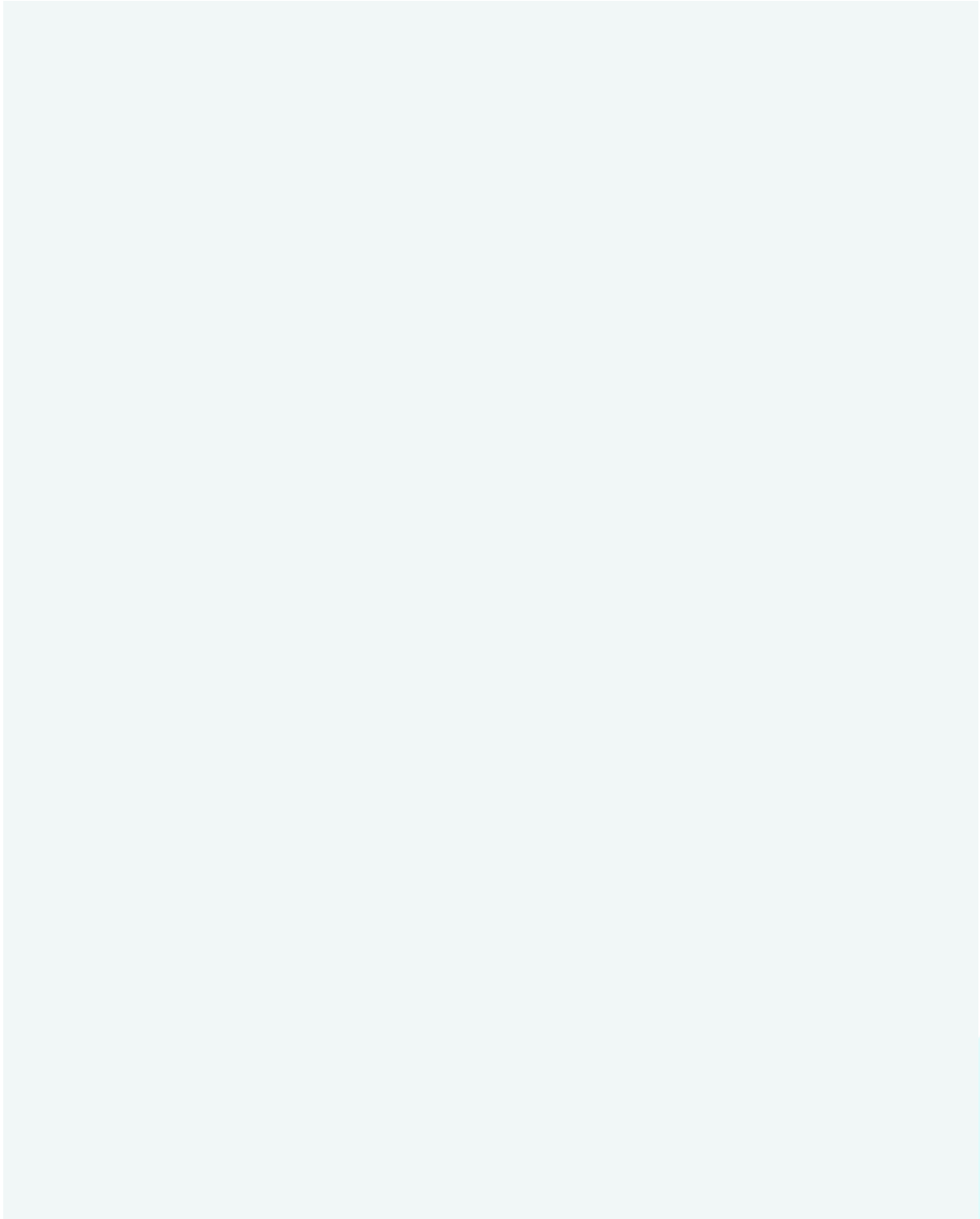


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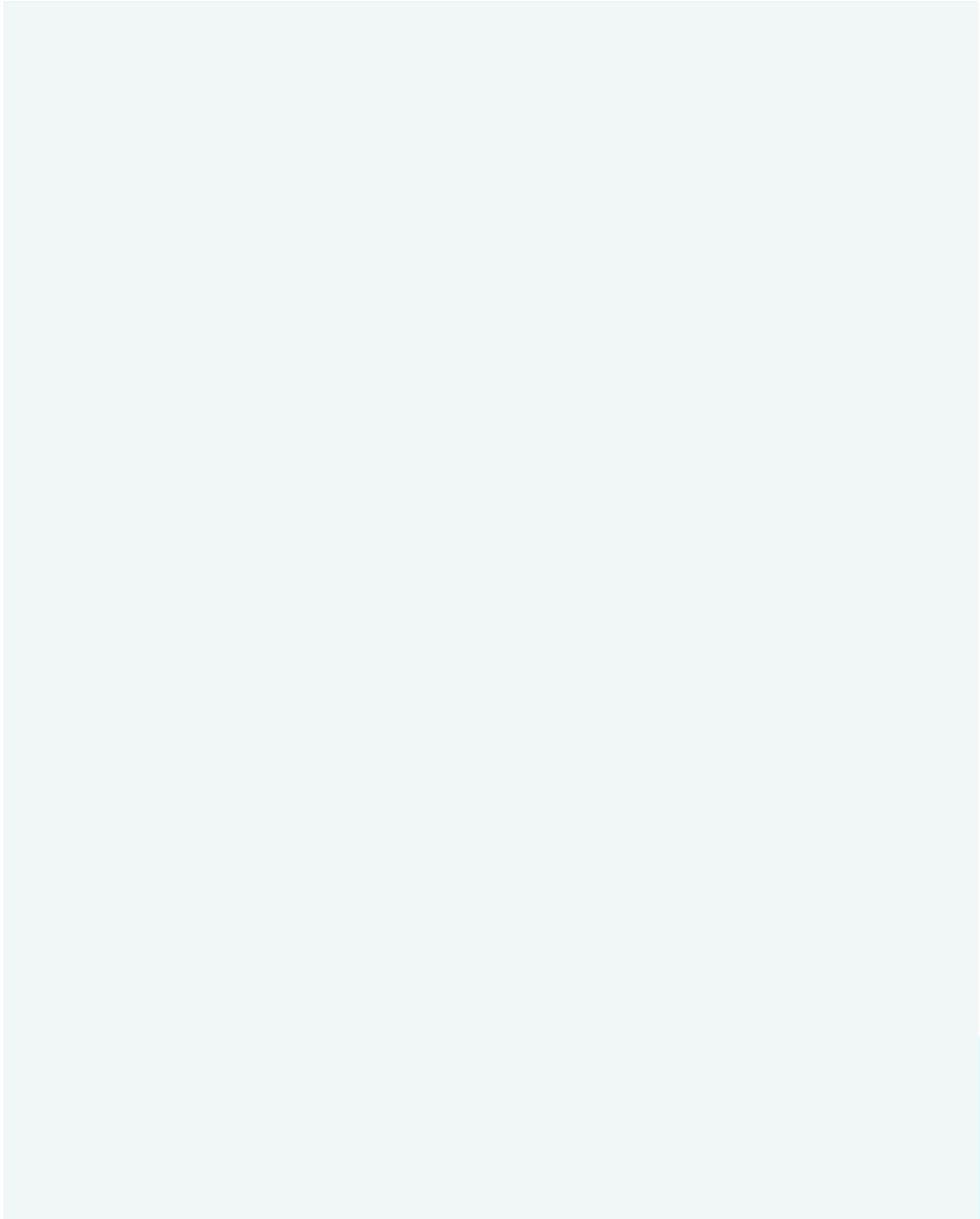


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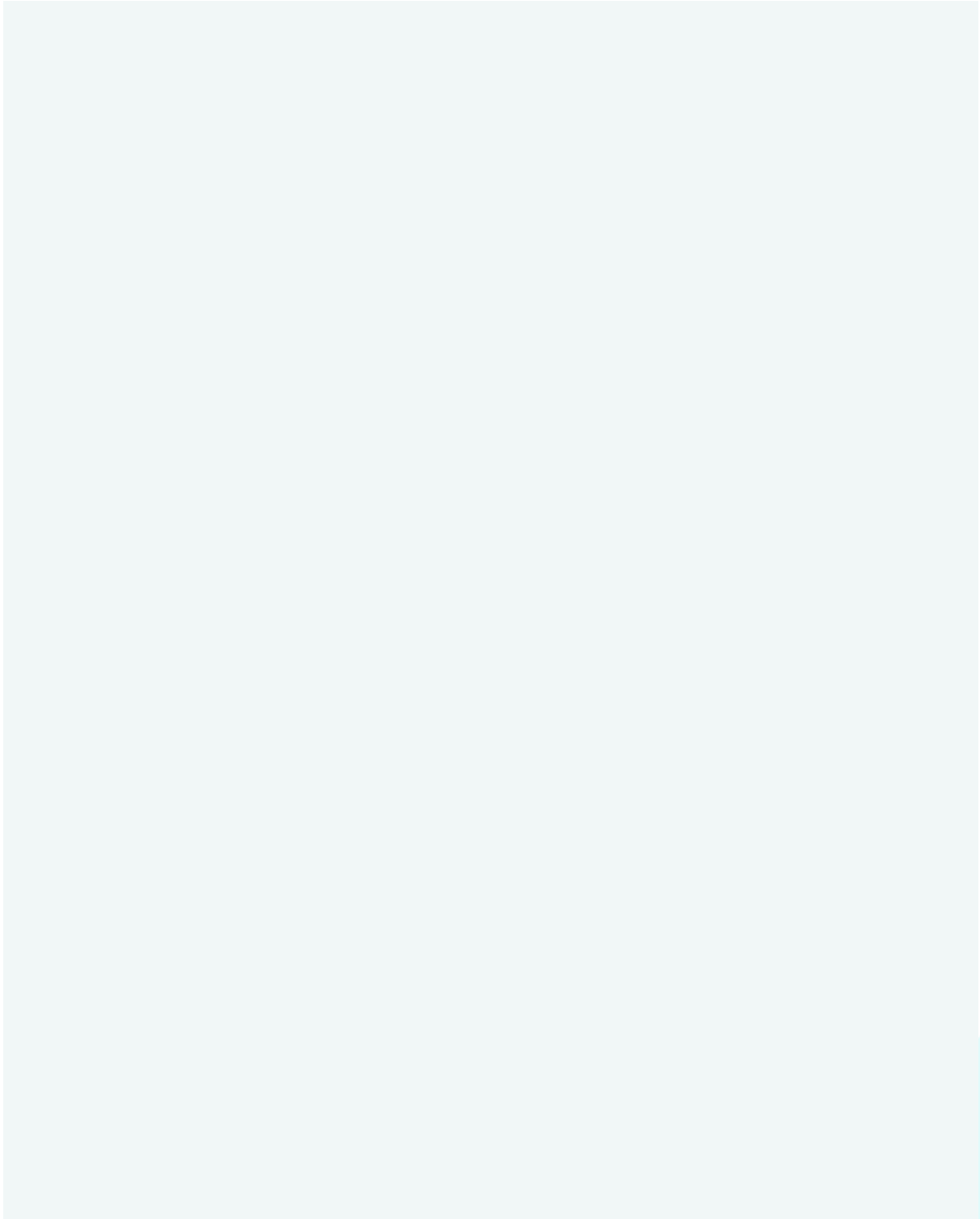


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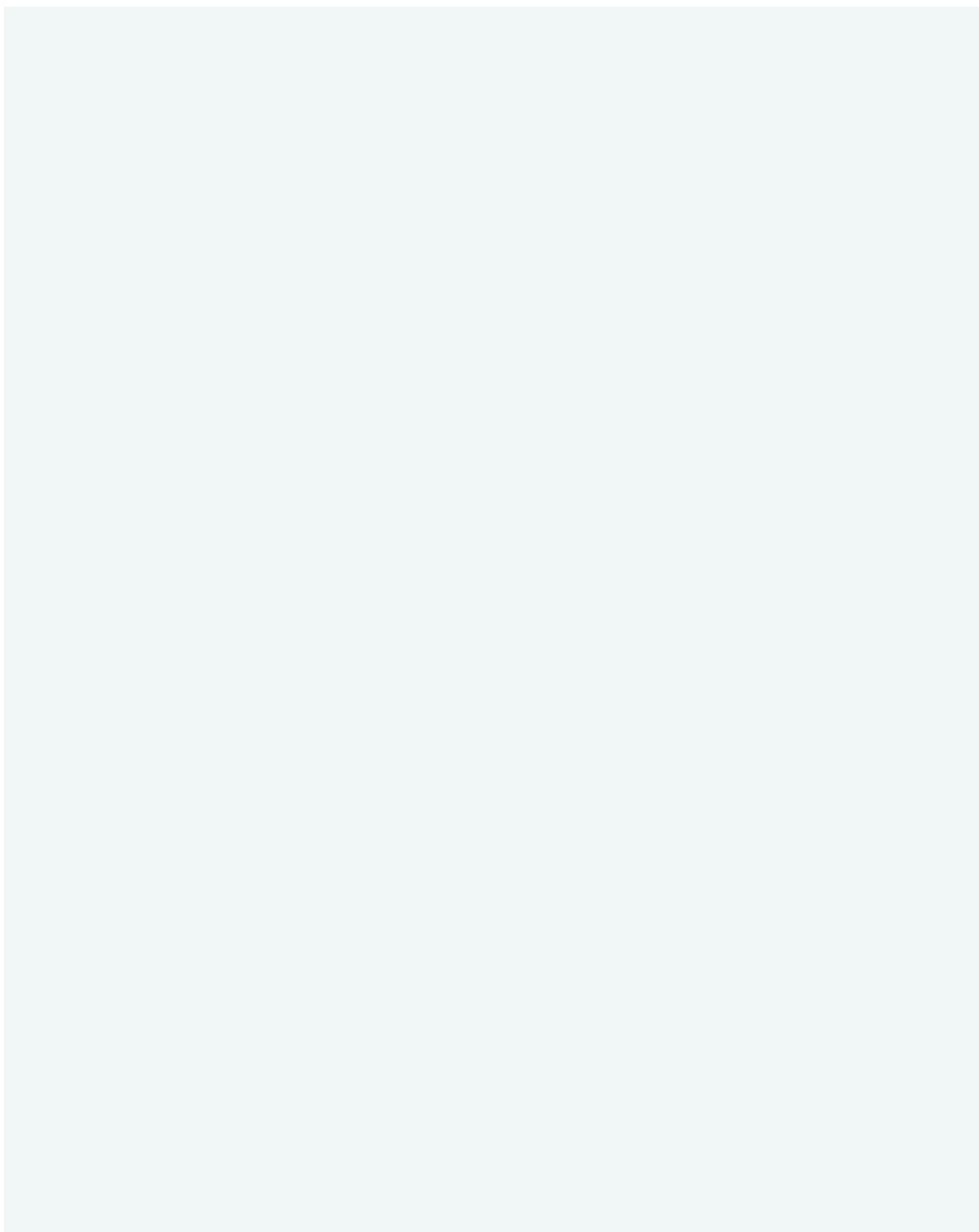


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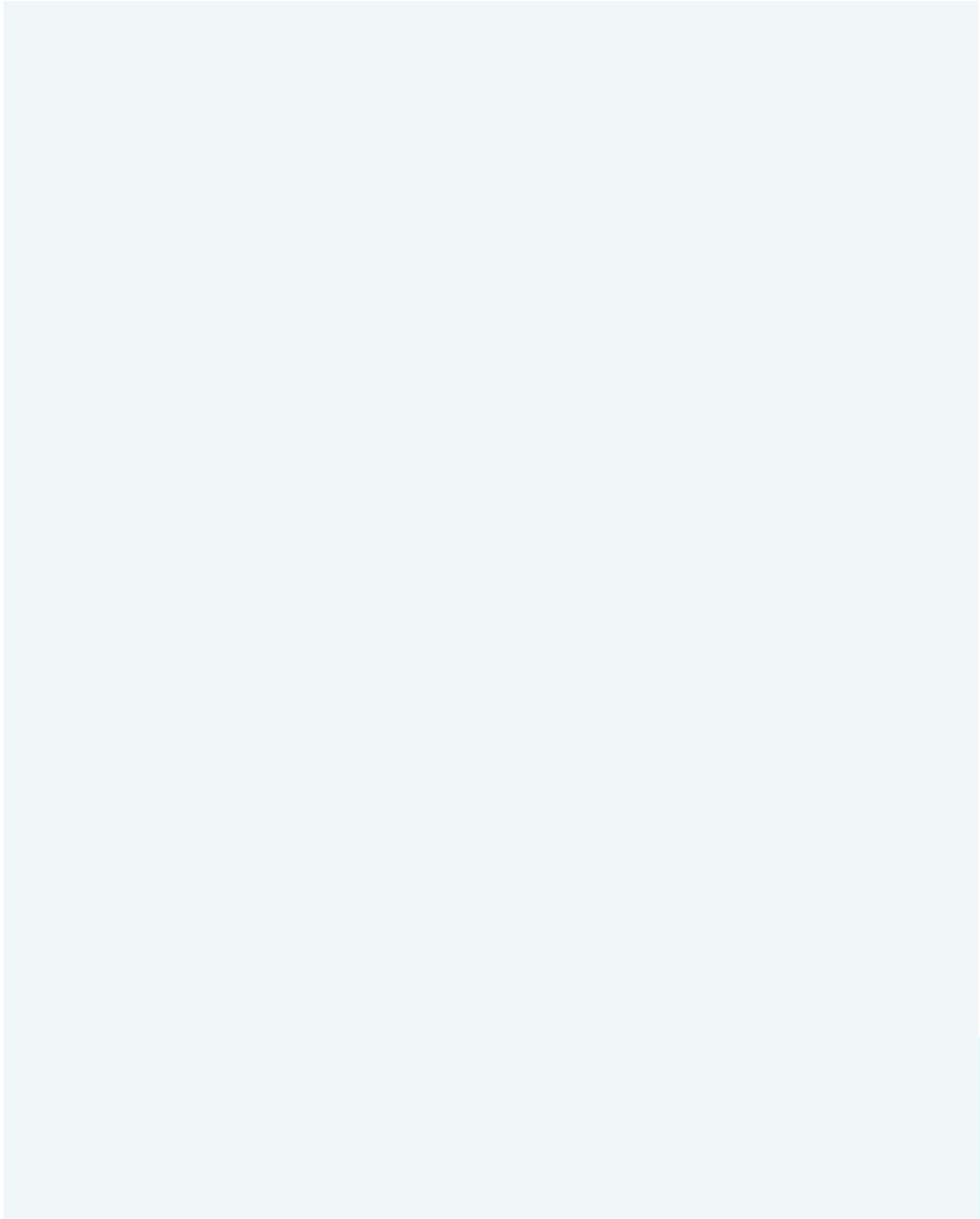


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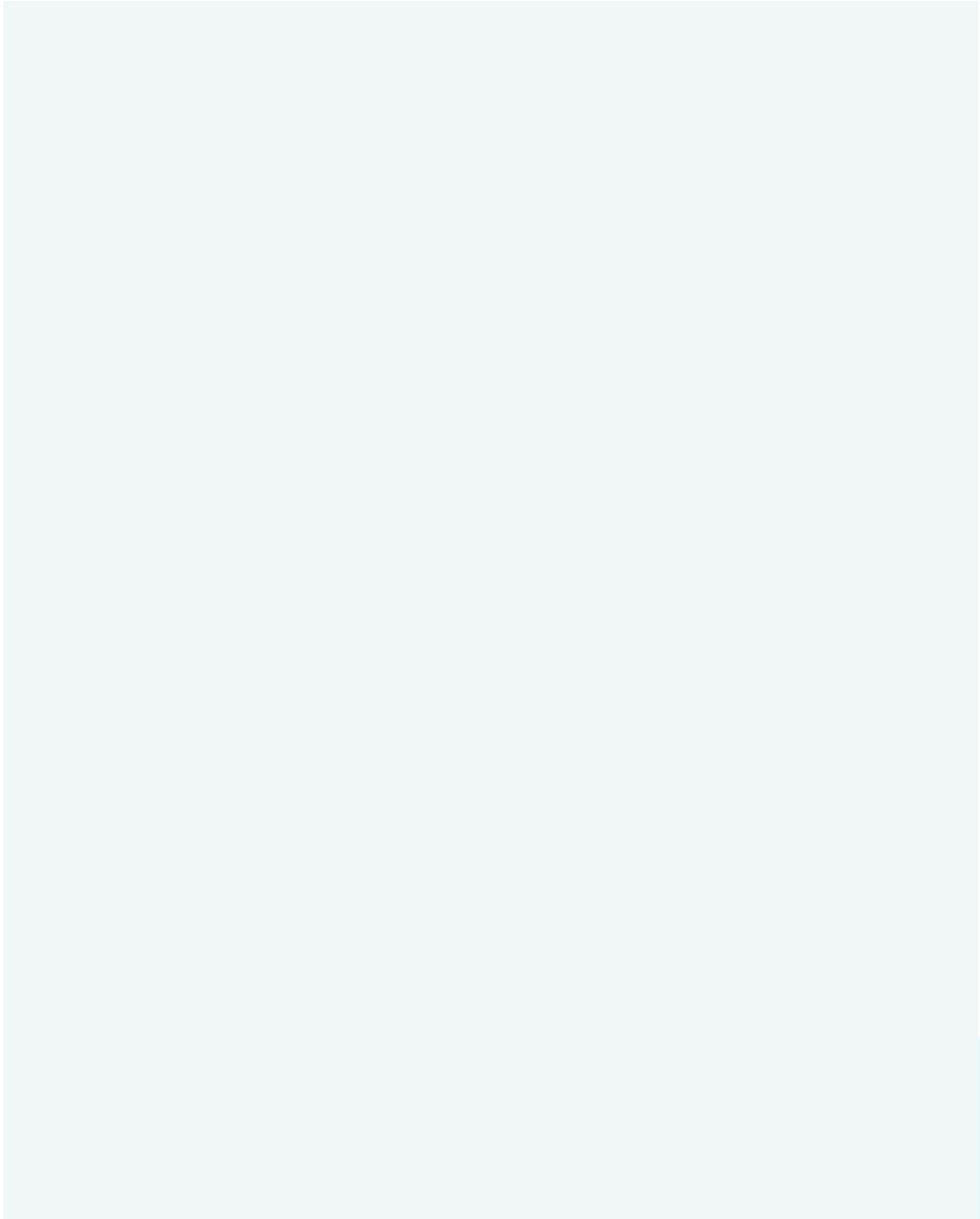


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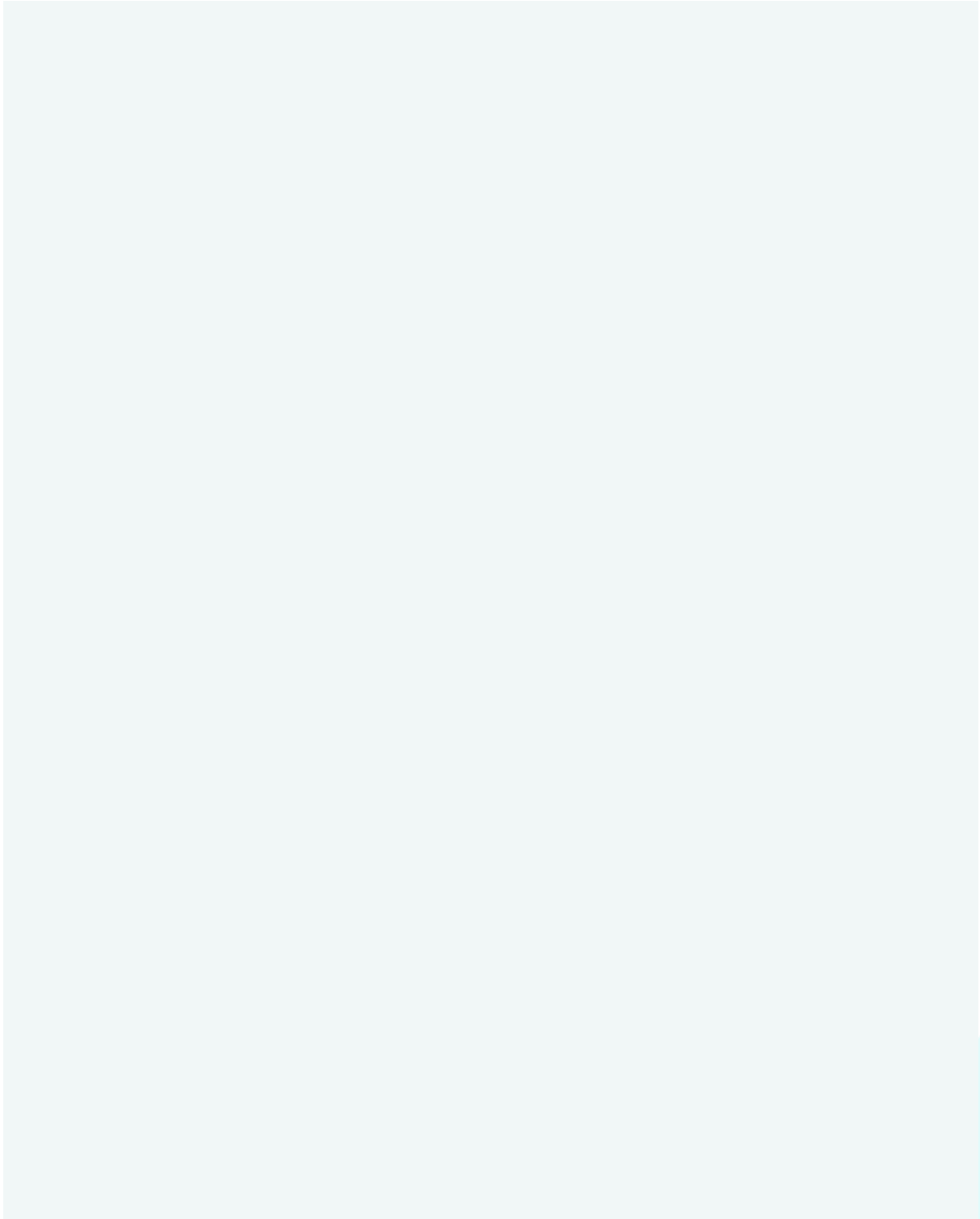
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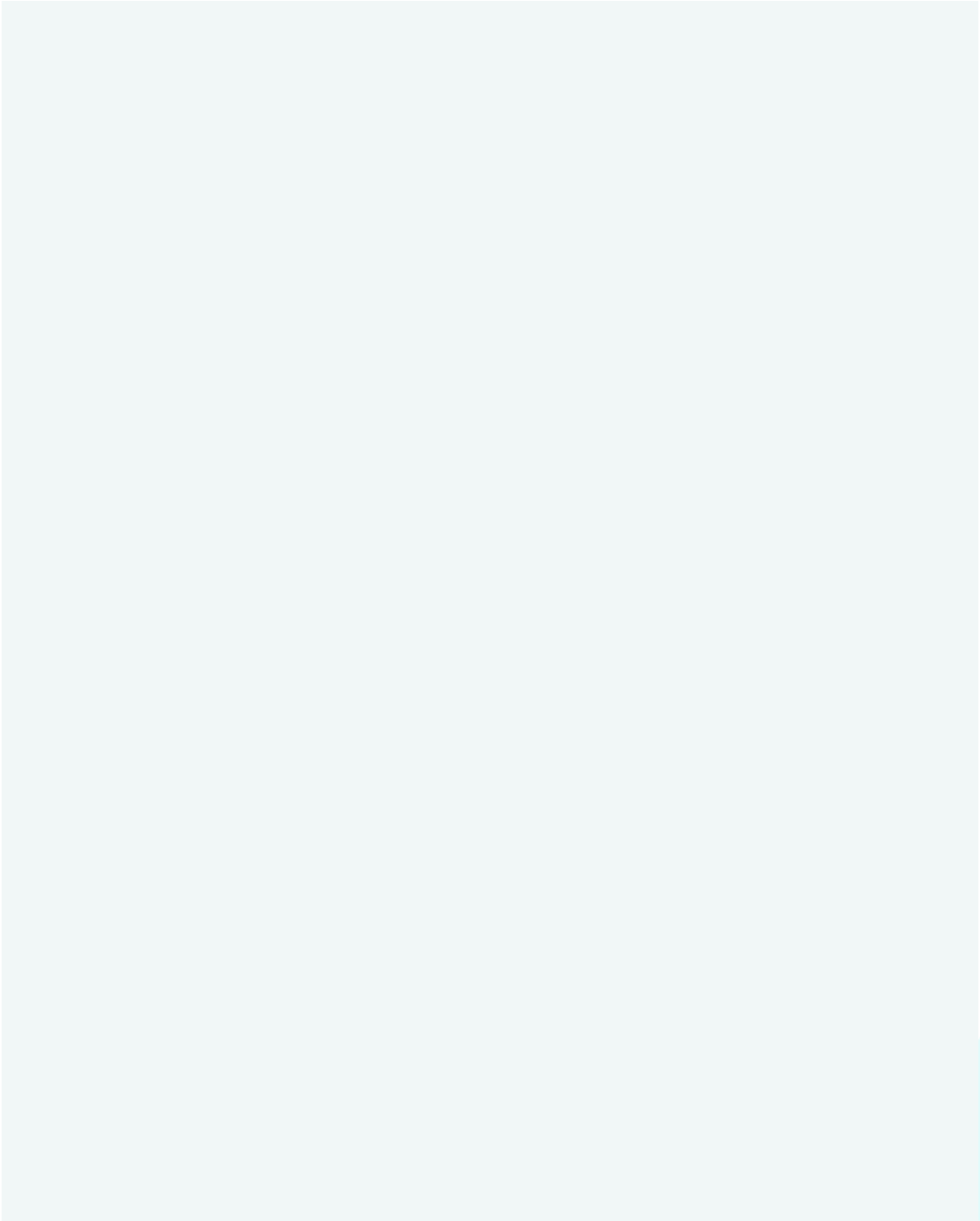
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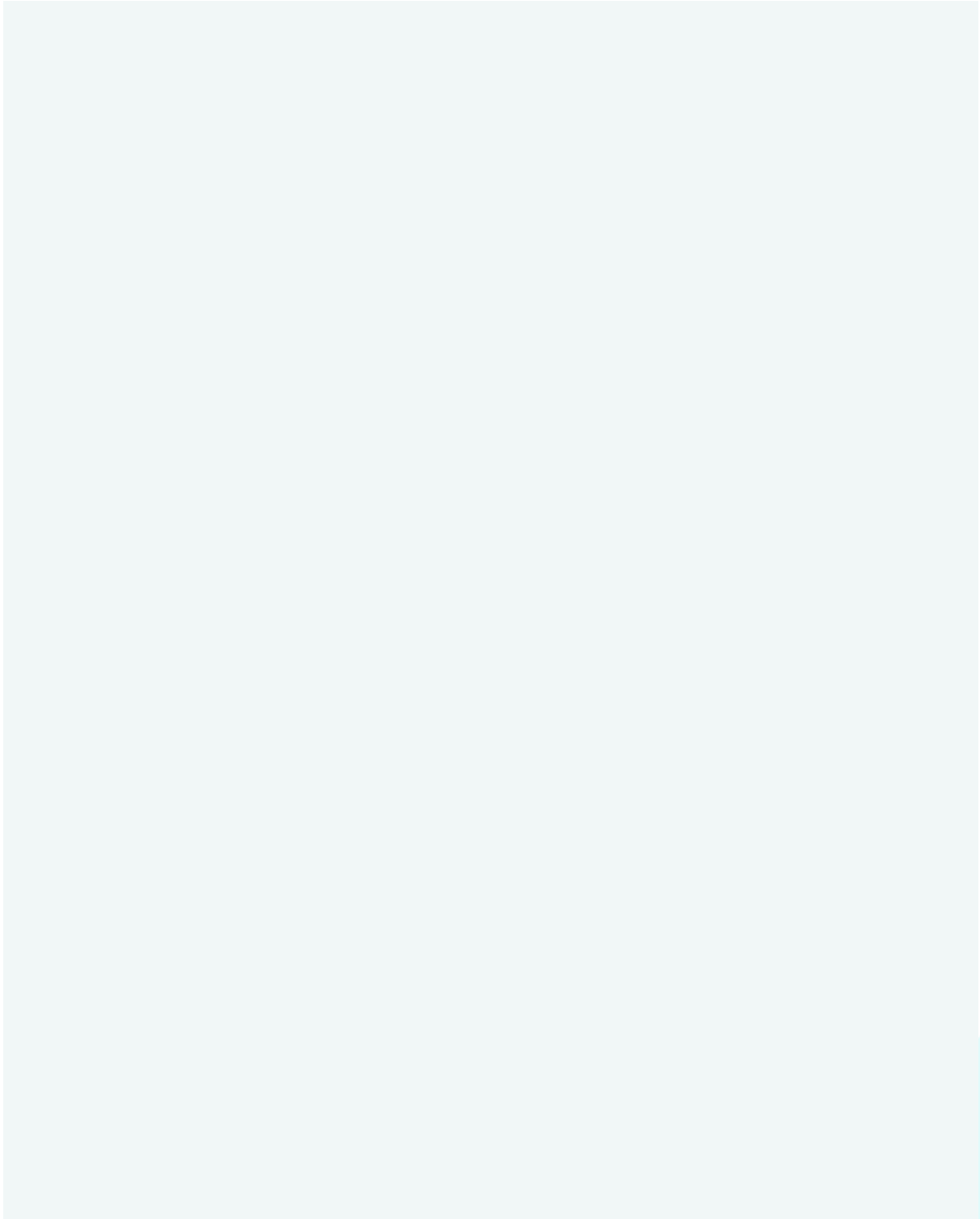
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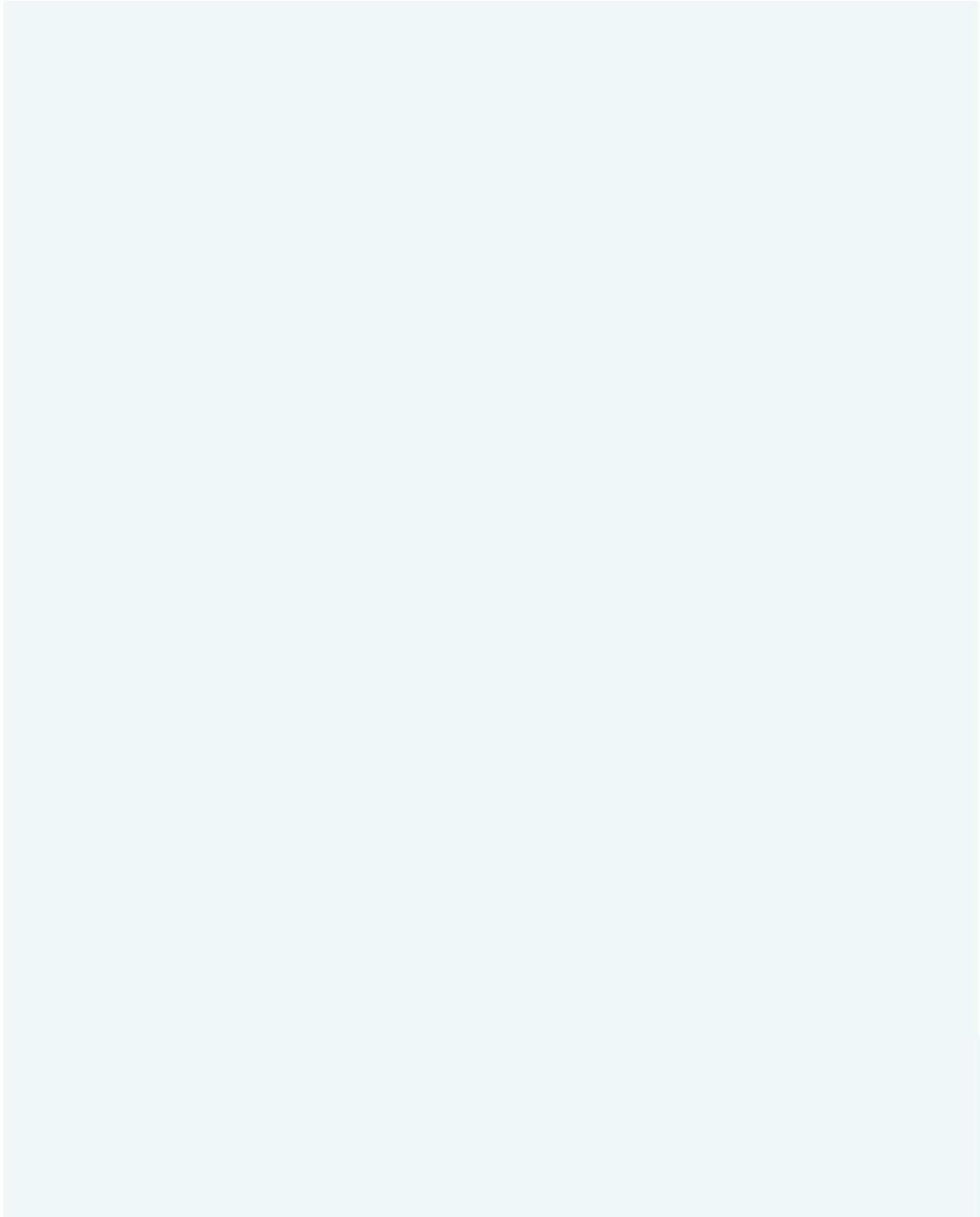


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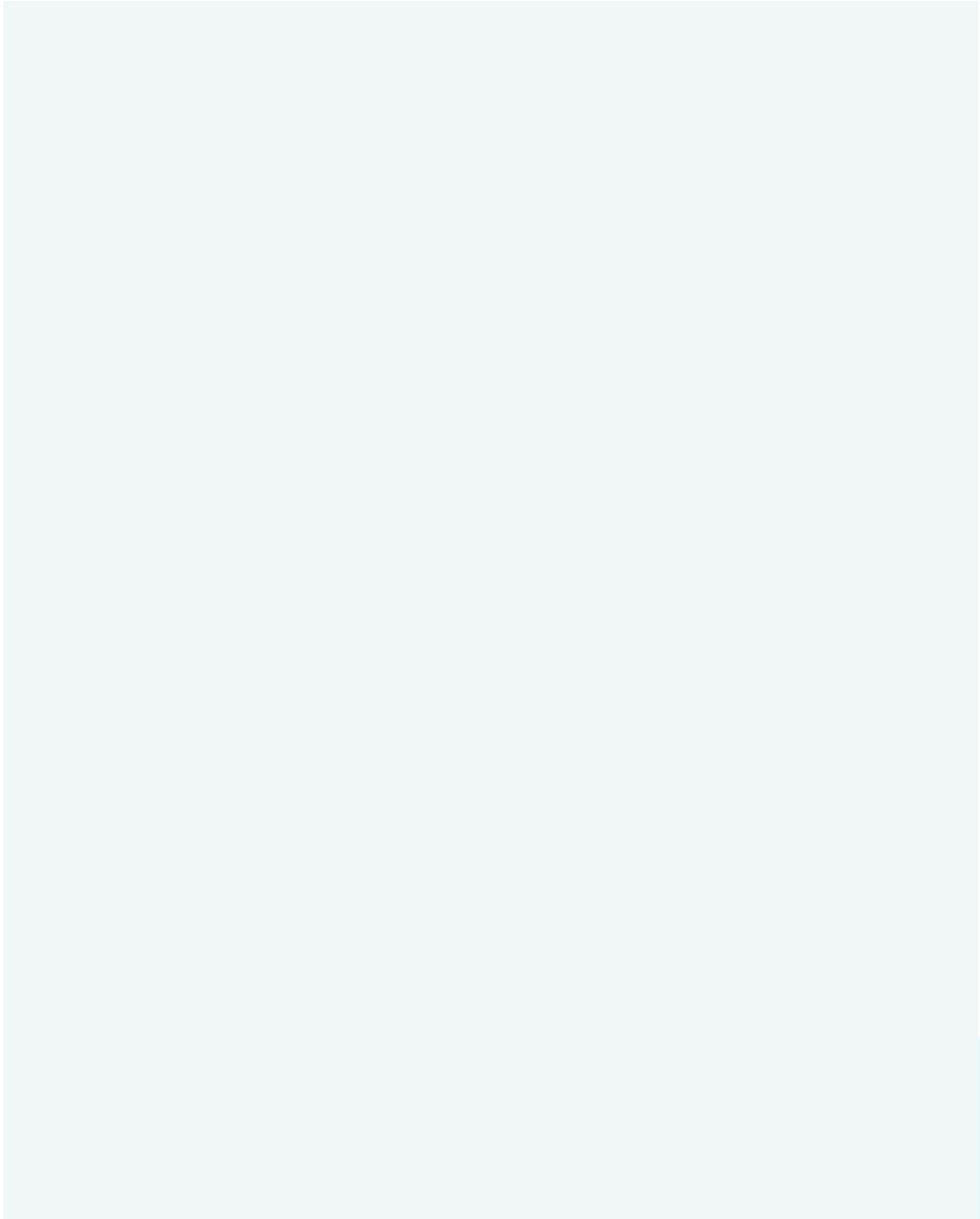
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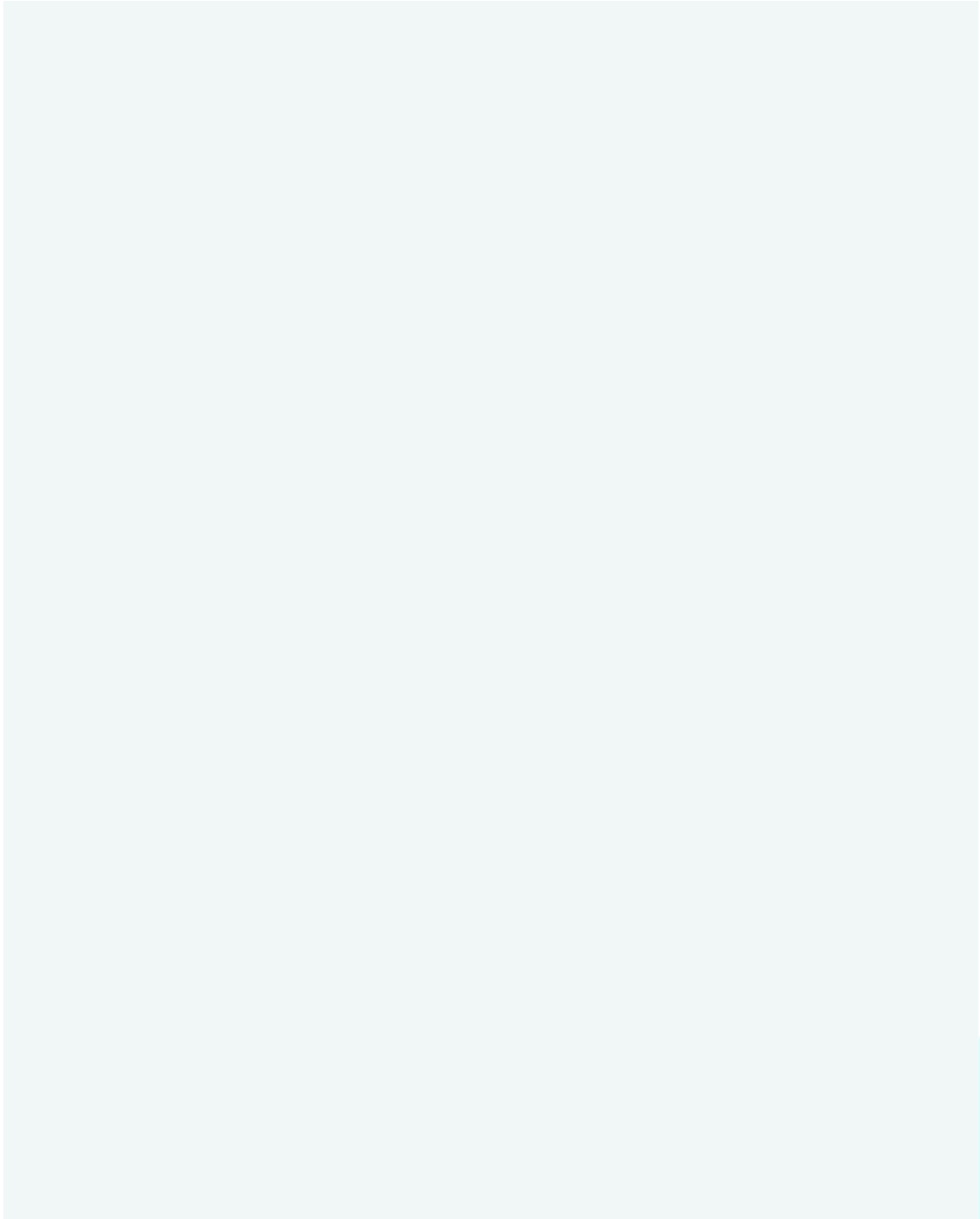
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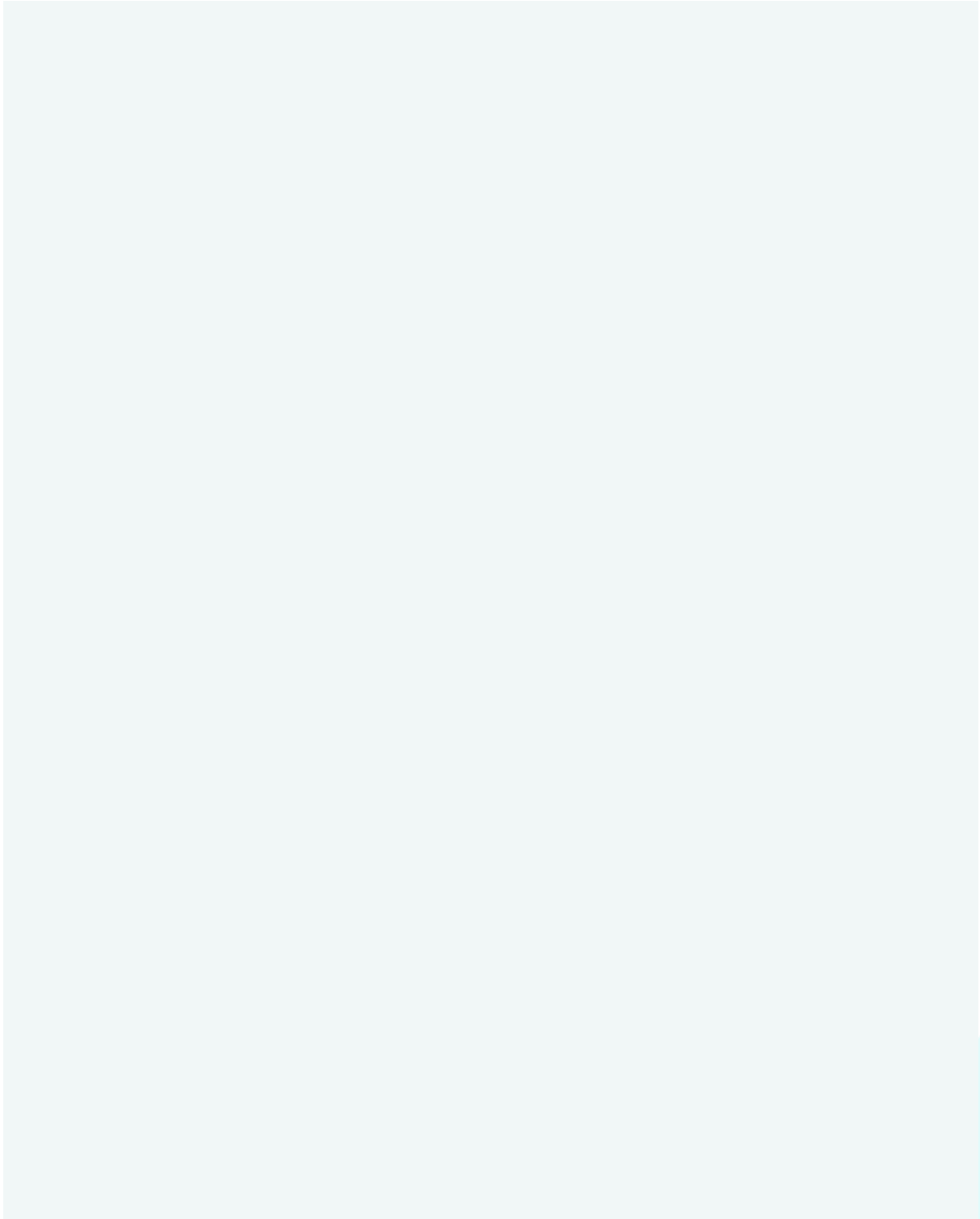


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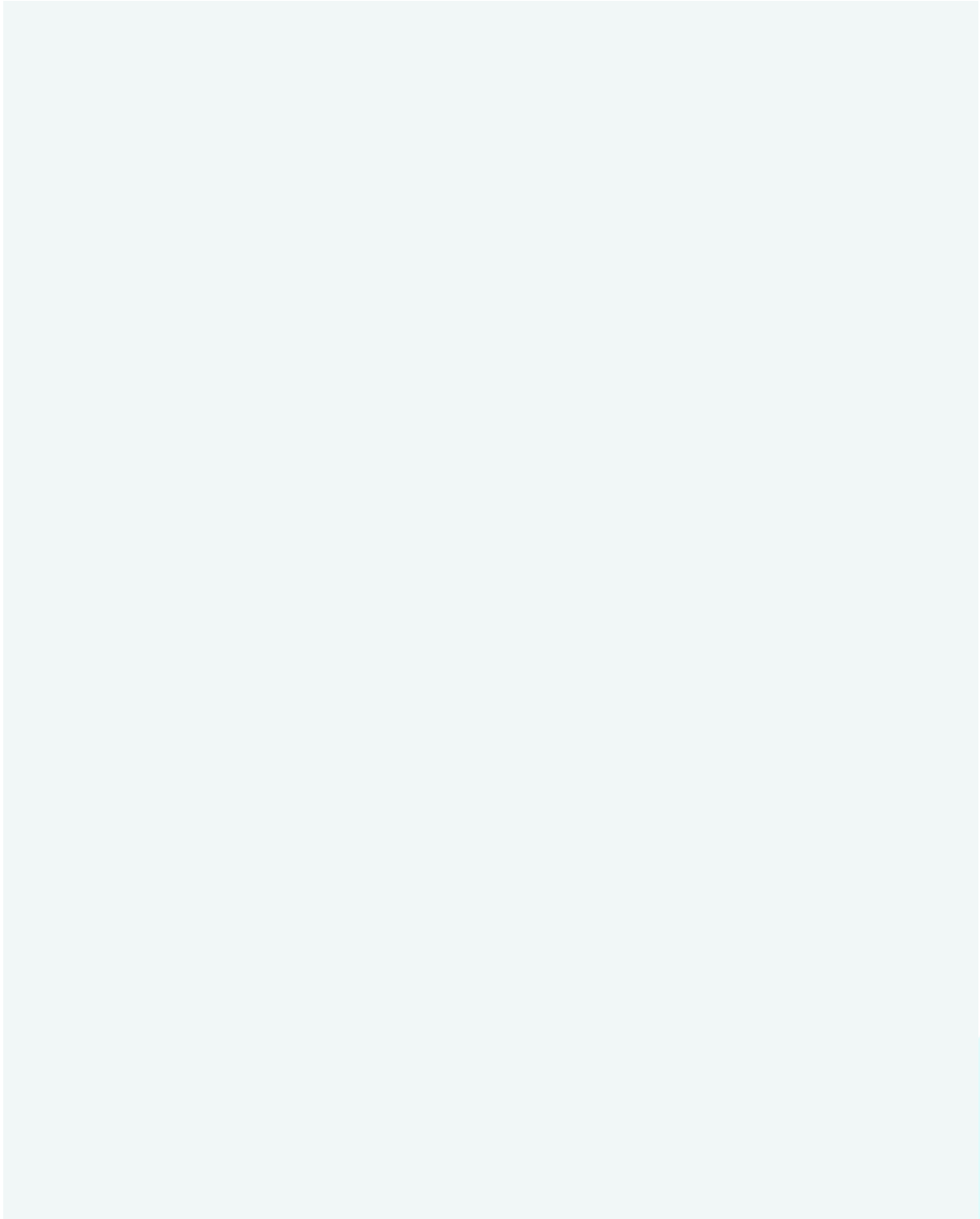


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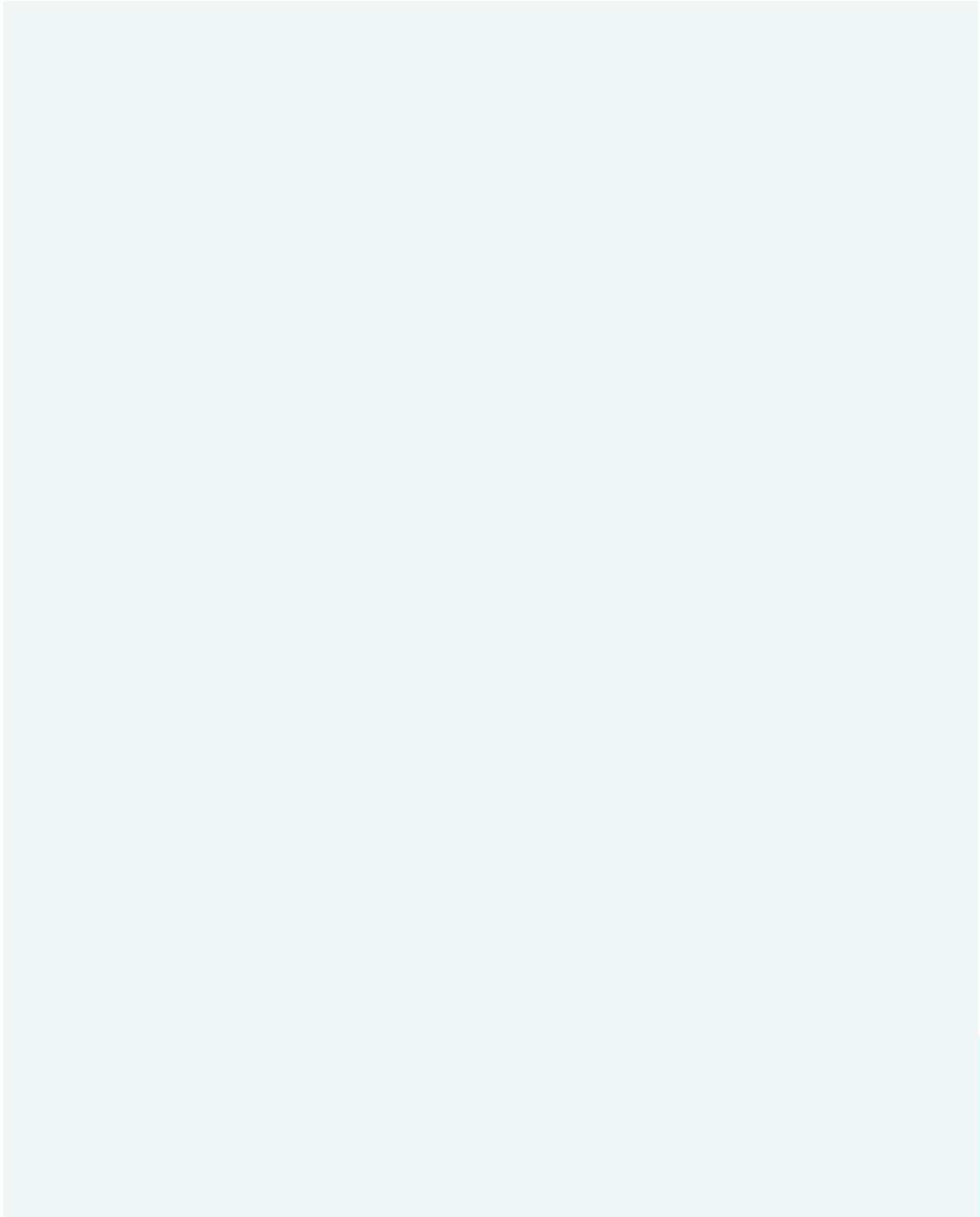


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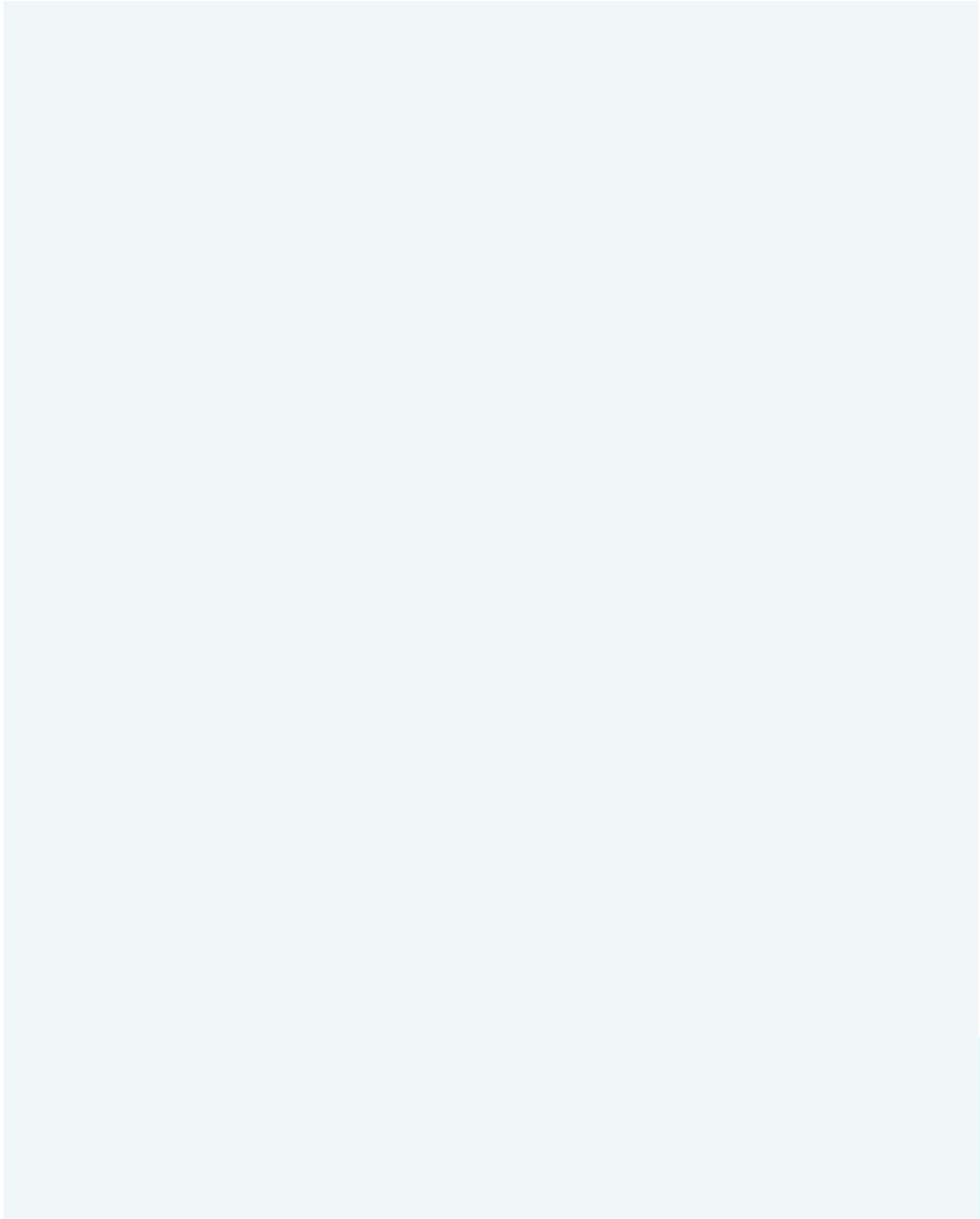


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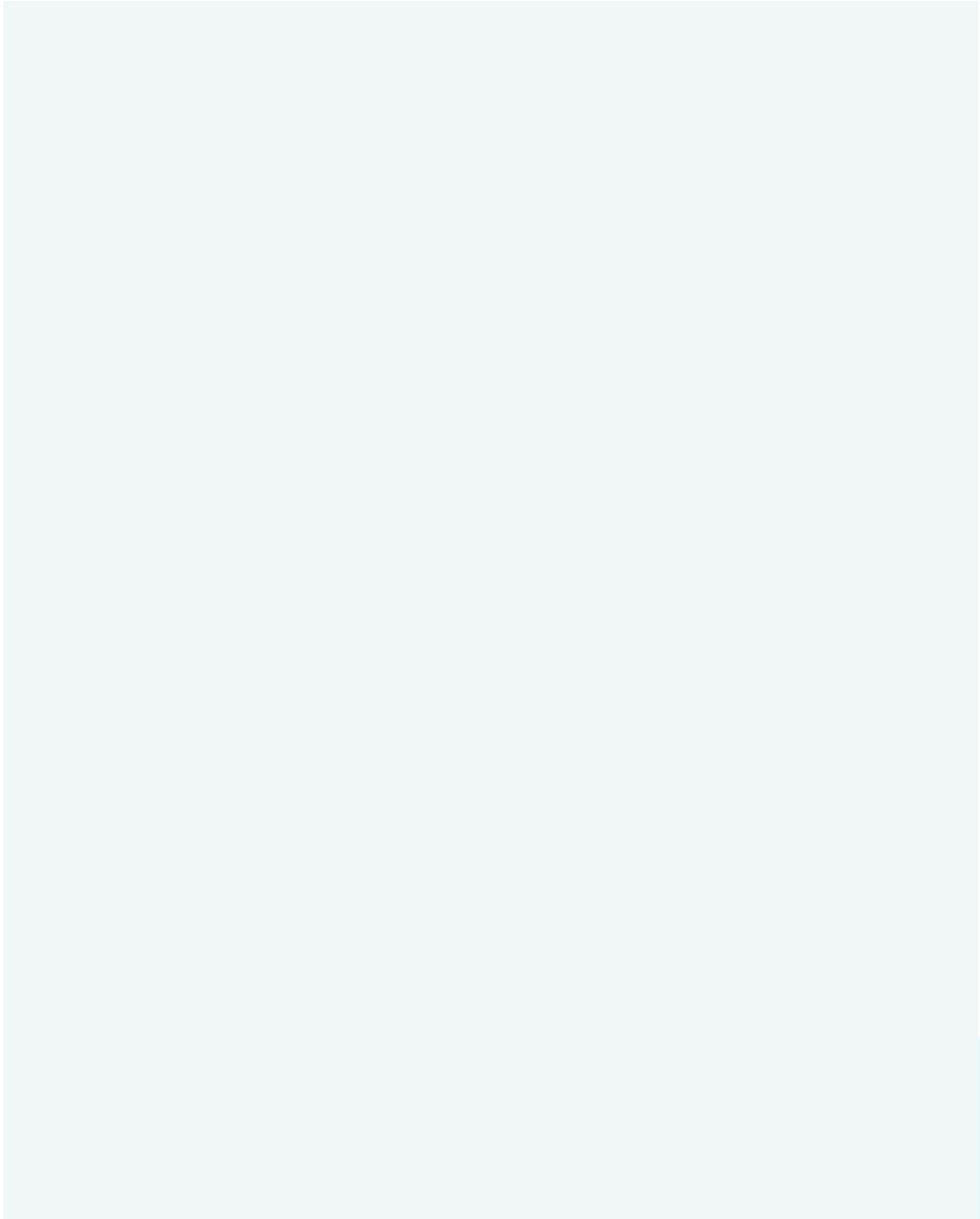


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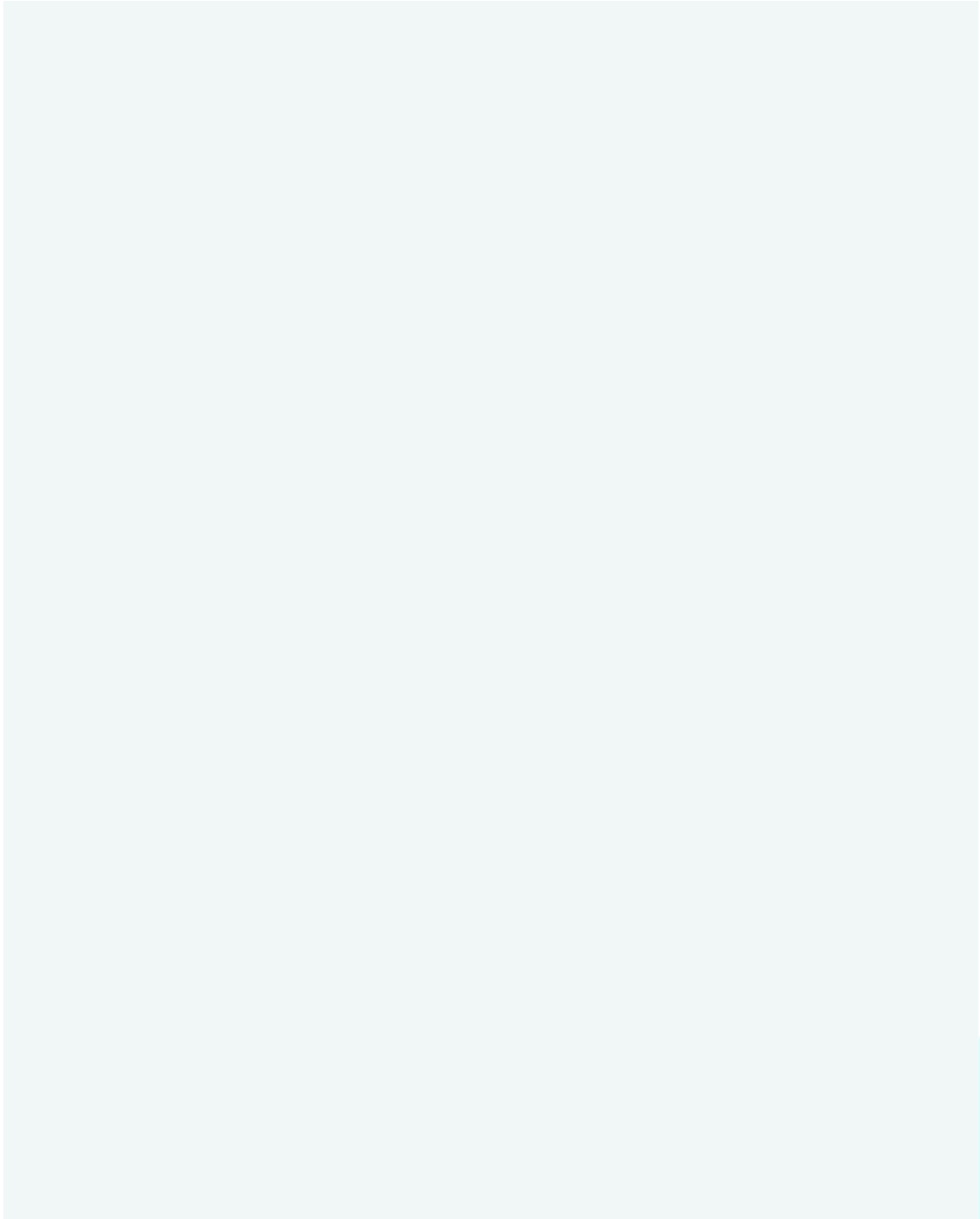


April

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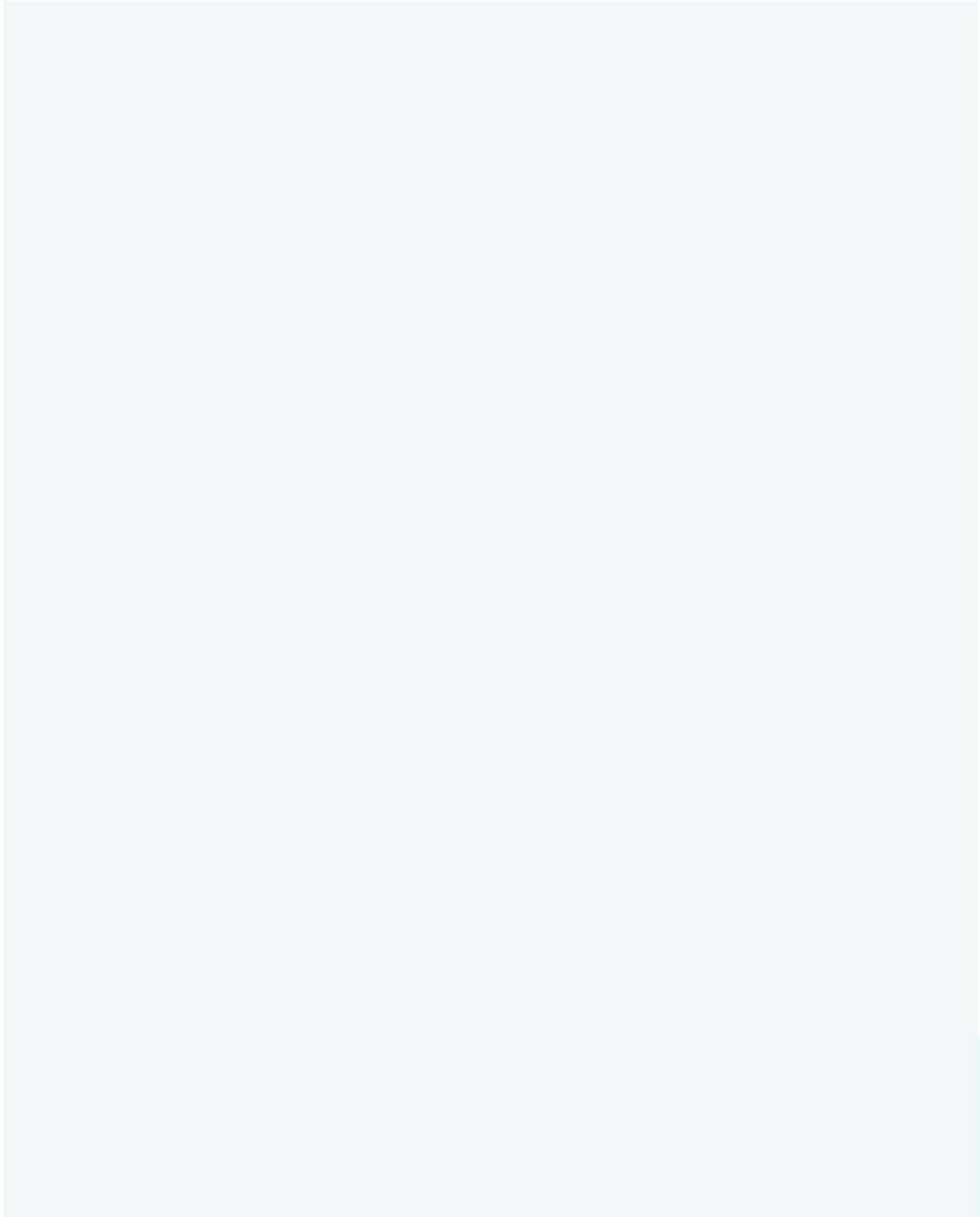


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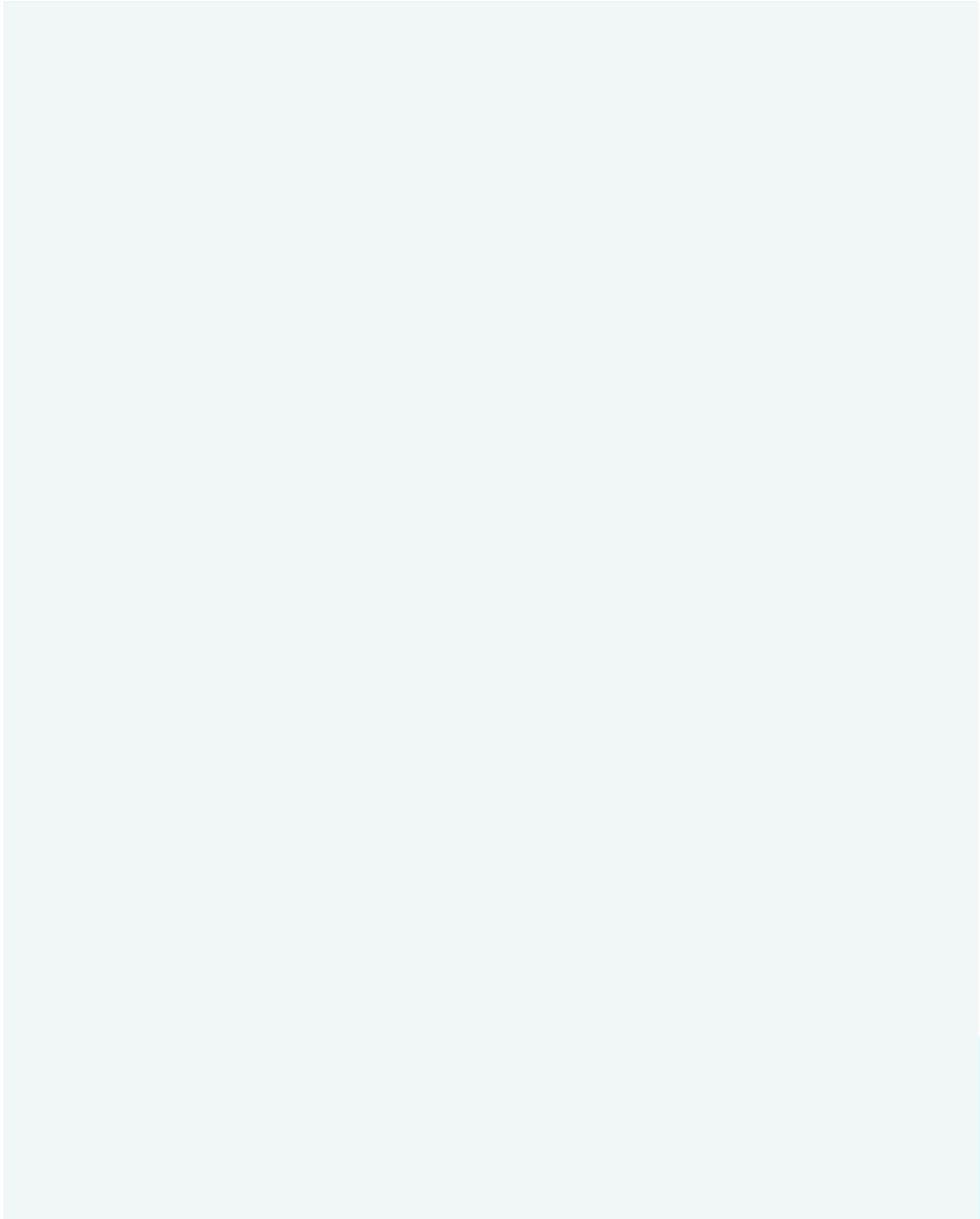
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MAY

Sotogrande Port

**ONE LIFE
JOURNAL**

May

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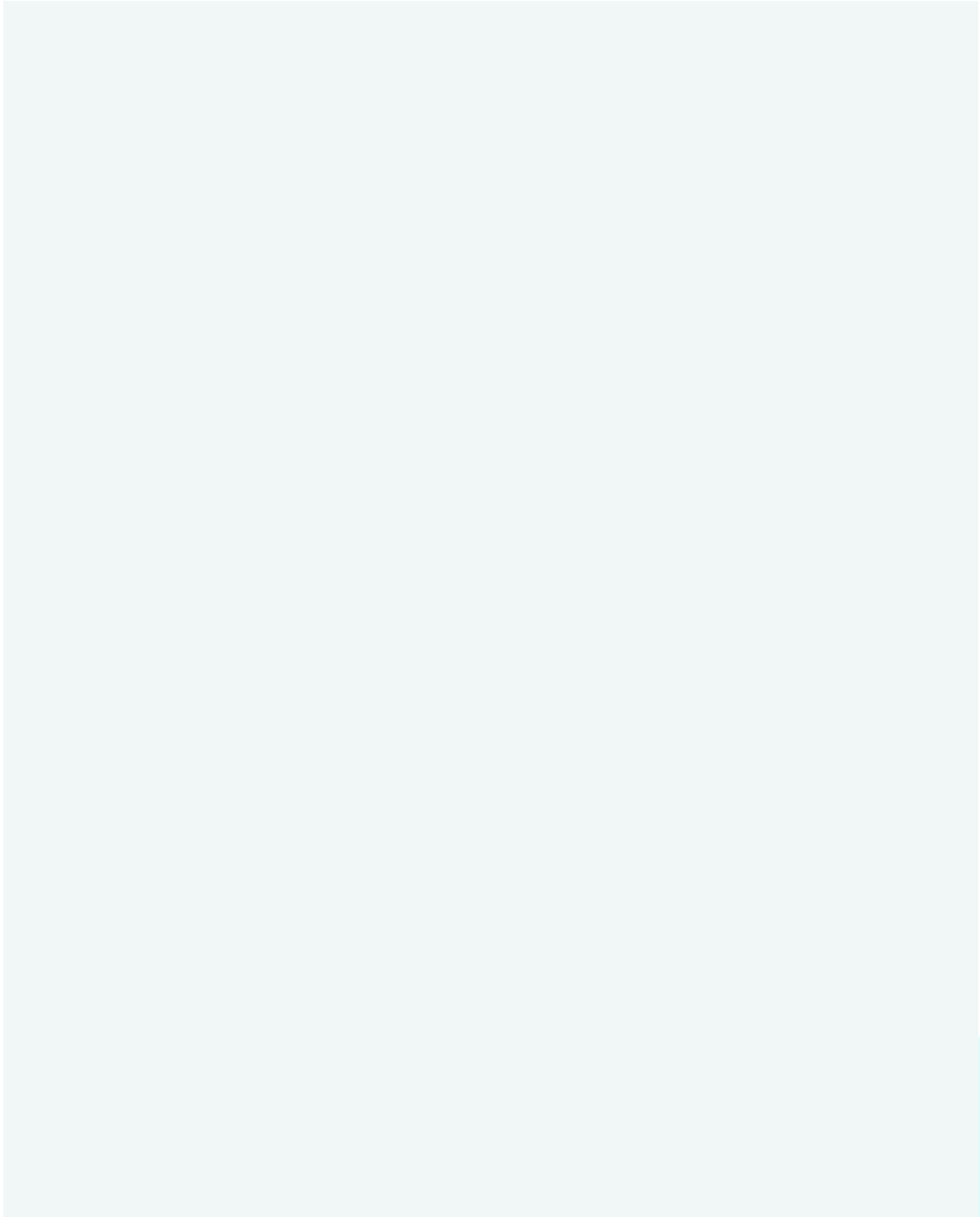


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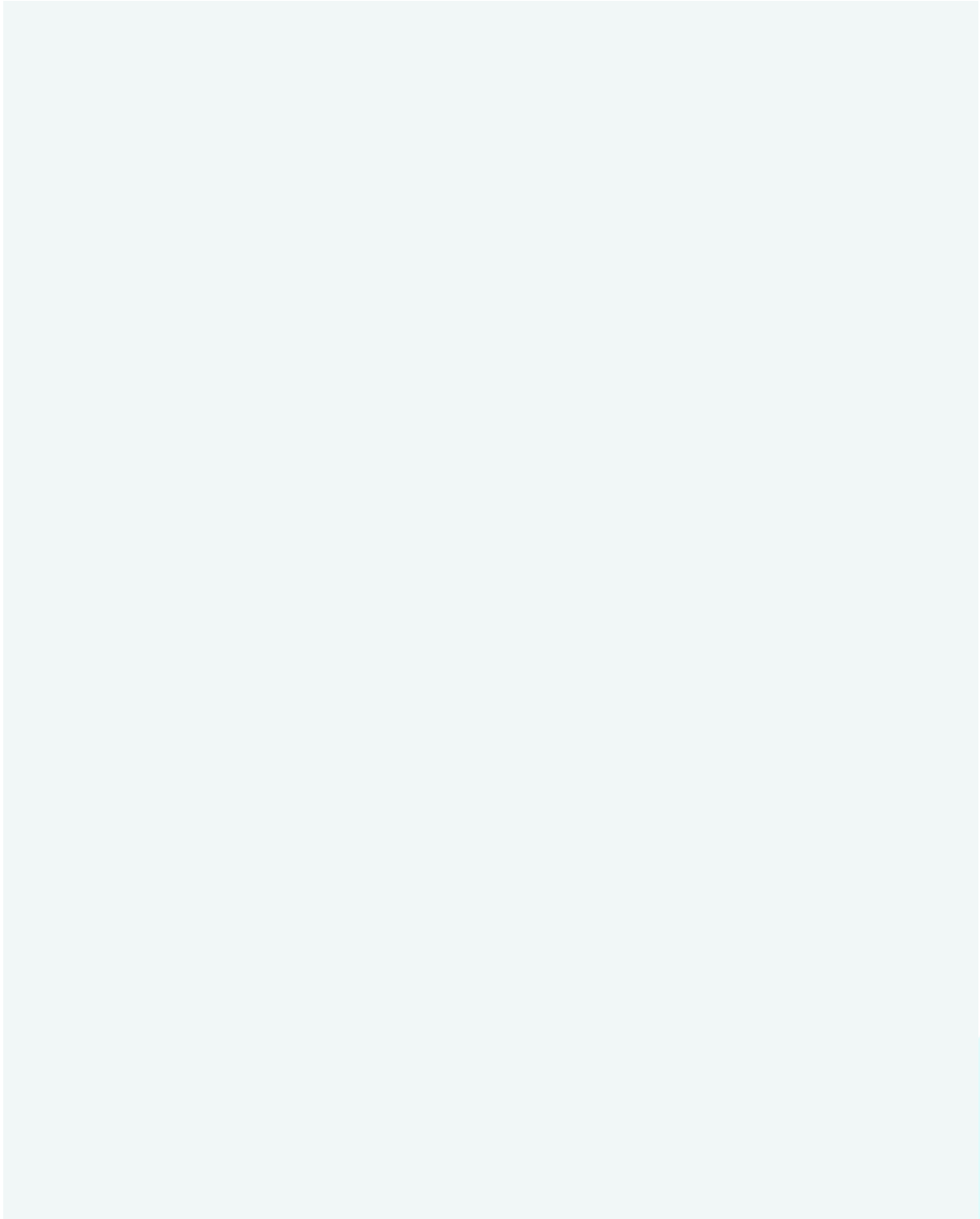
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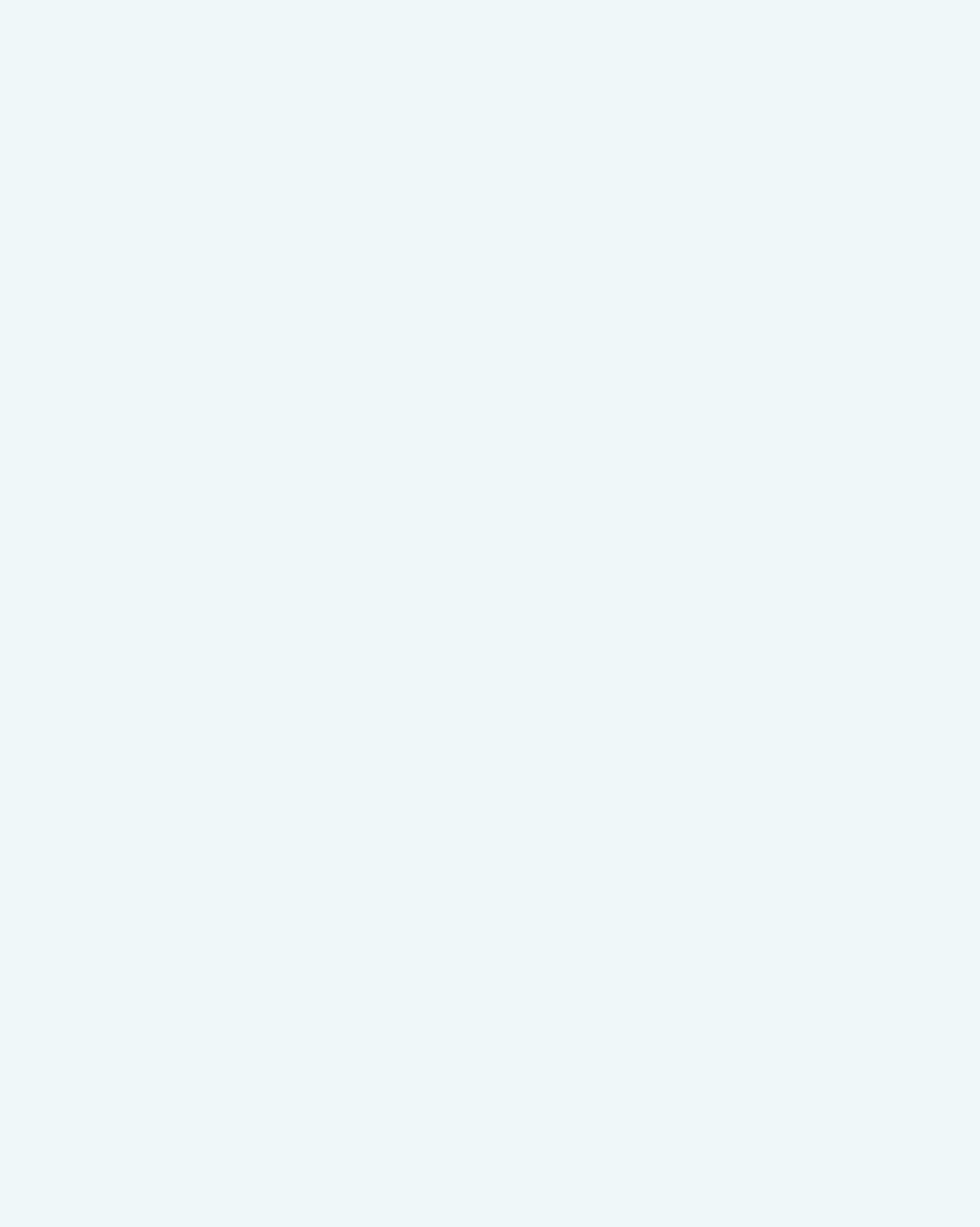
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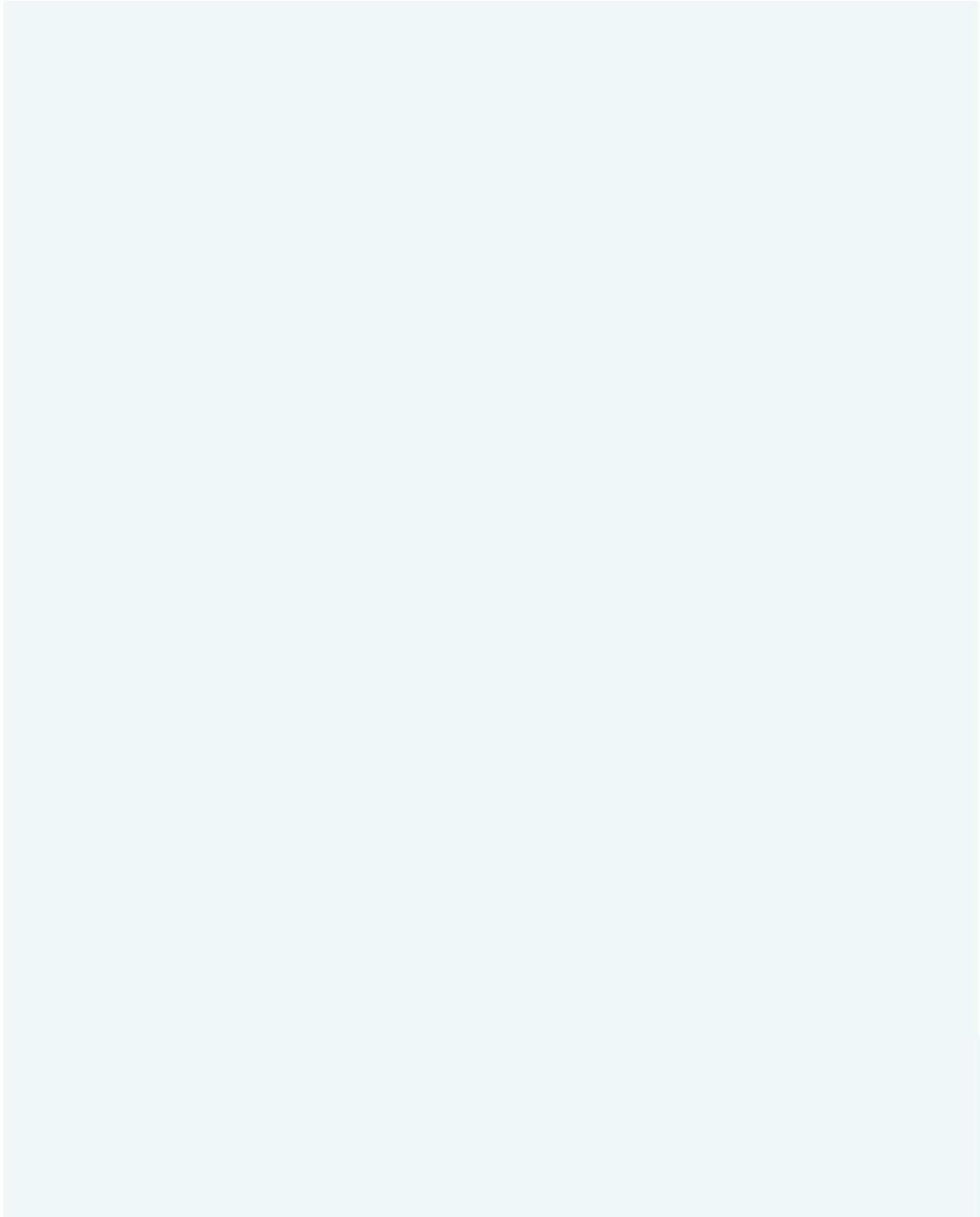


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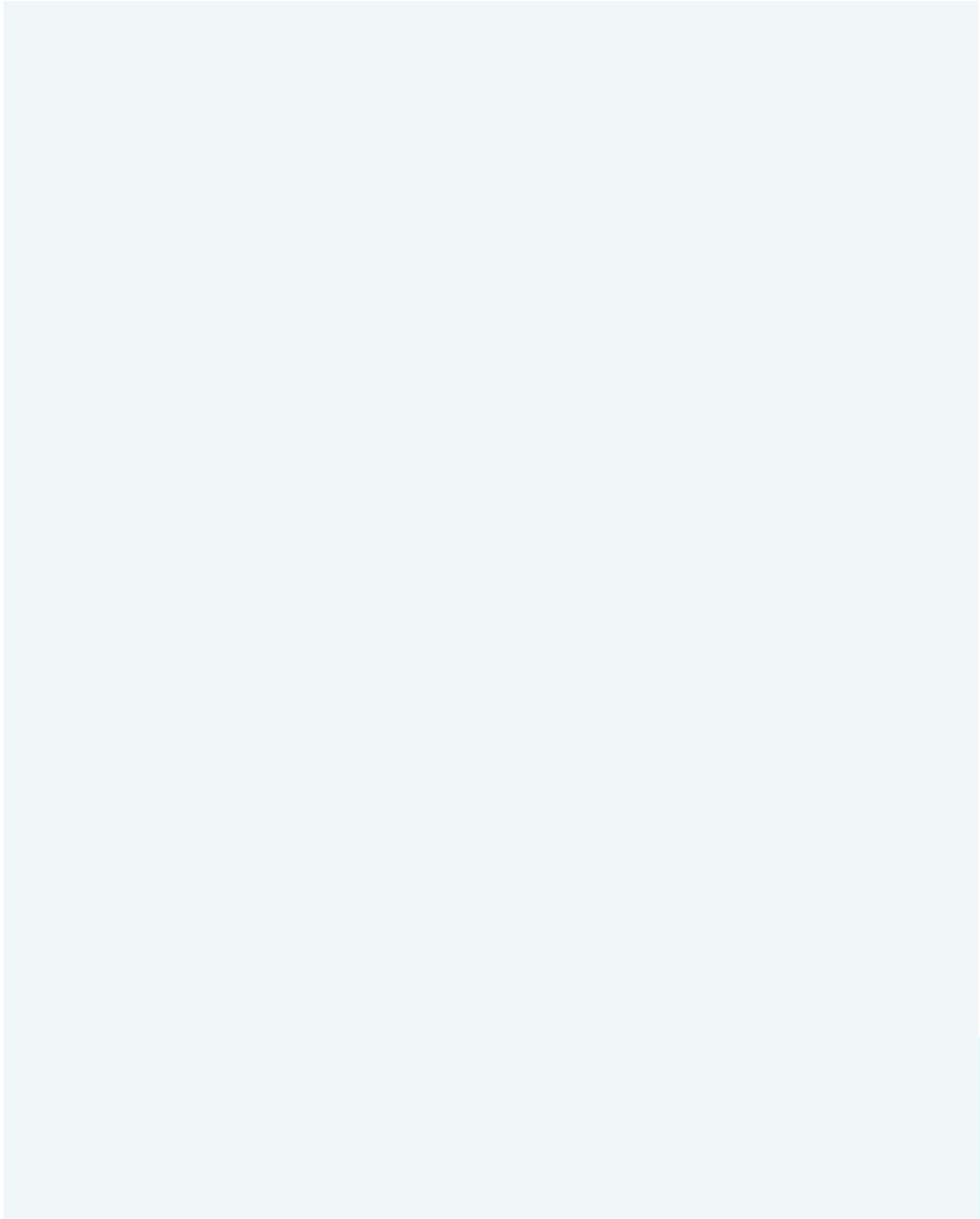
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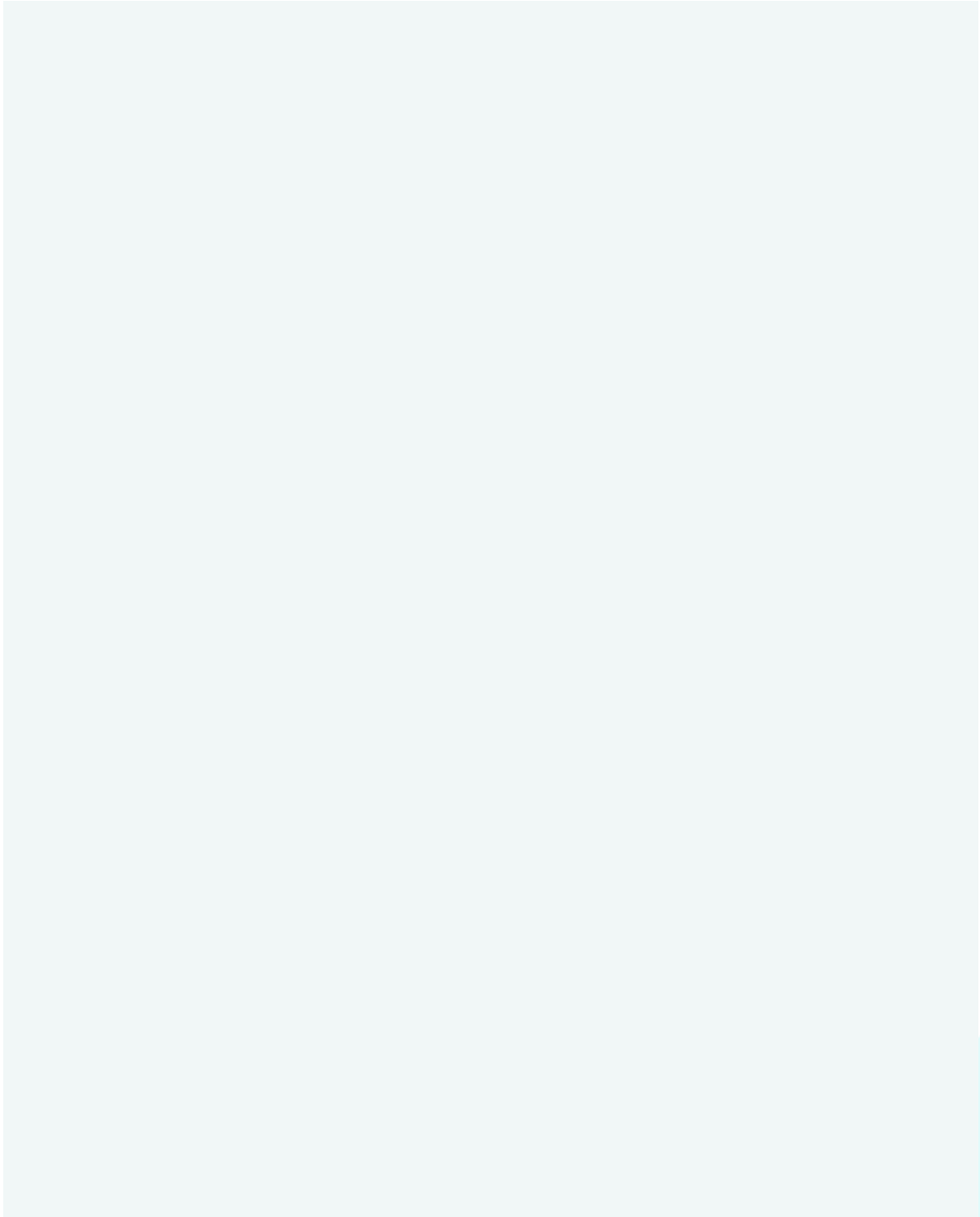


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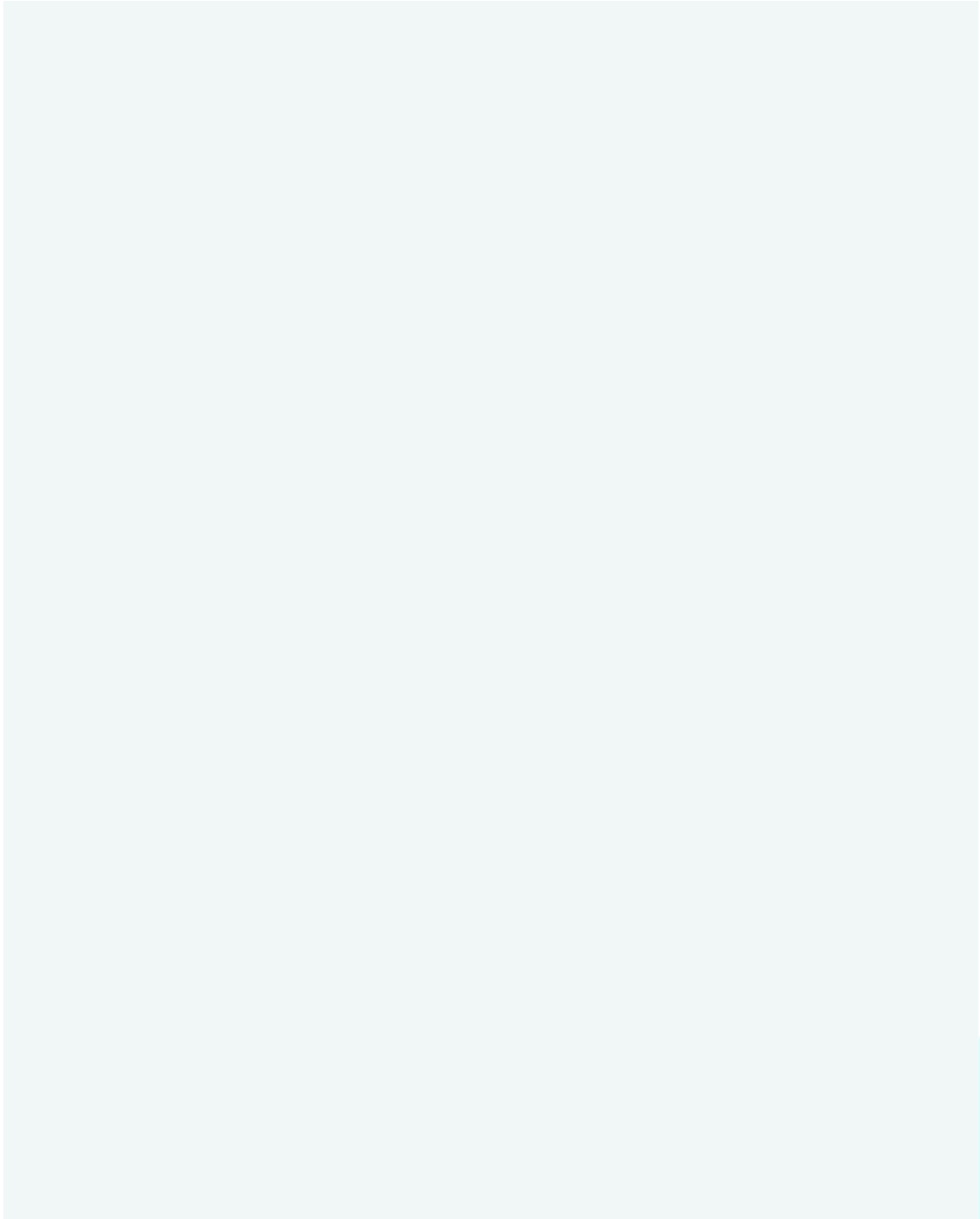
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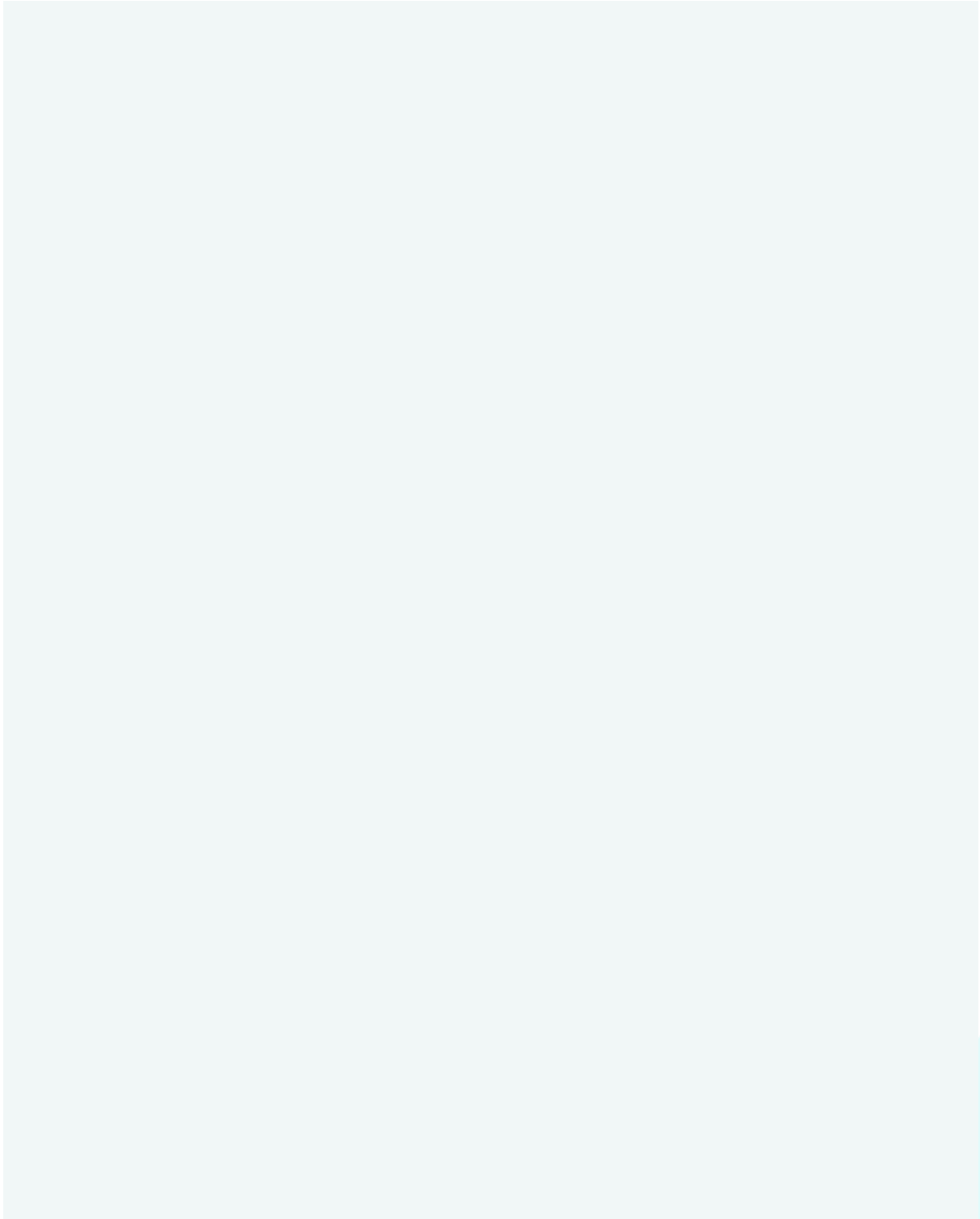
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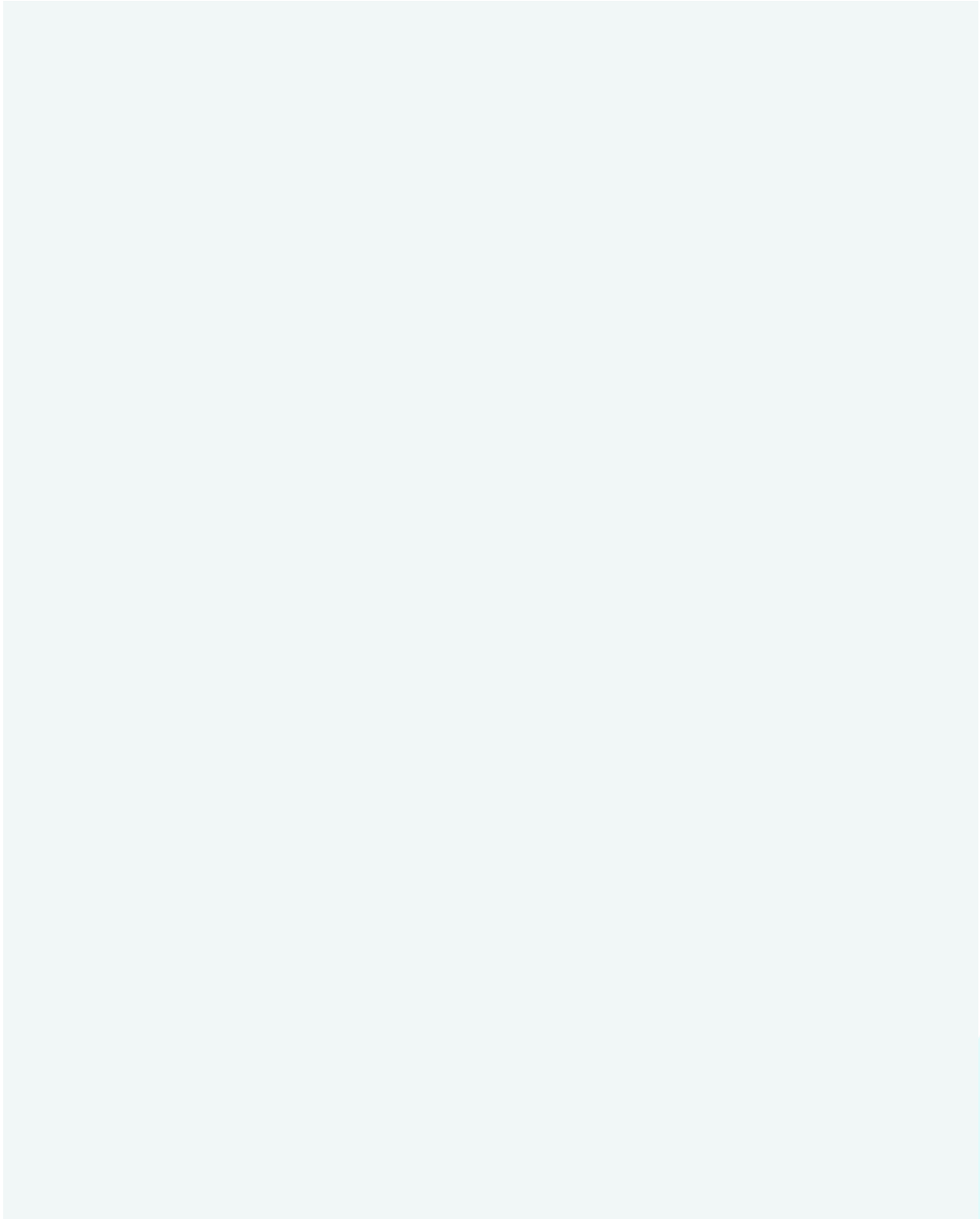


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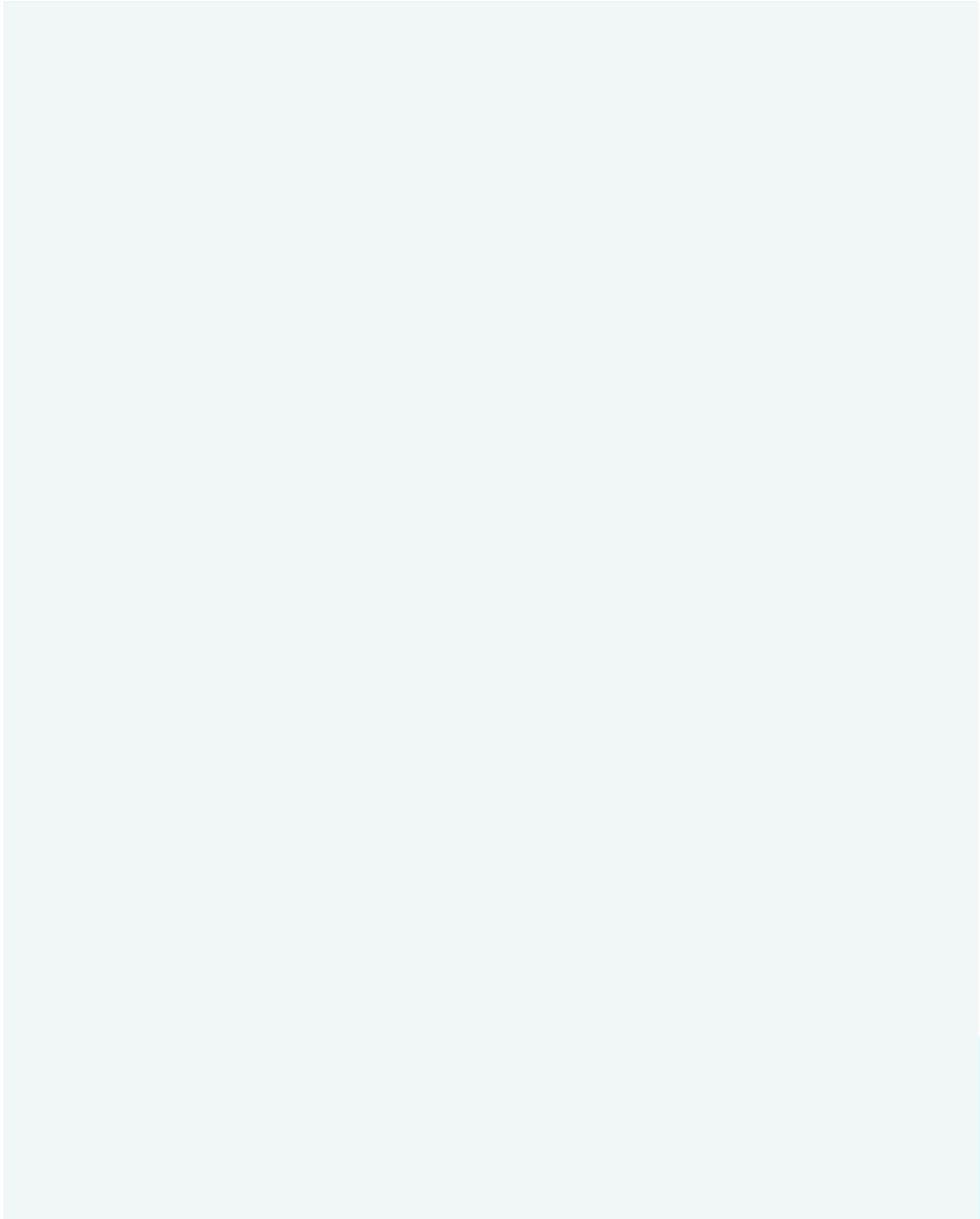
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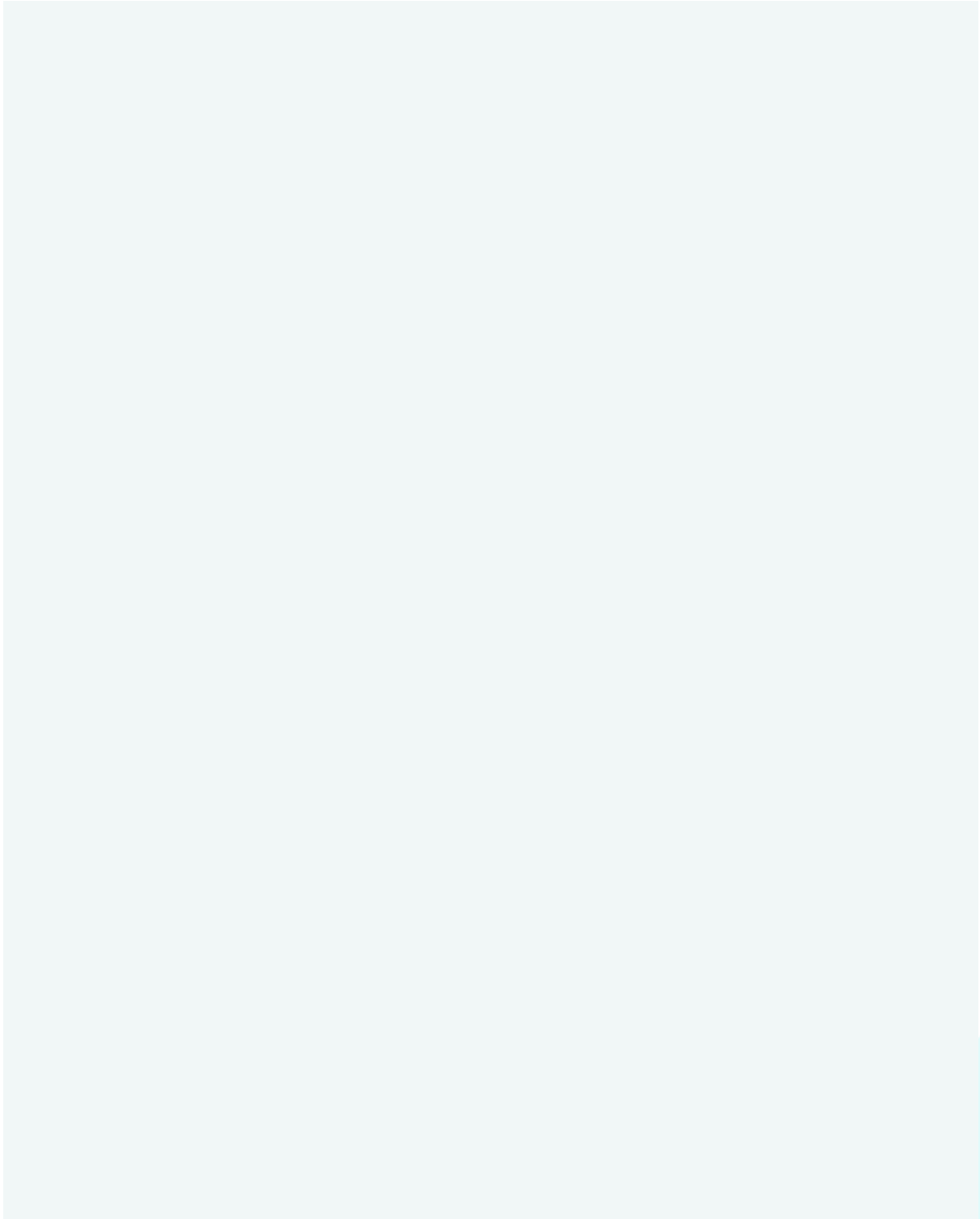
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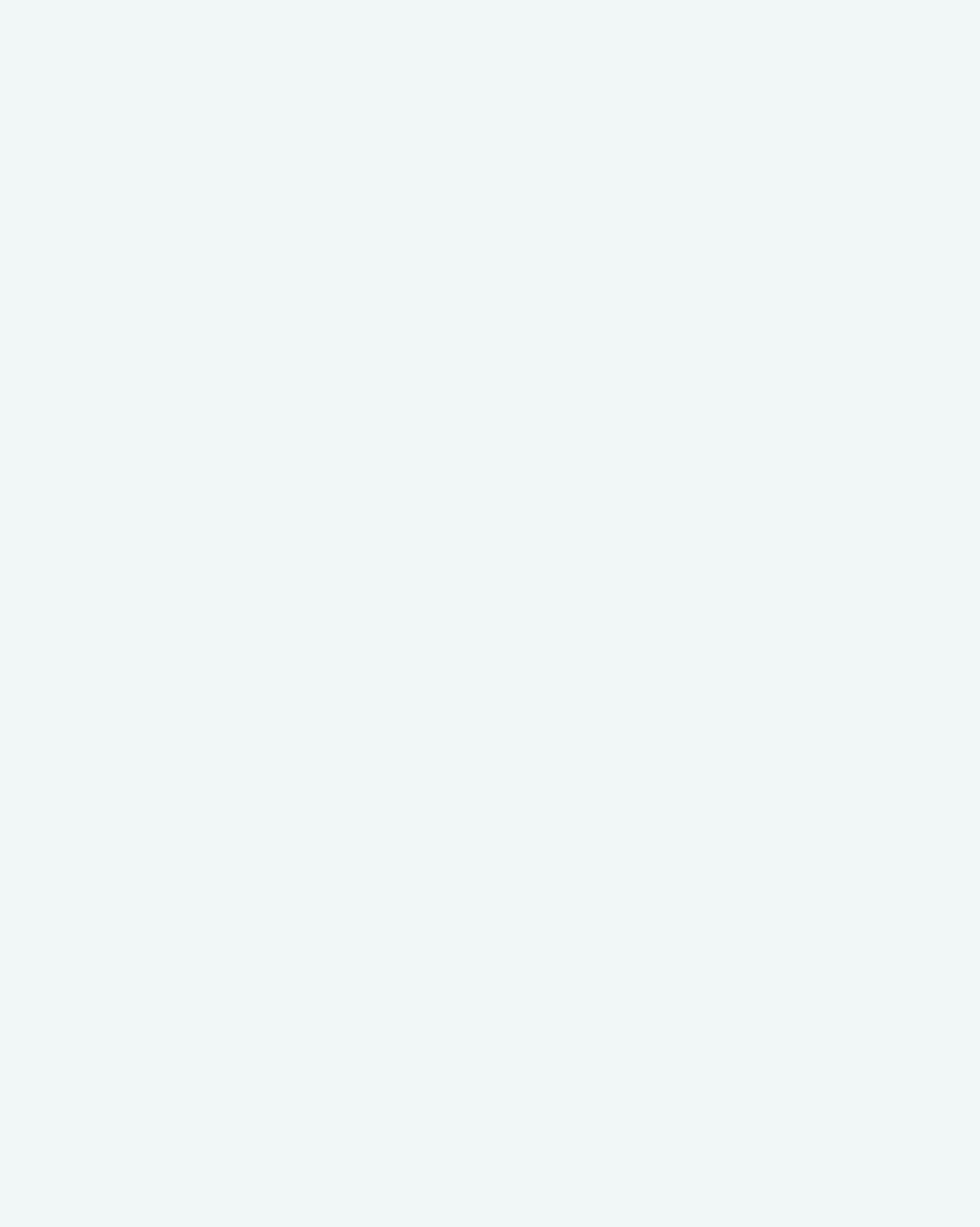
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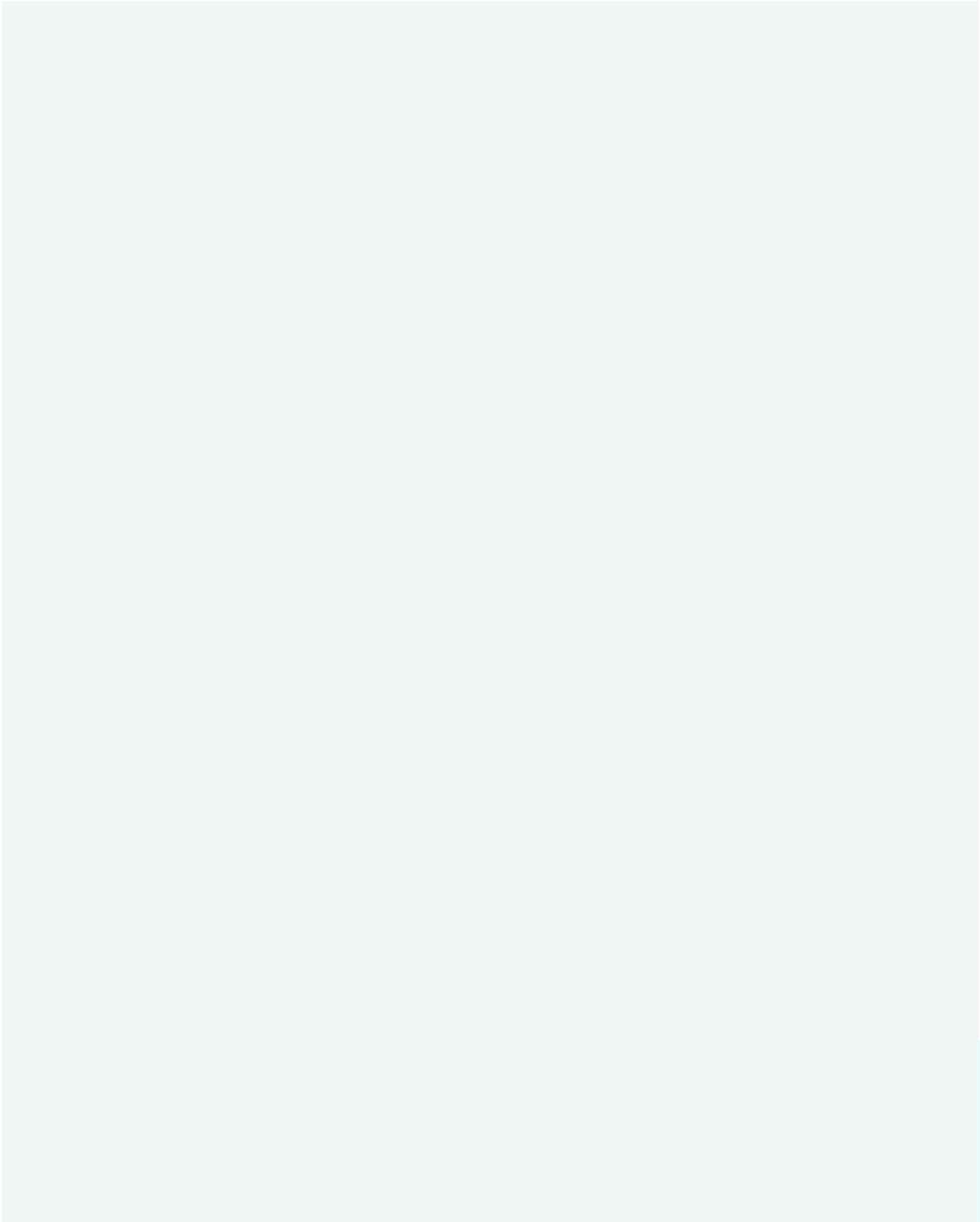
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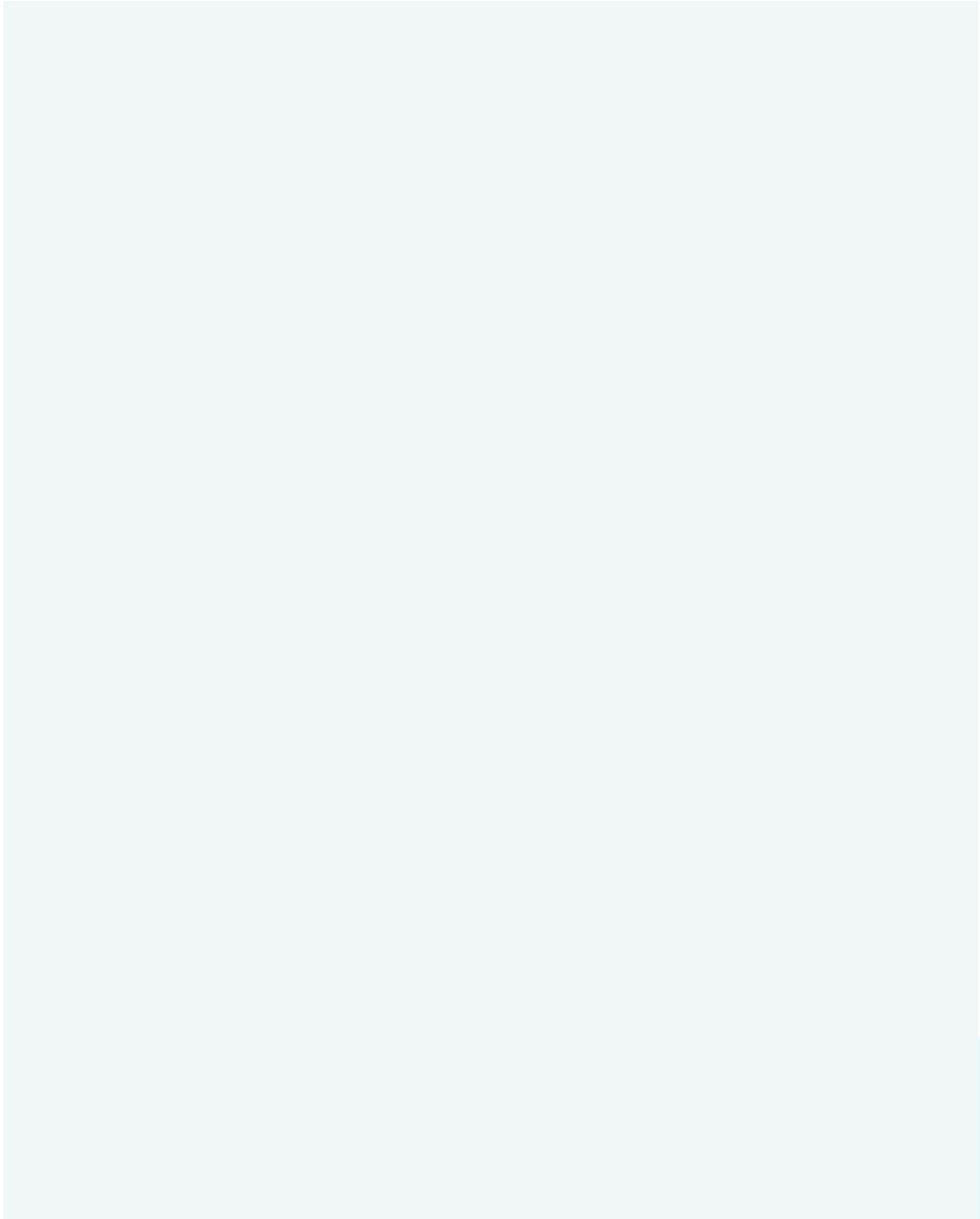
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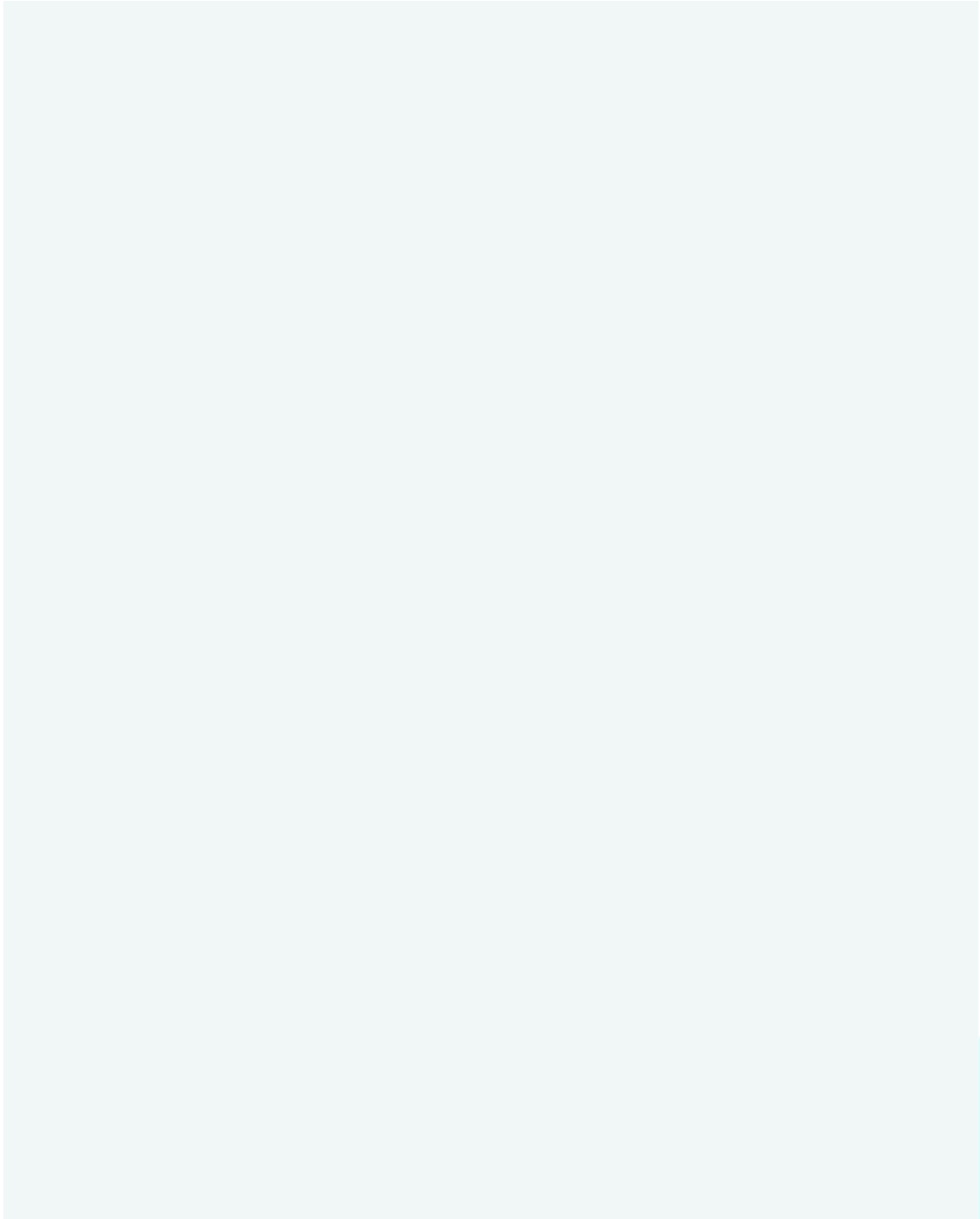
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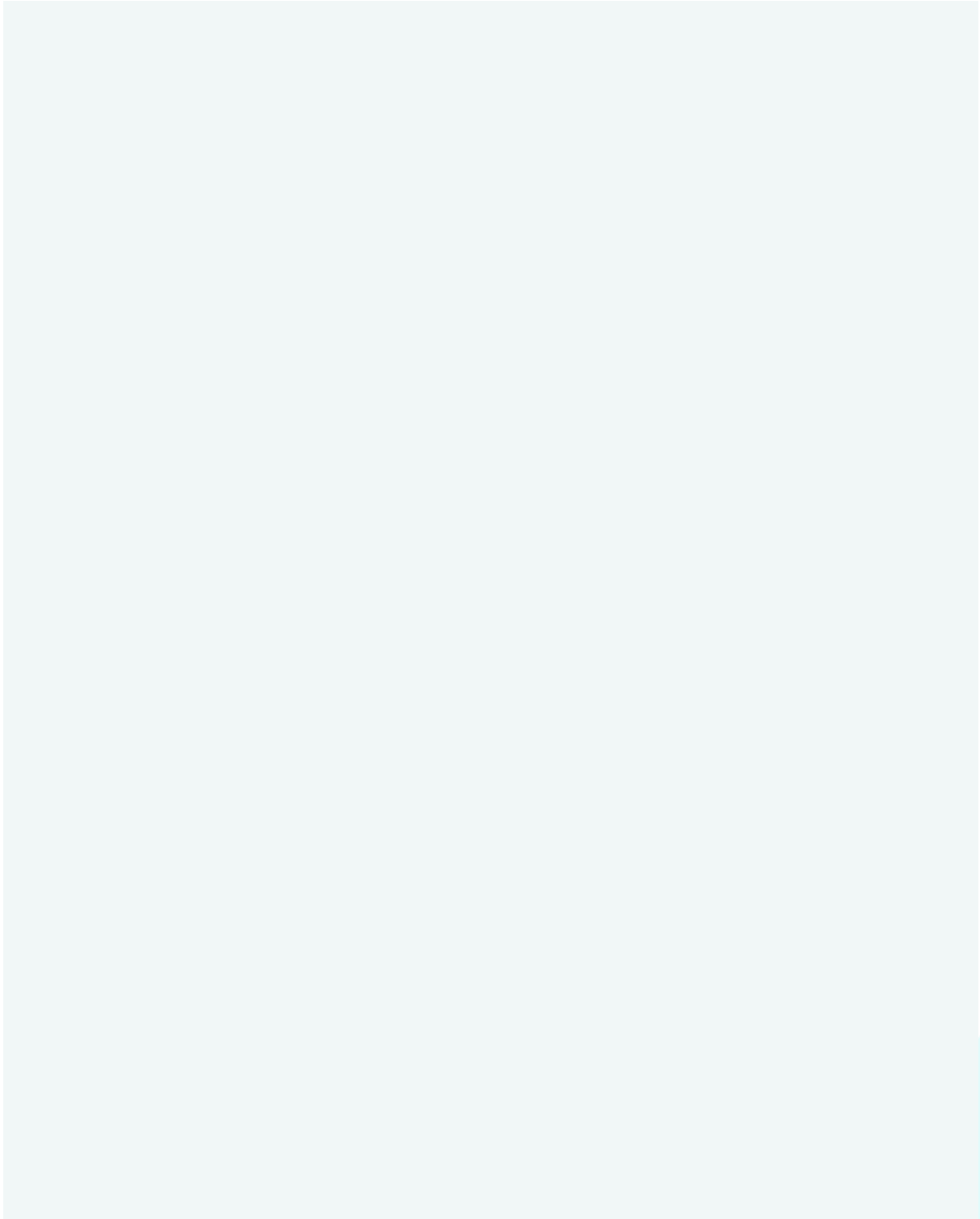
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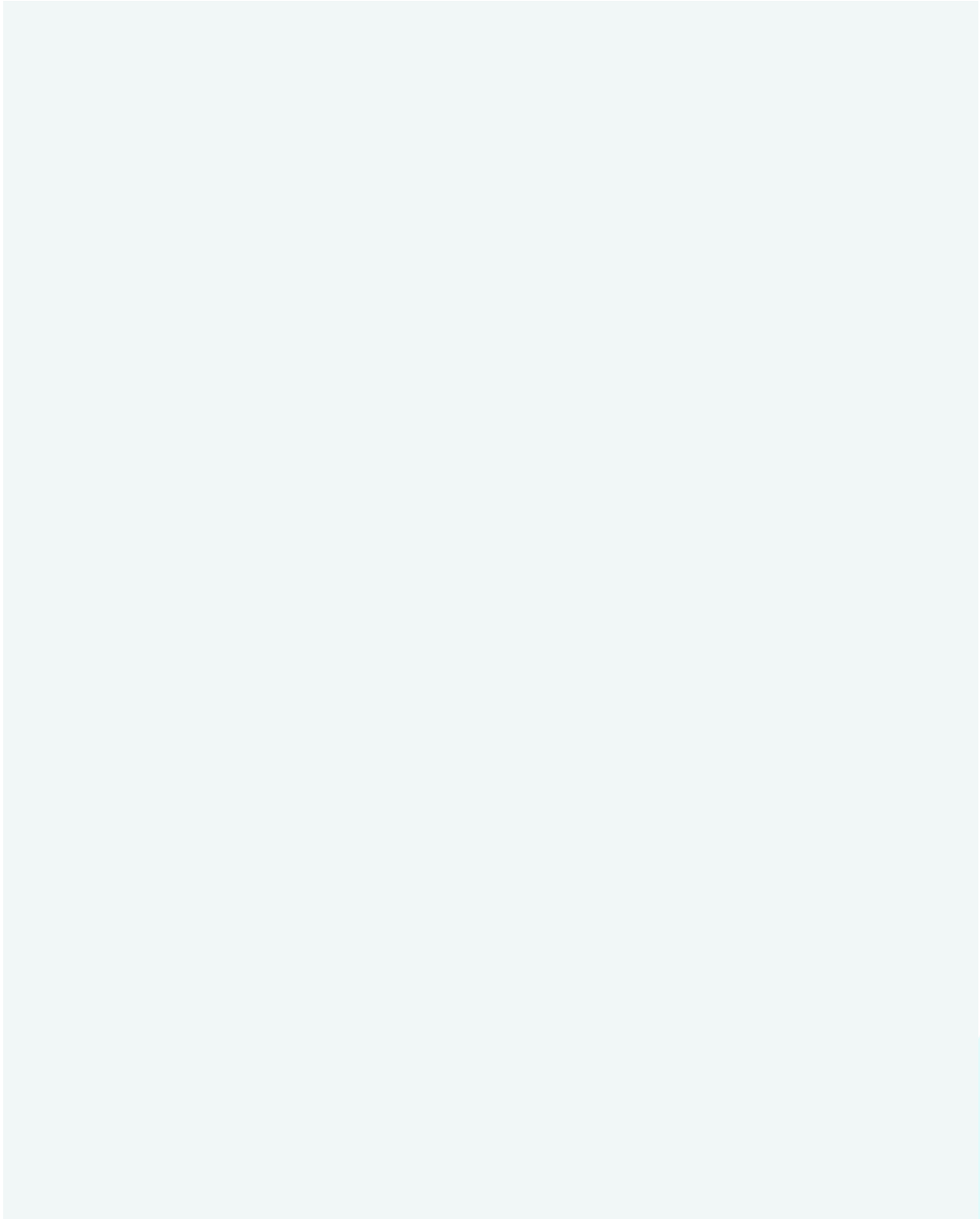


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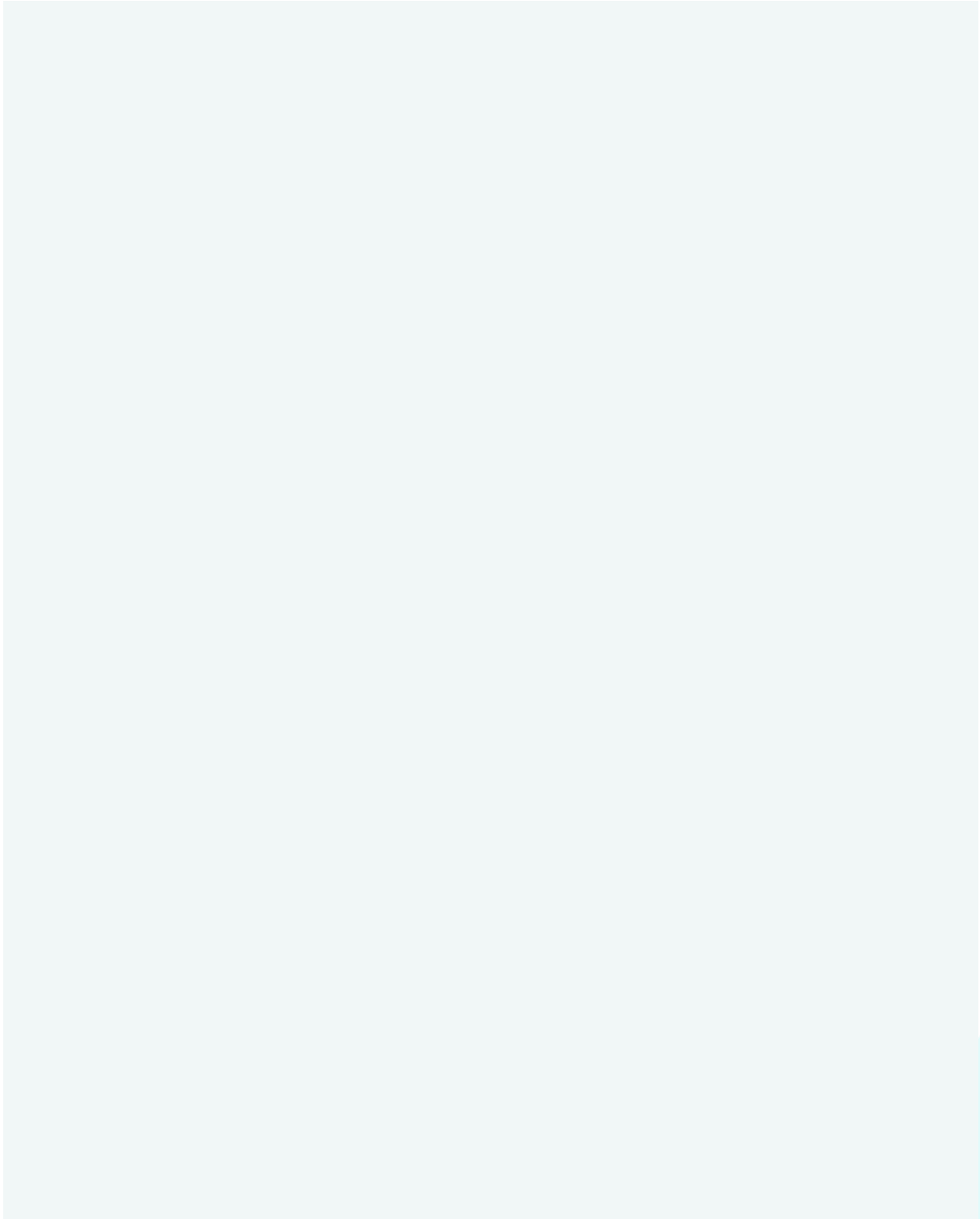
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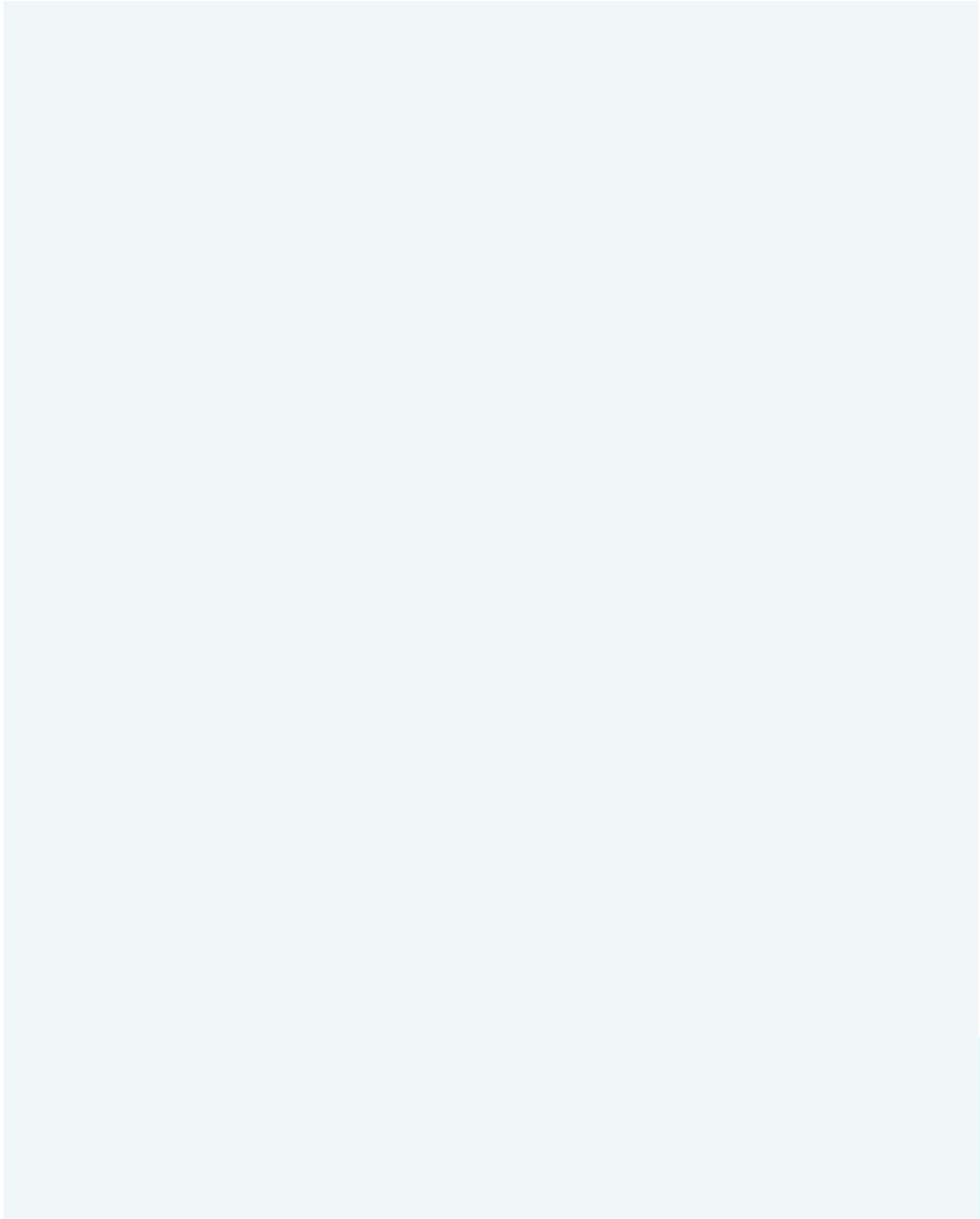
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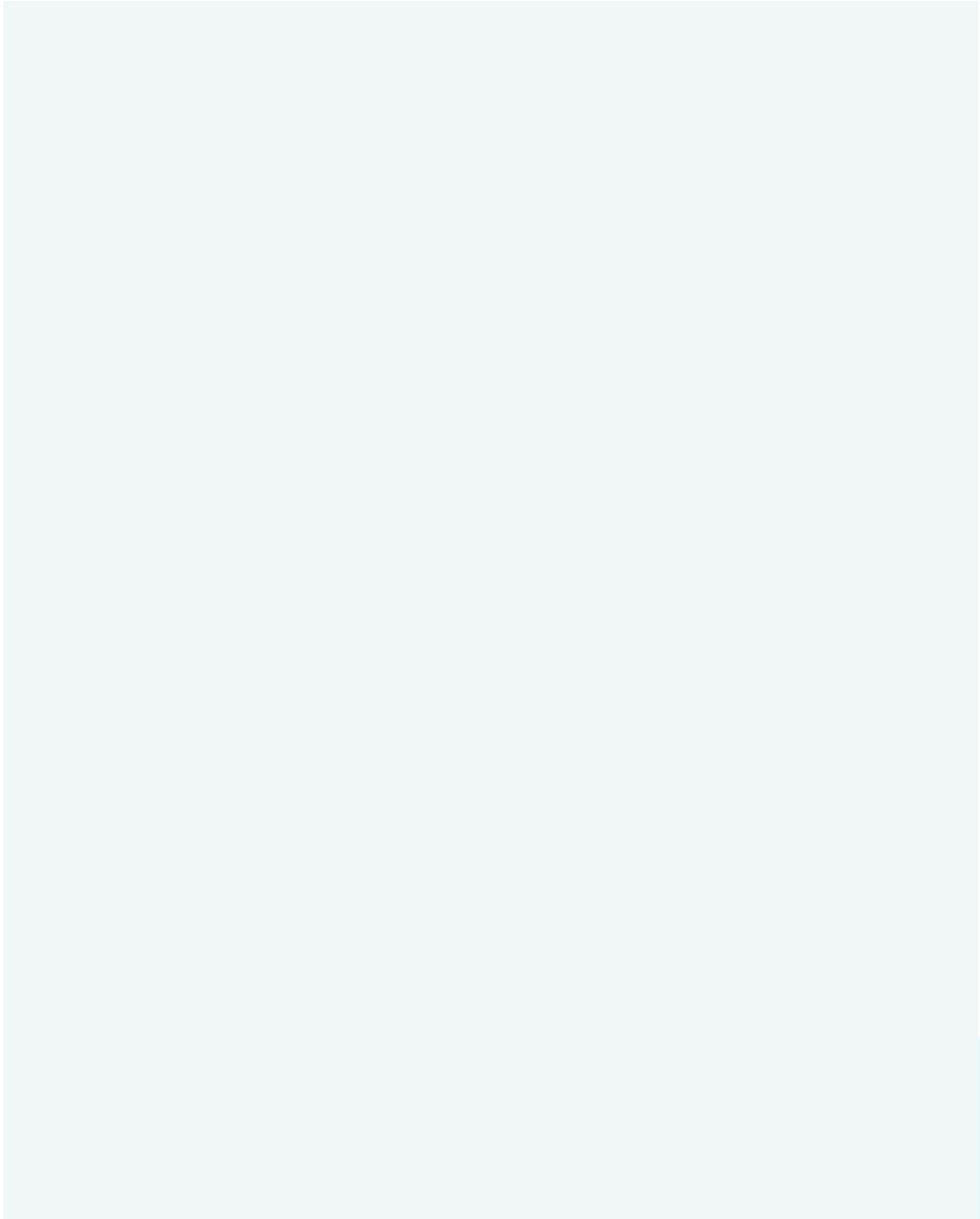
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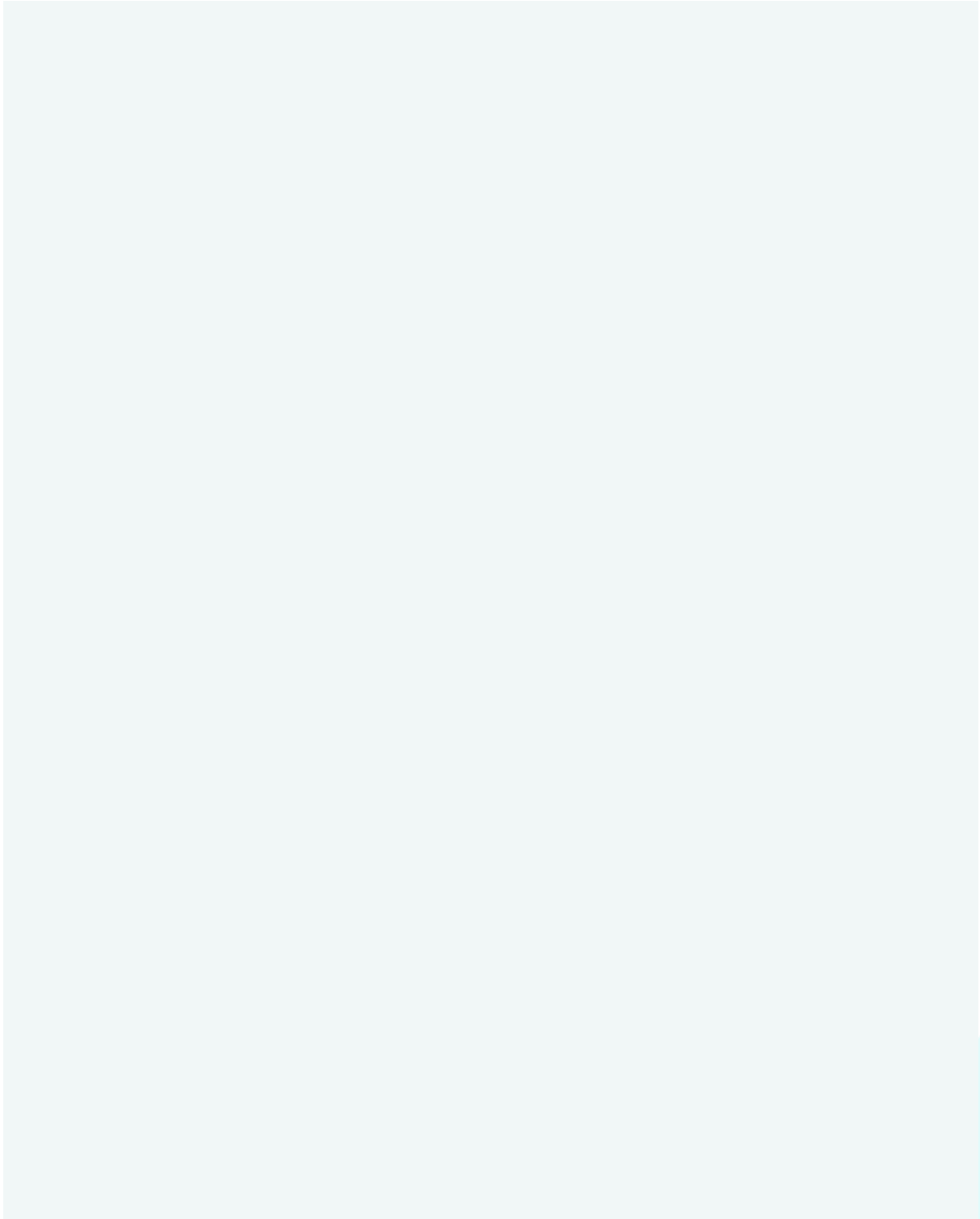
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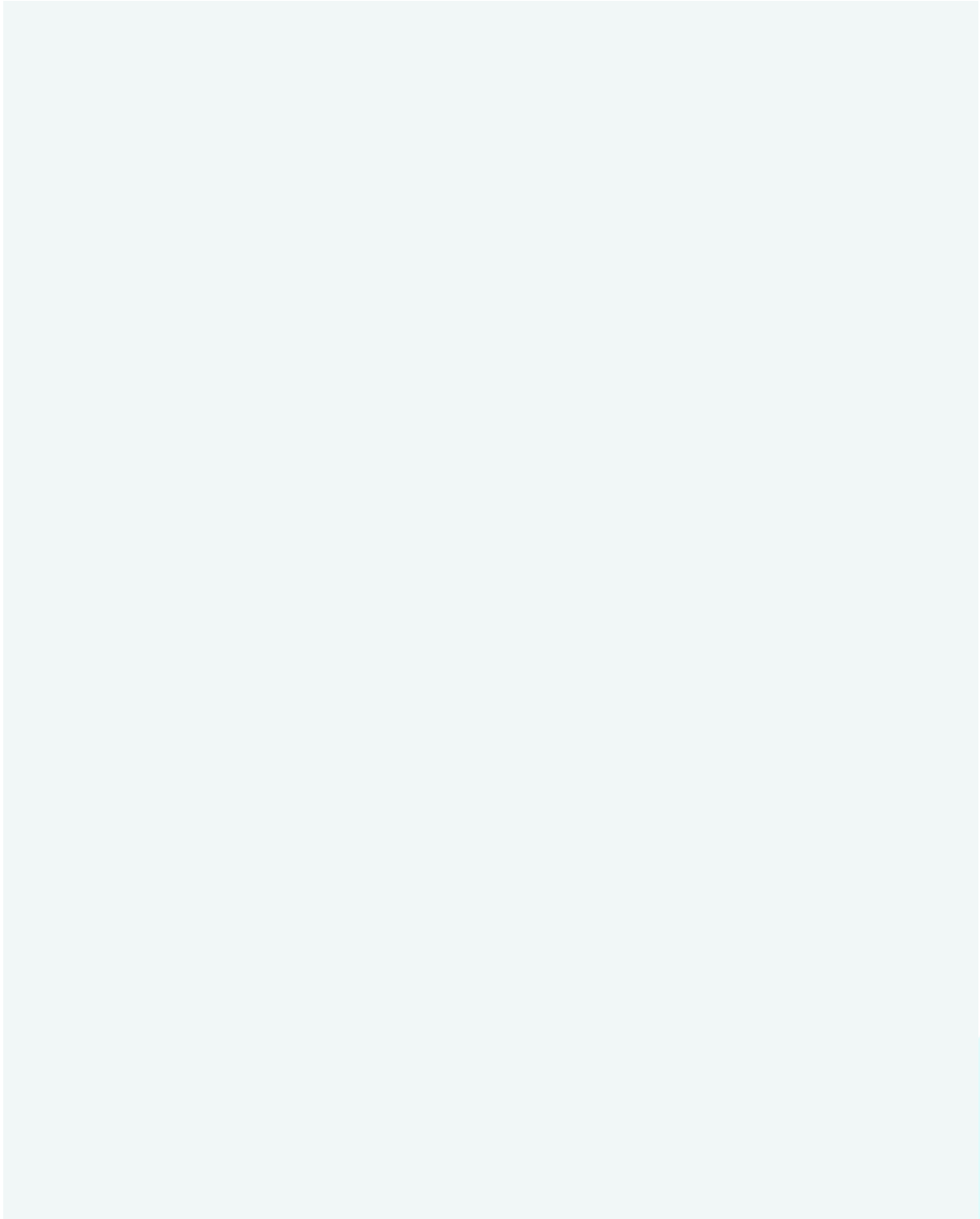
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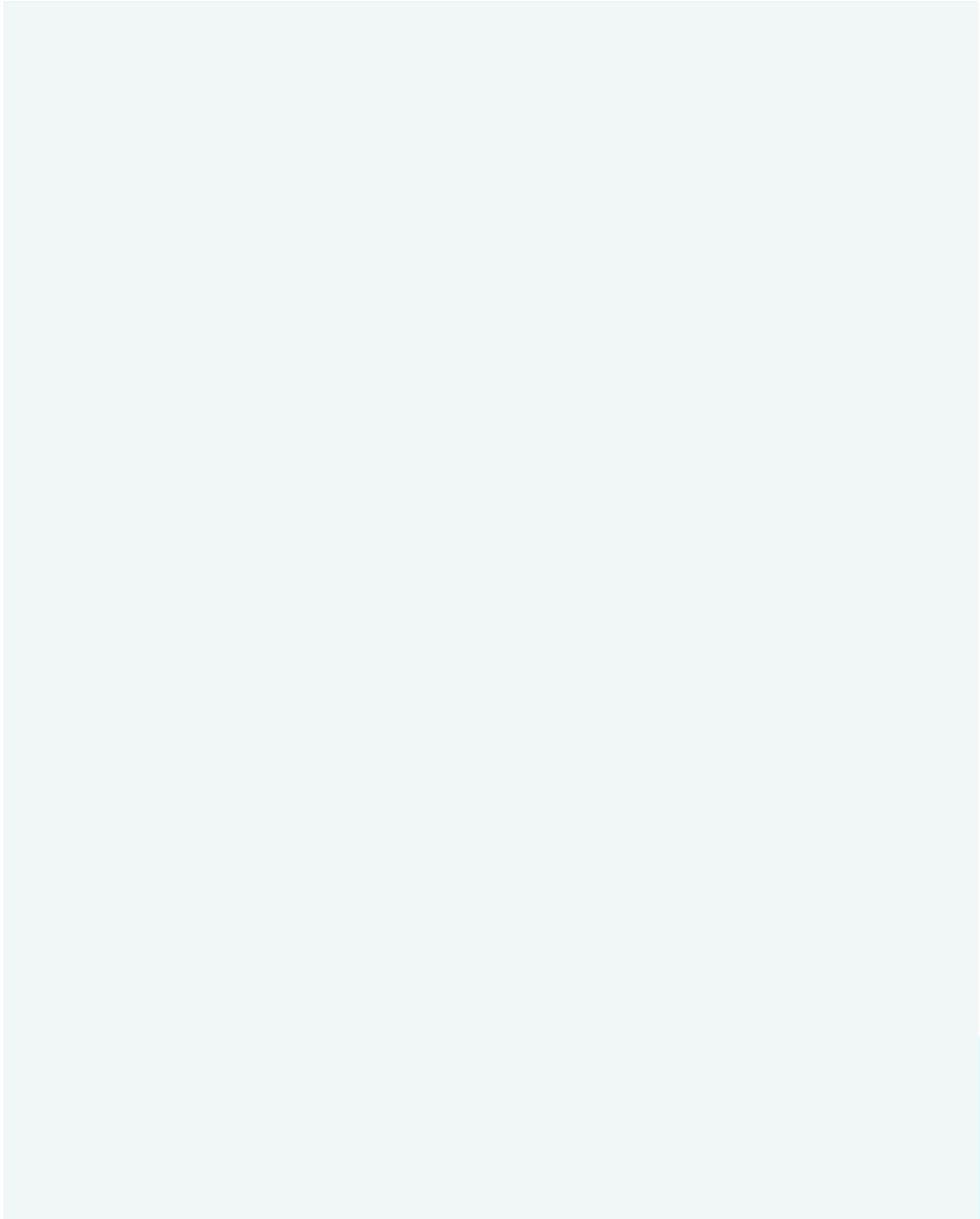
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JUNE



Bunker Beach towards Gibraltar

**ONE LIFE
JOURNAL**

June

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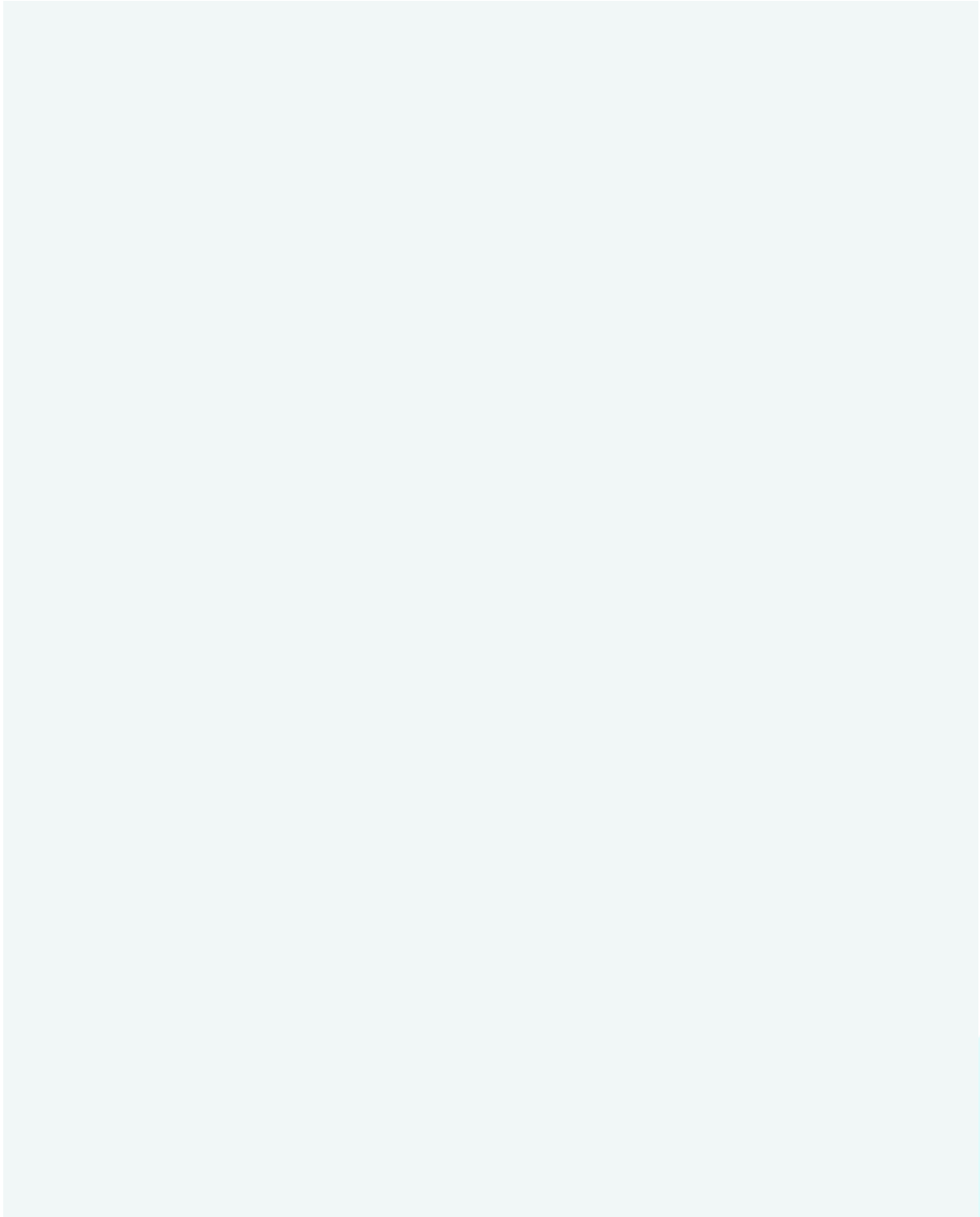


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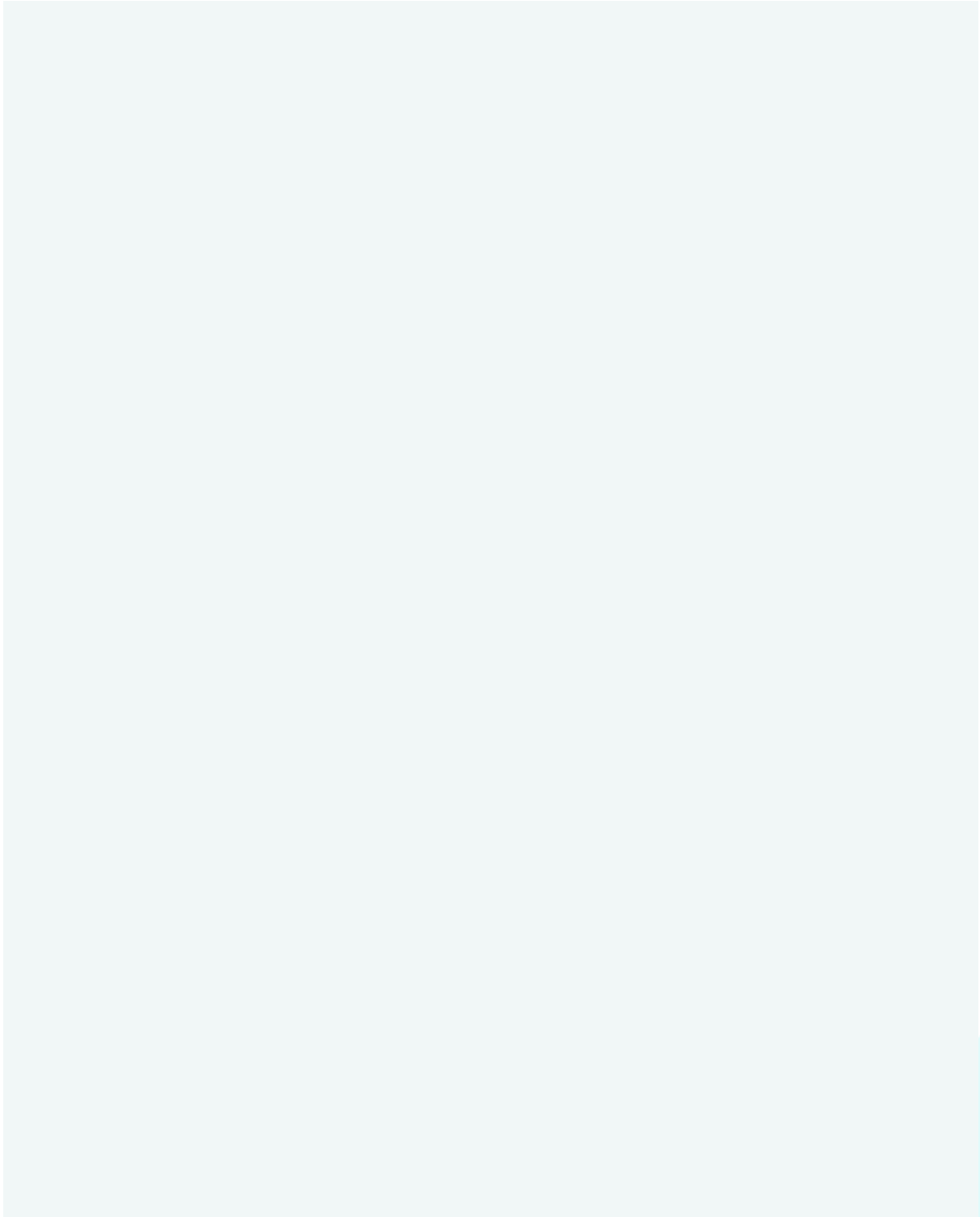


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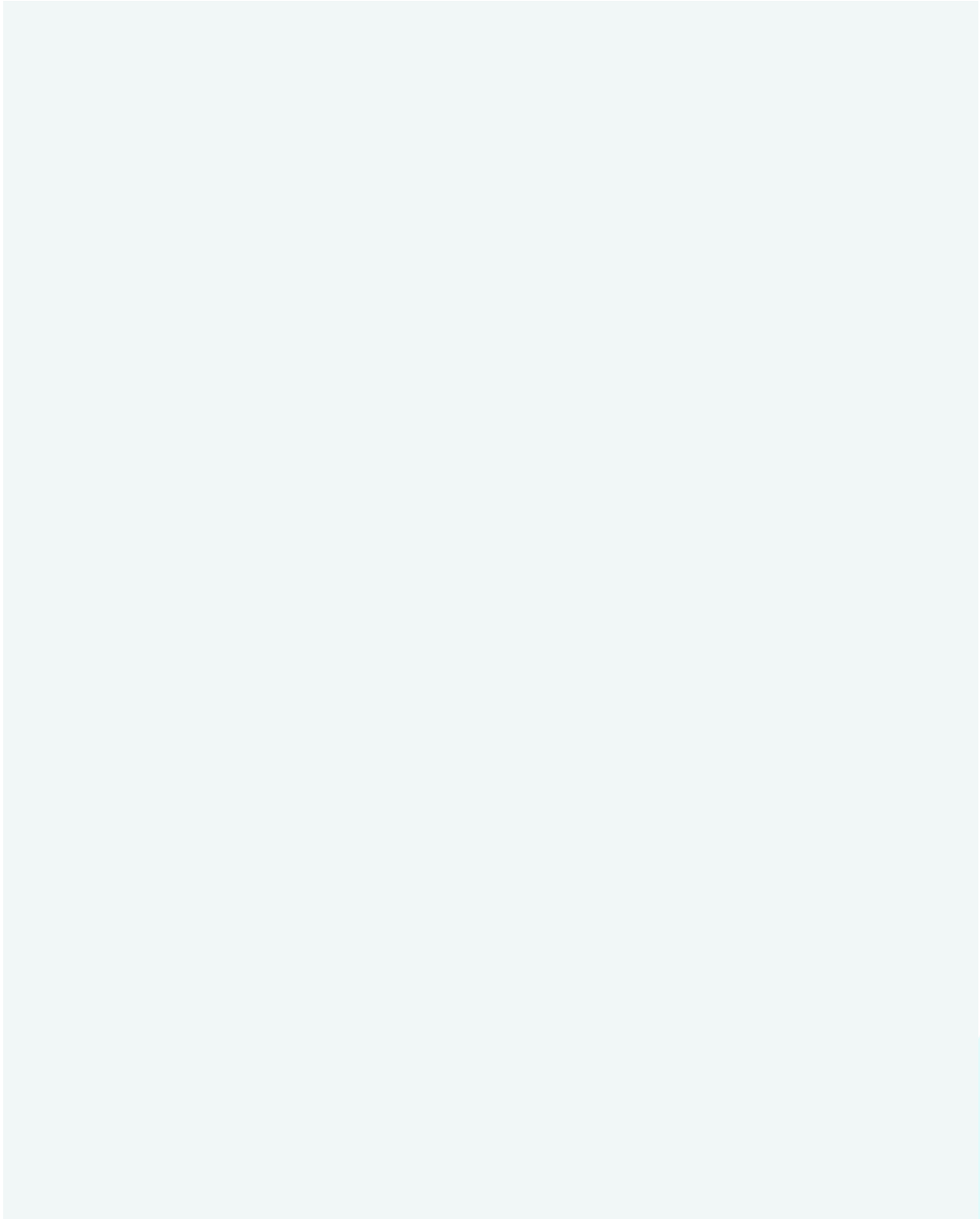


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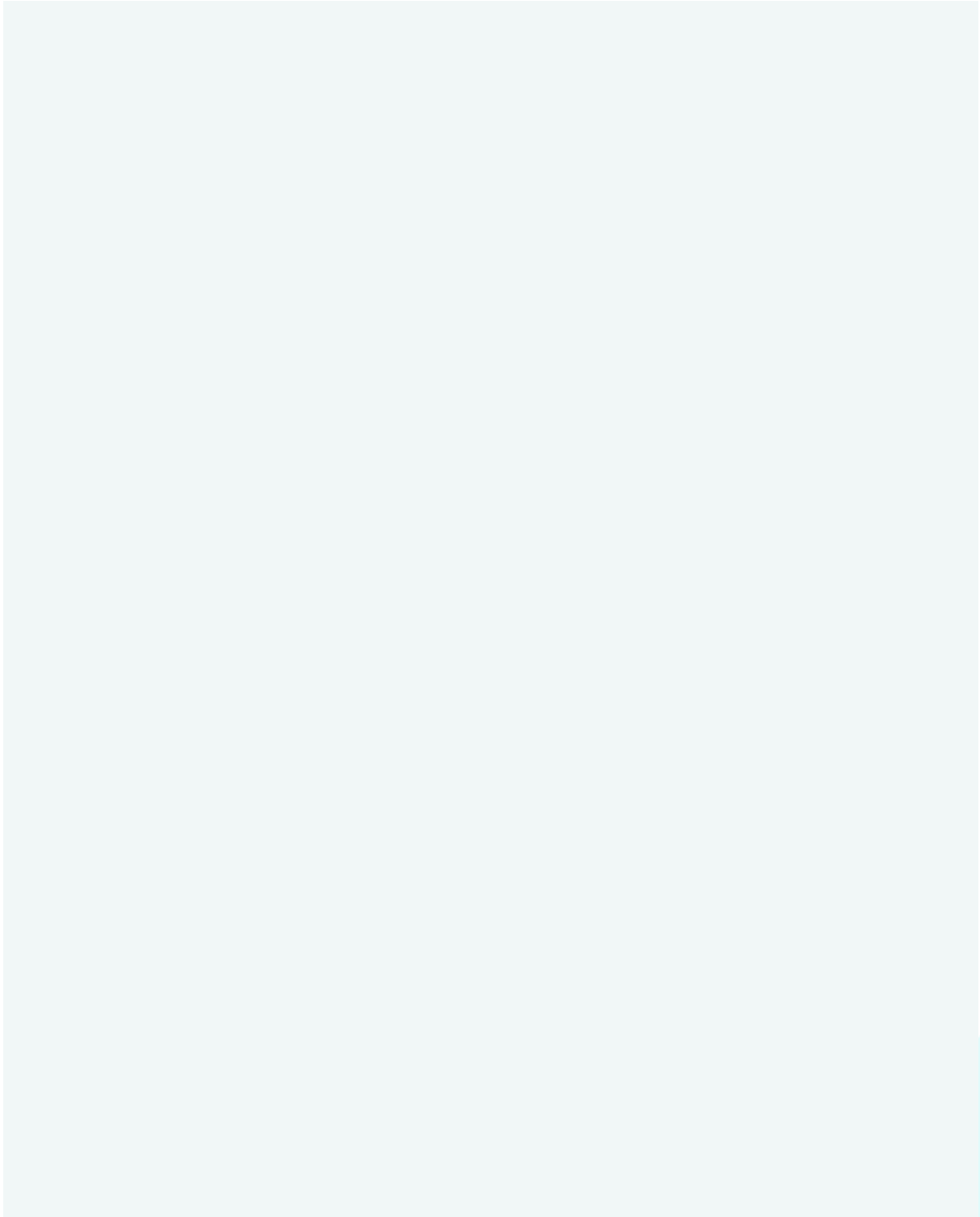


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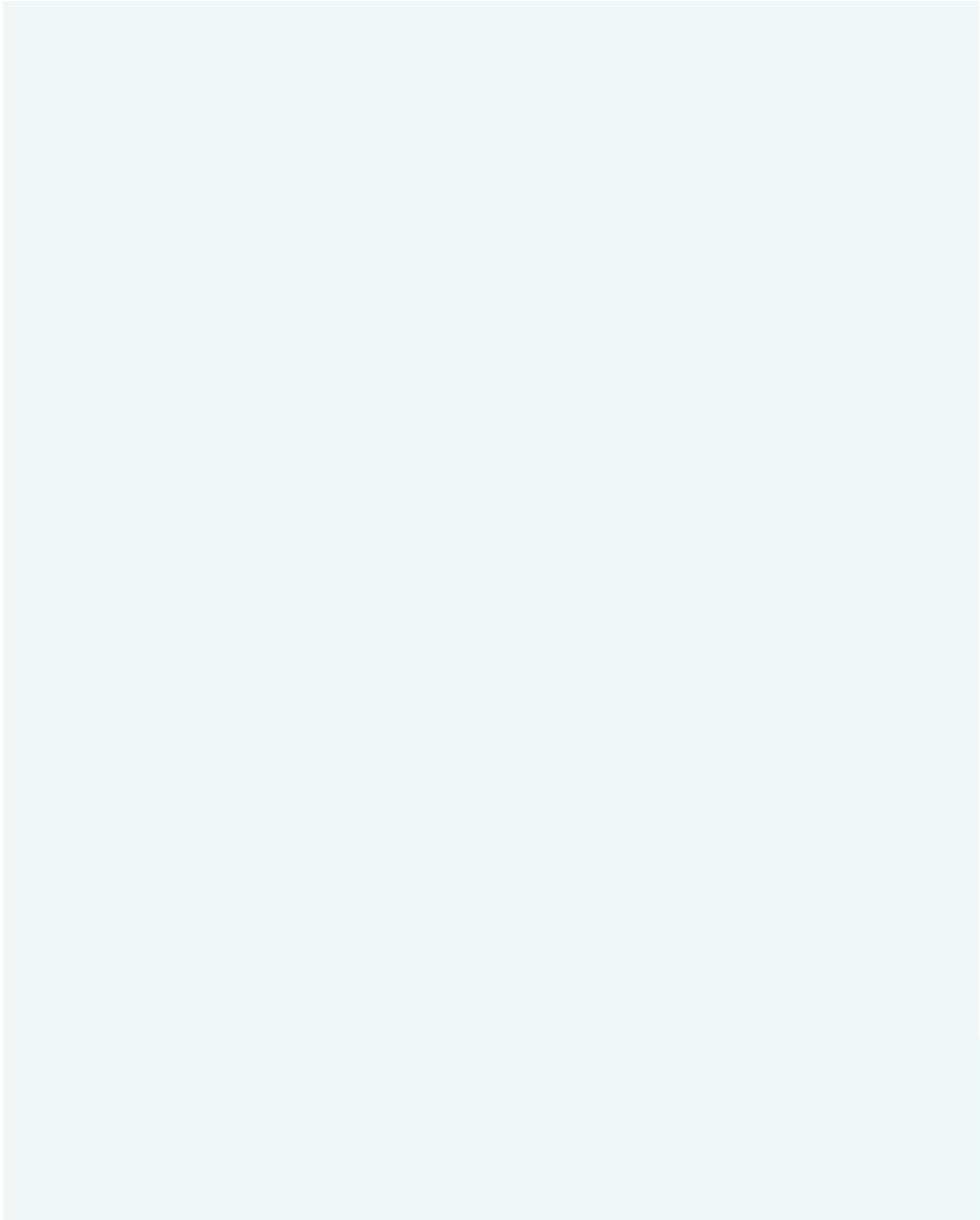


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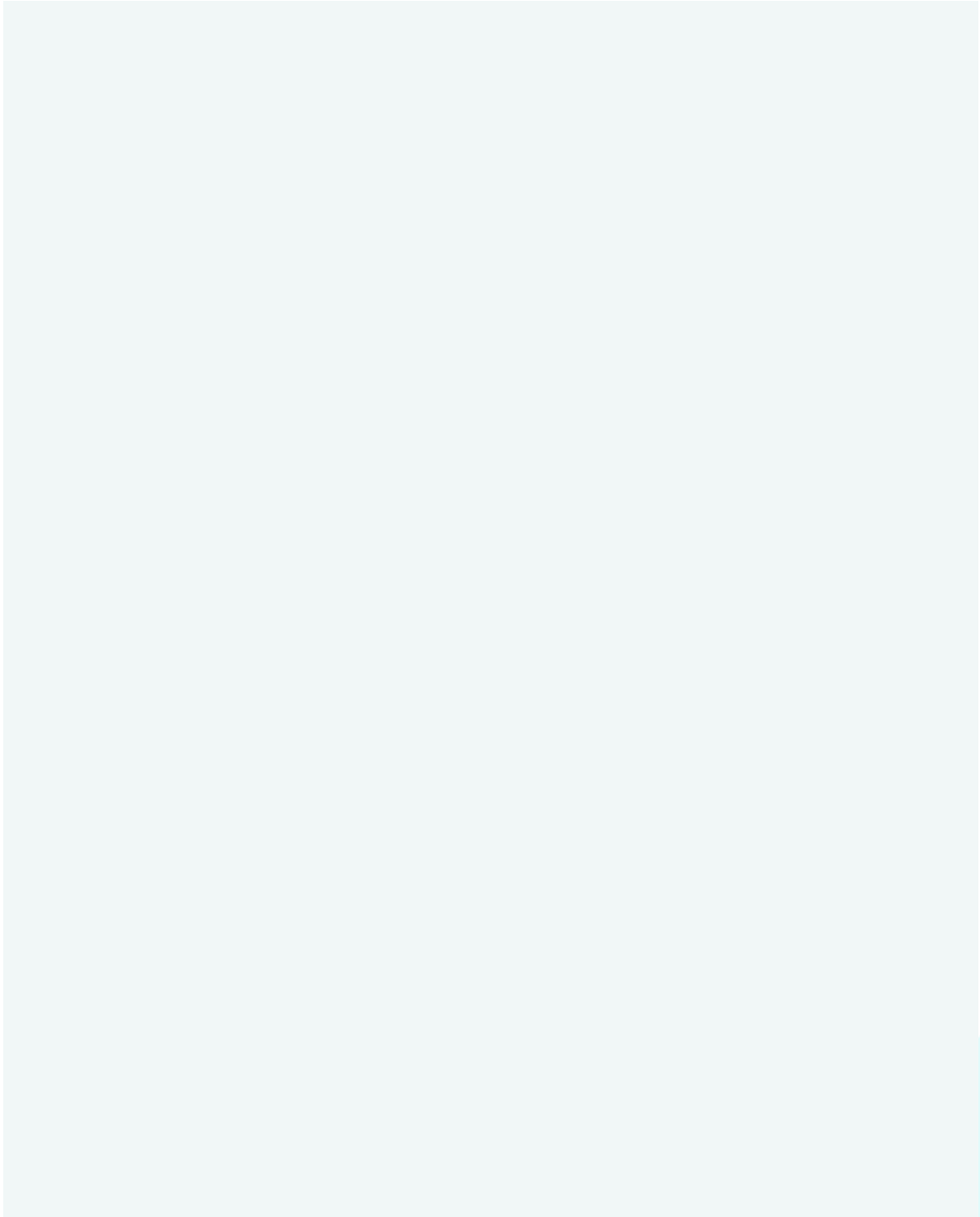


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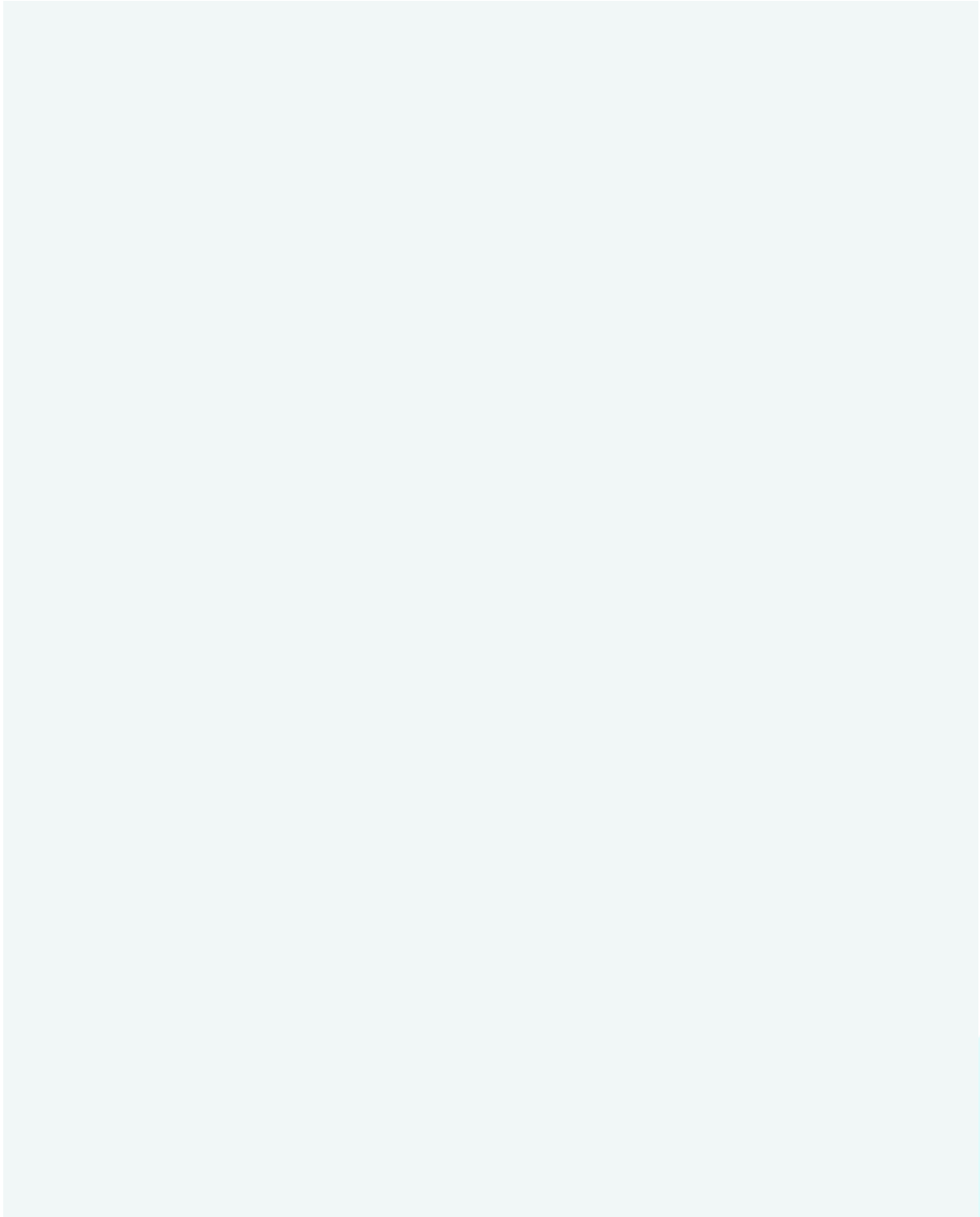


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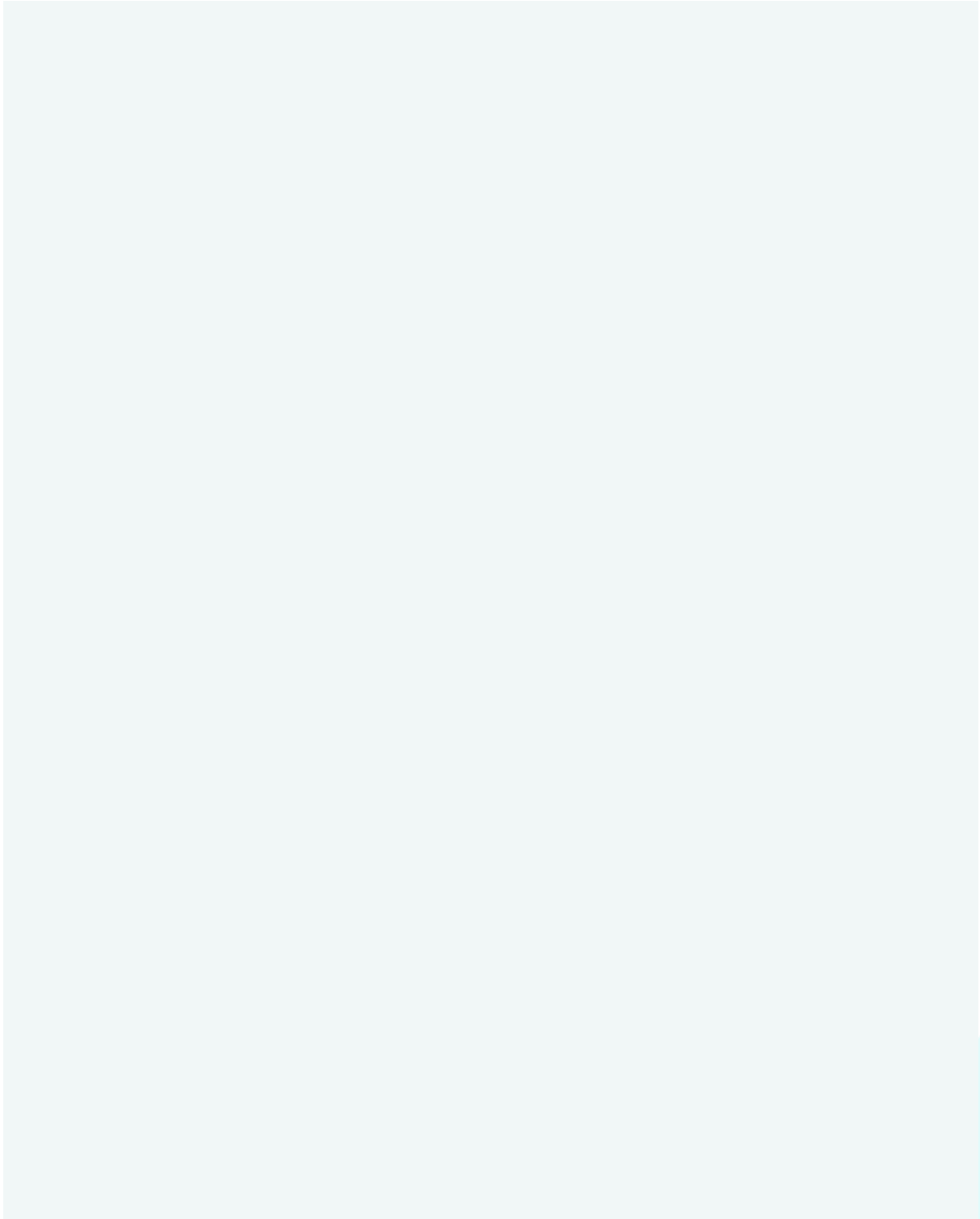
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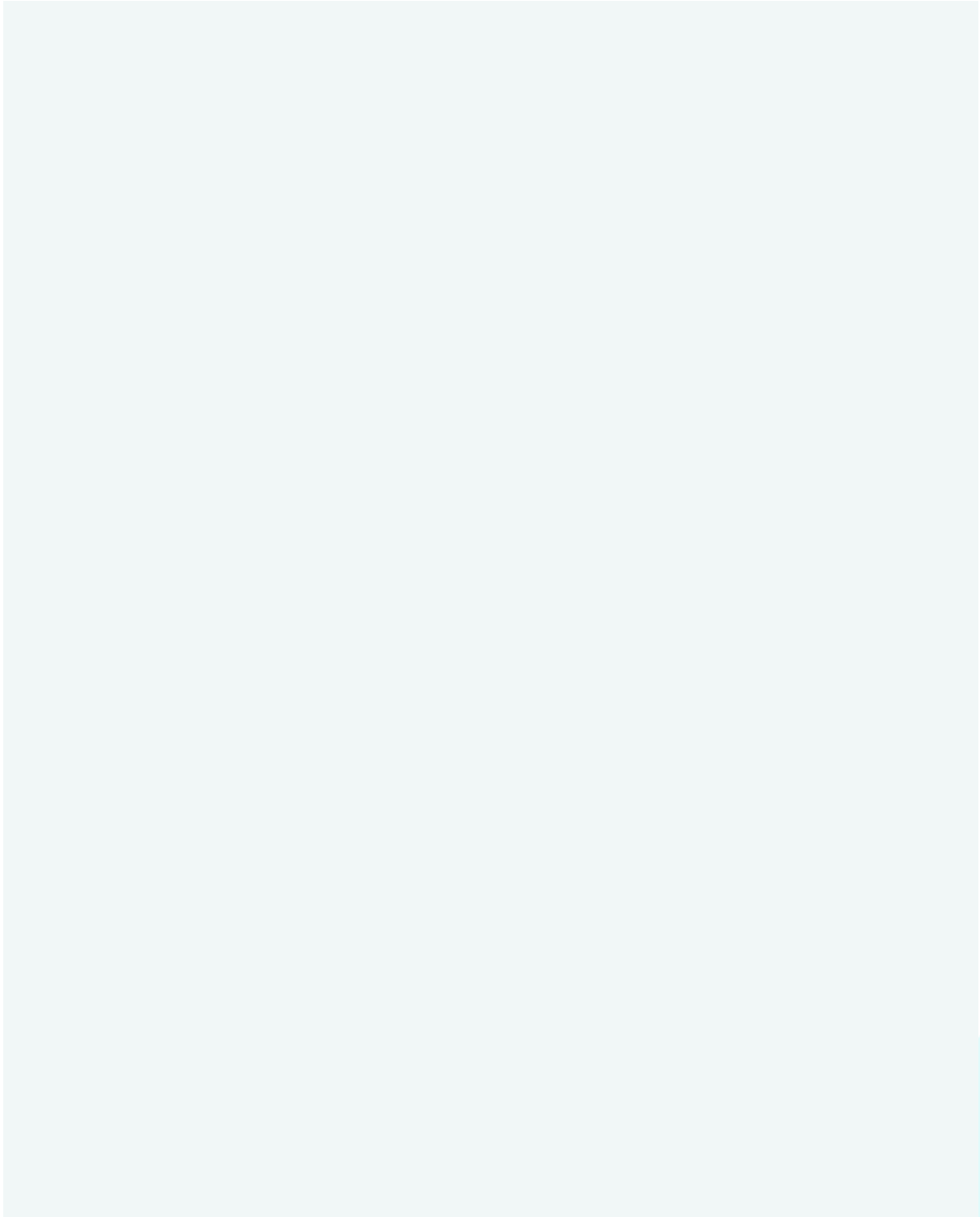


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14

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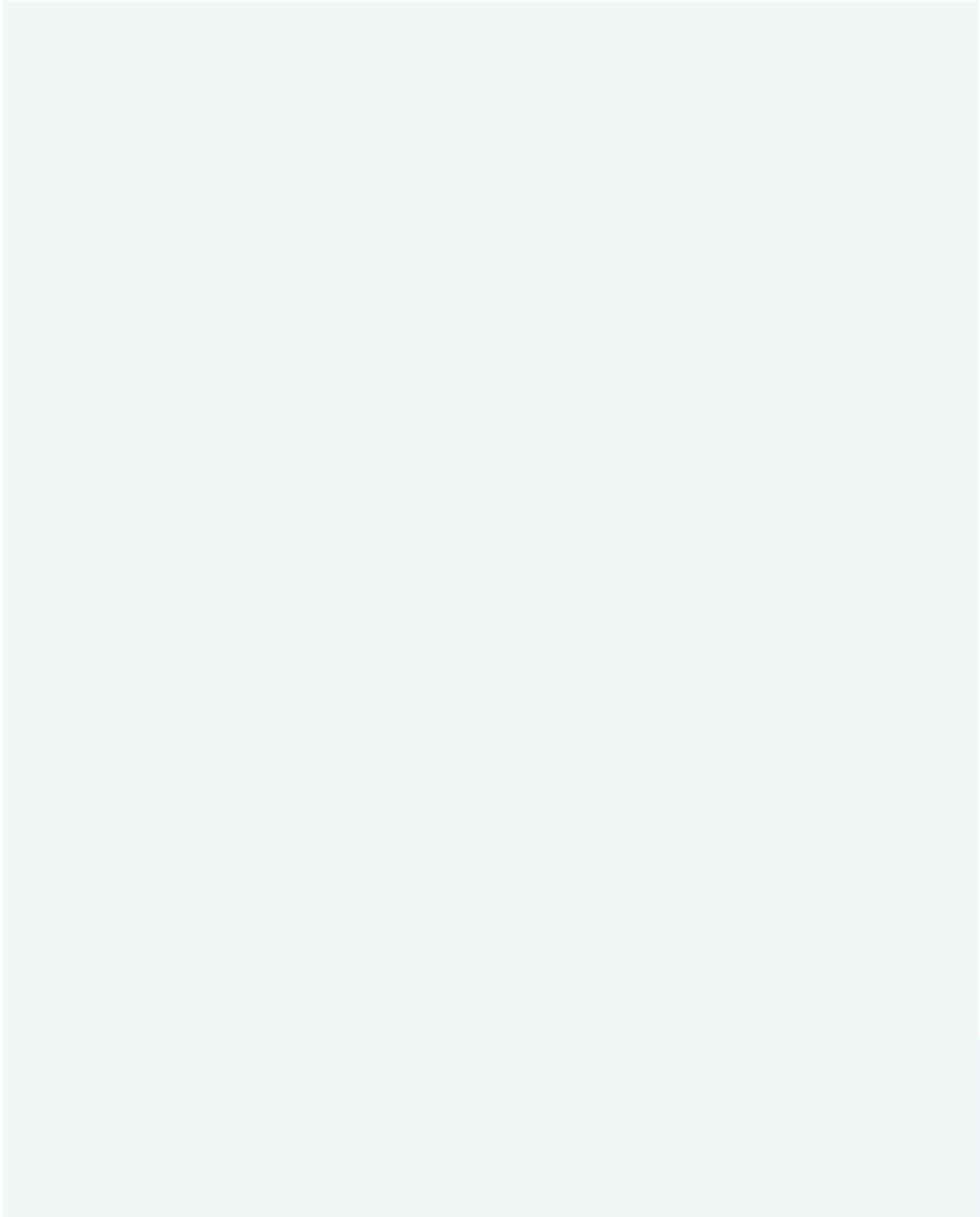
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June 15

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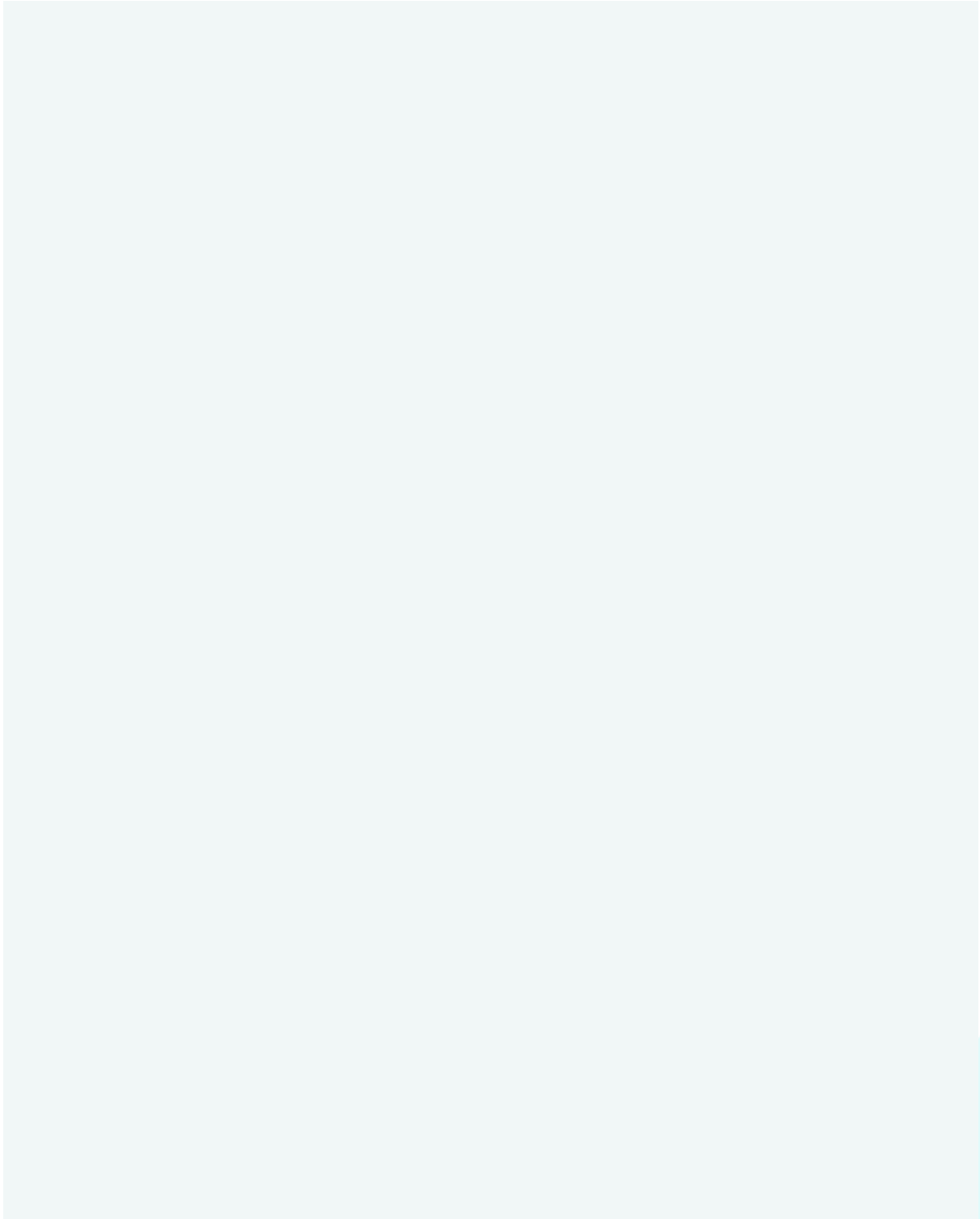
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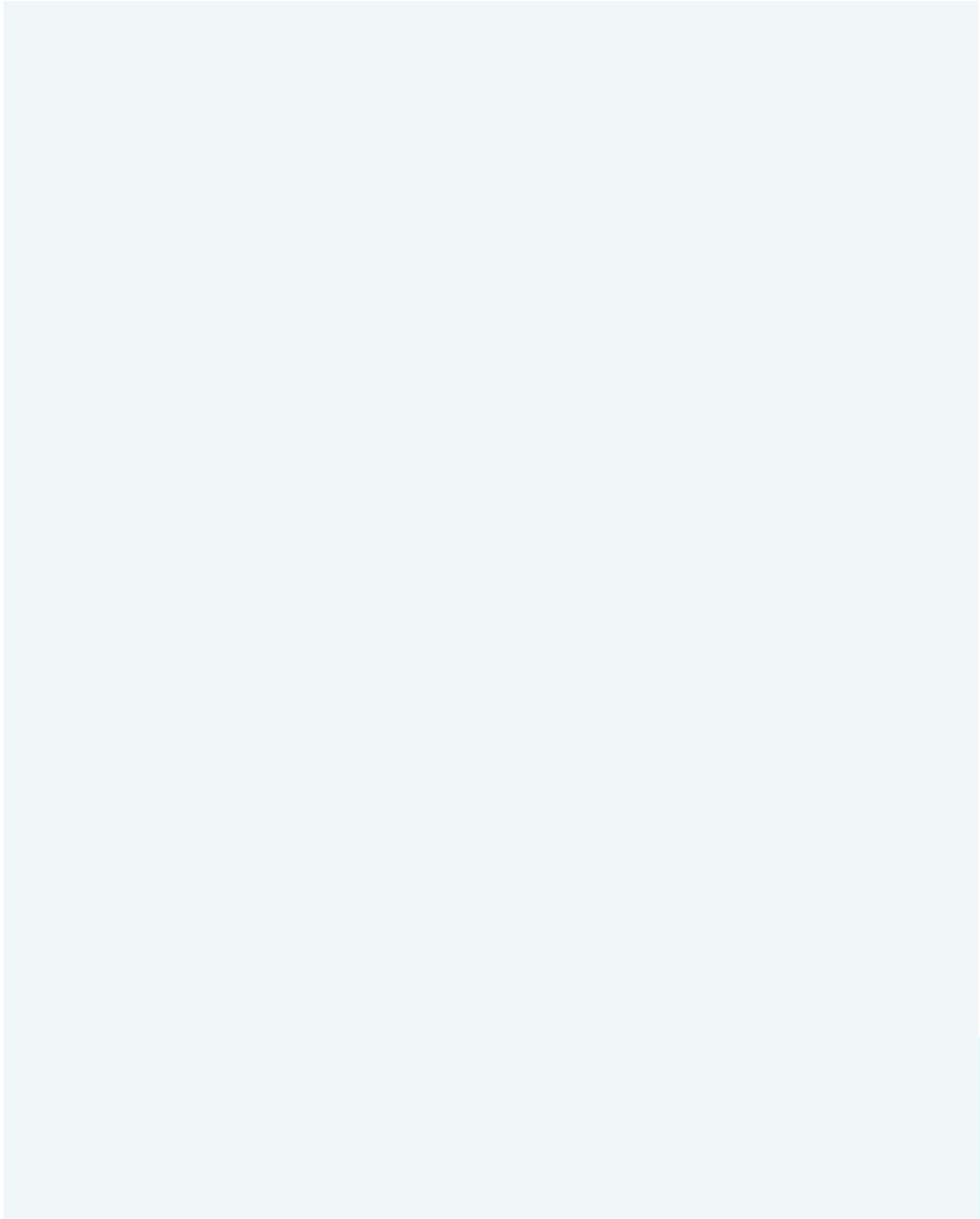
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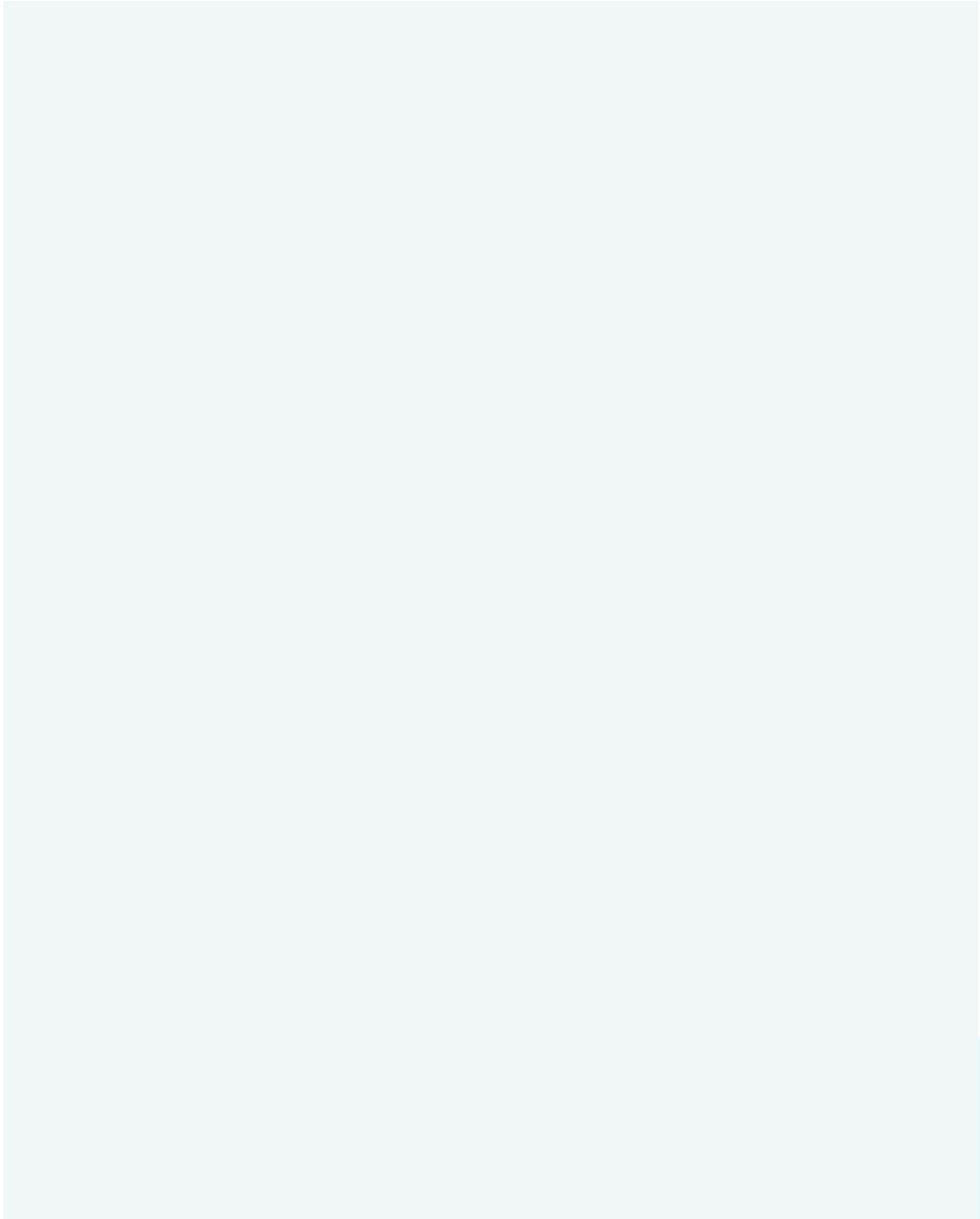
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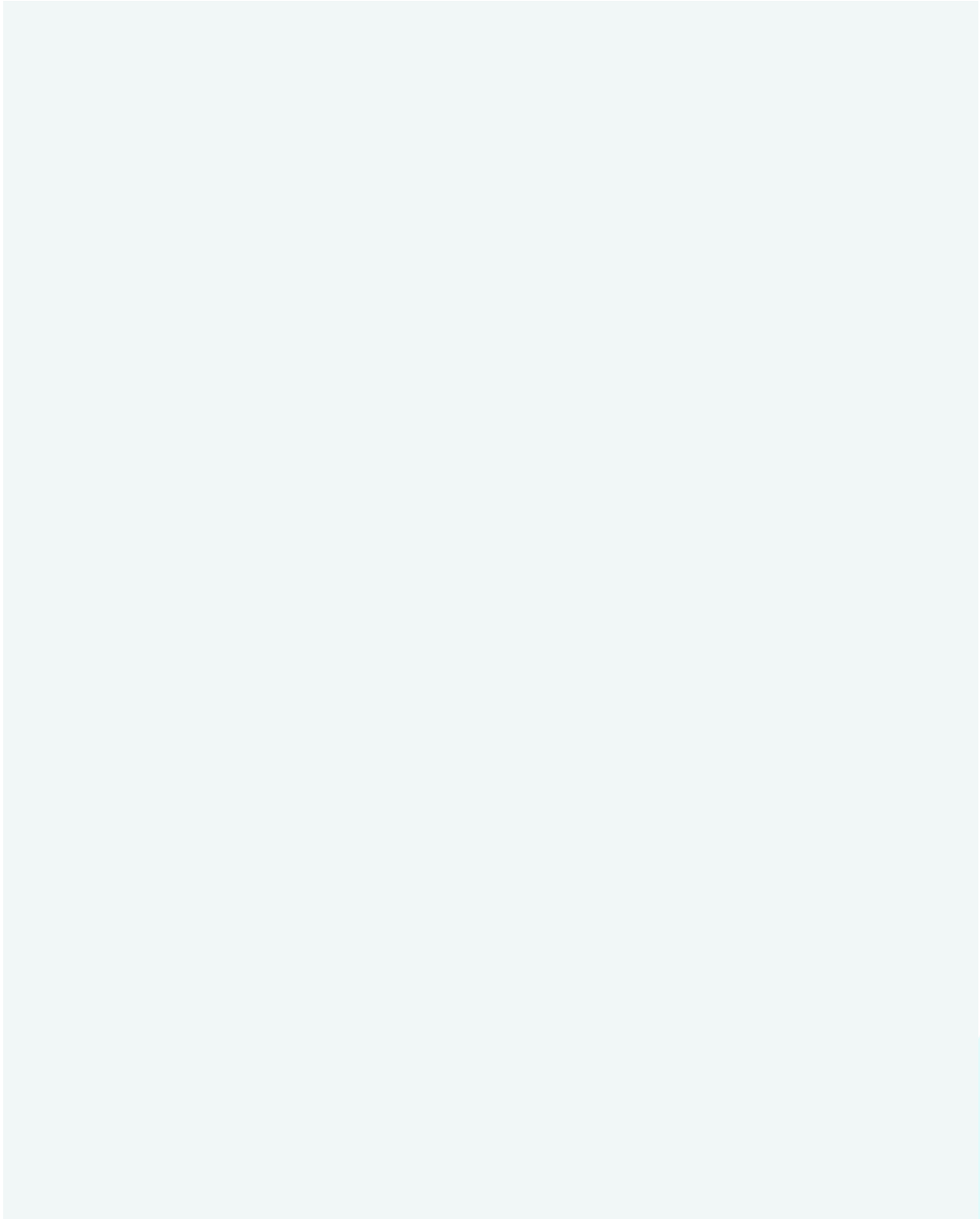


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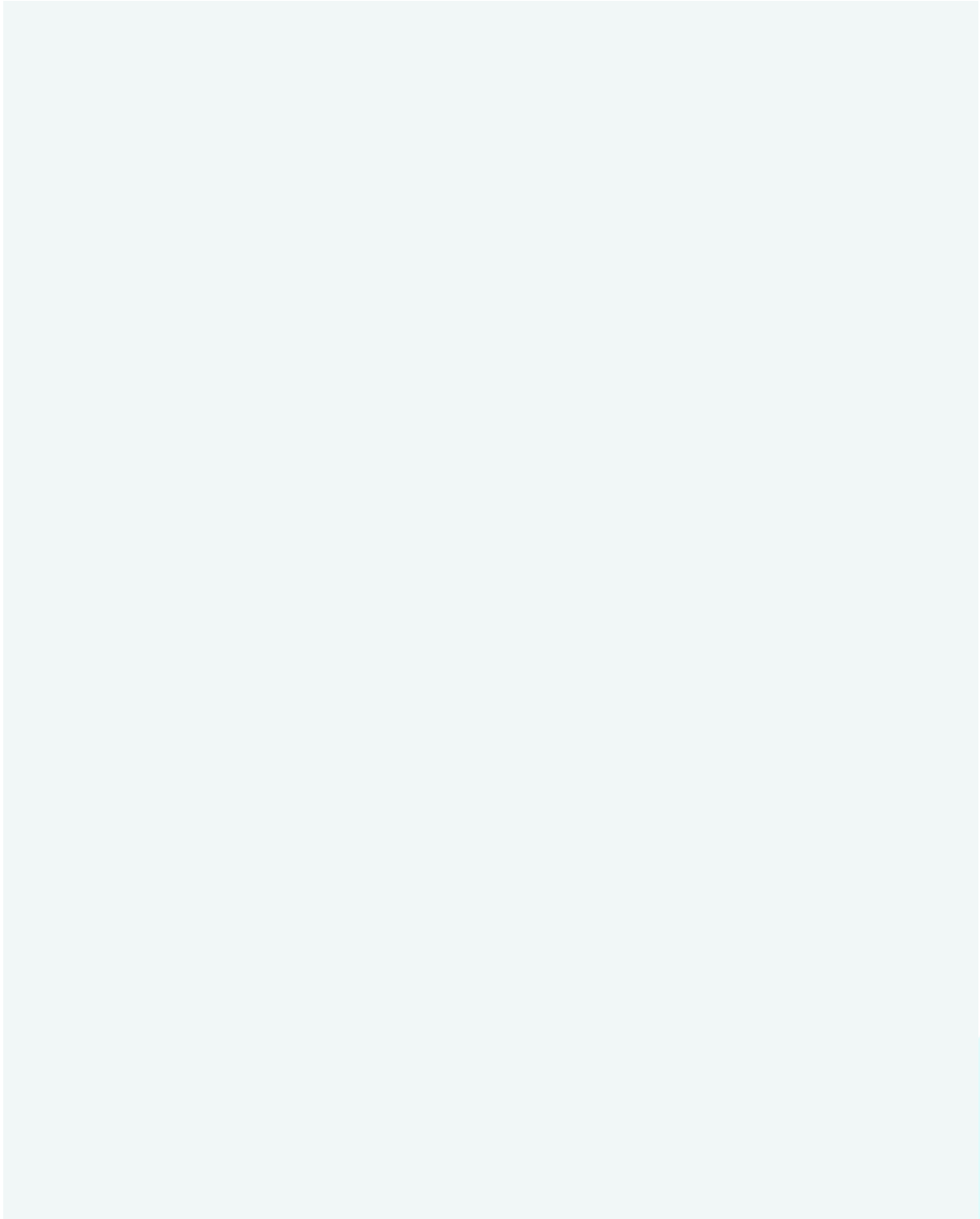
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JULY



Santa María Polo Ground, Sotogrande

**ONE LIFE
JOURNAL**

July

1

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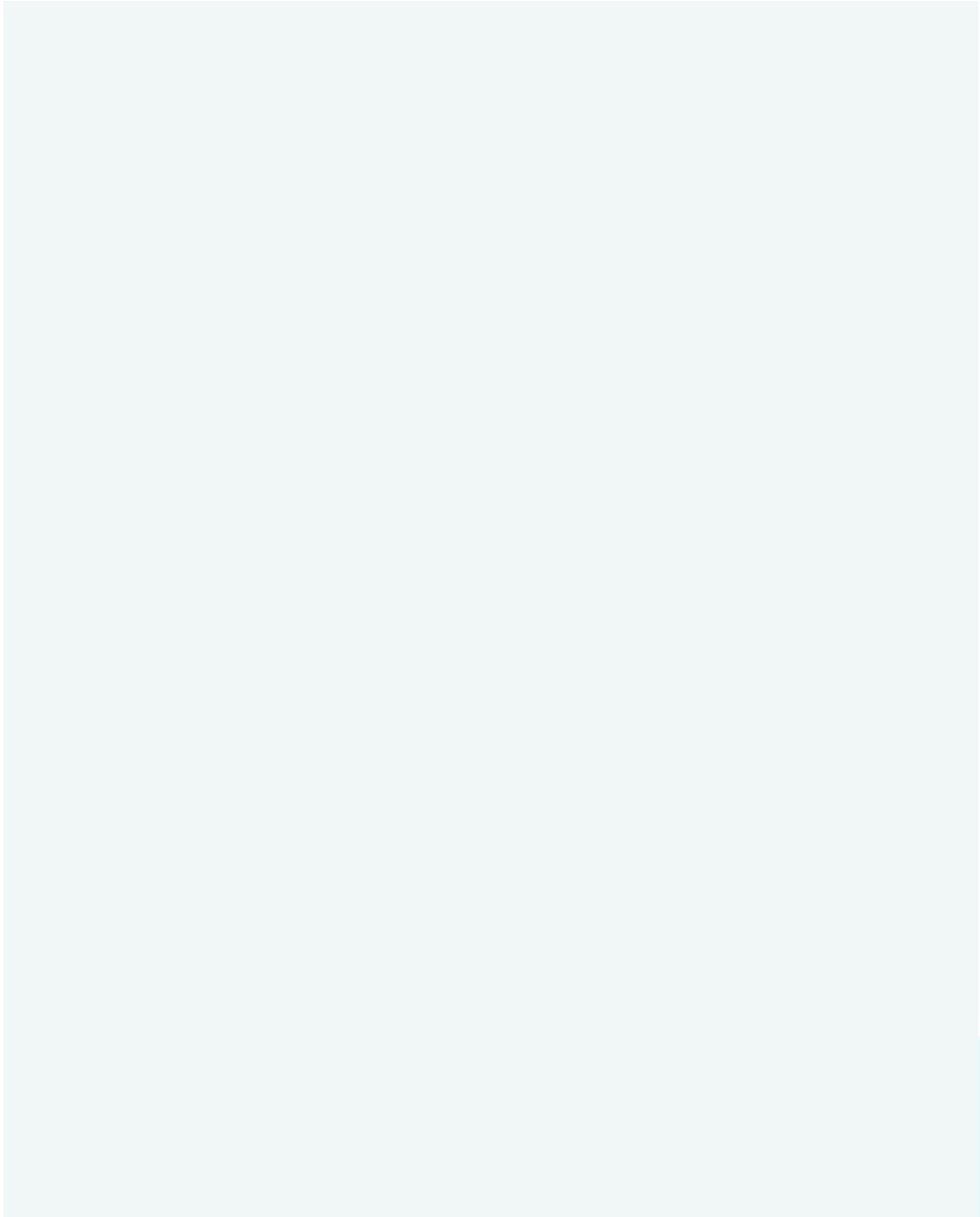


July

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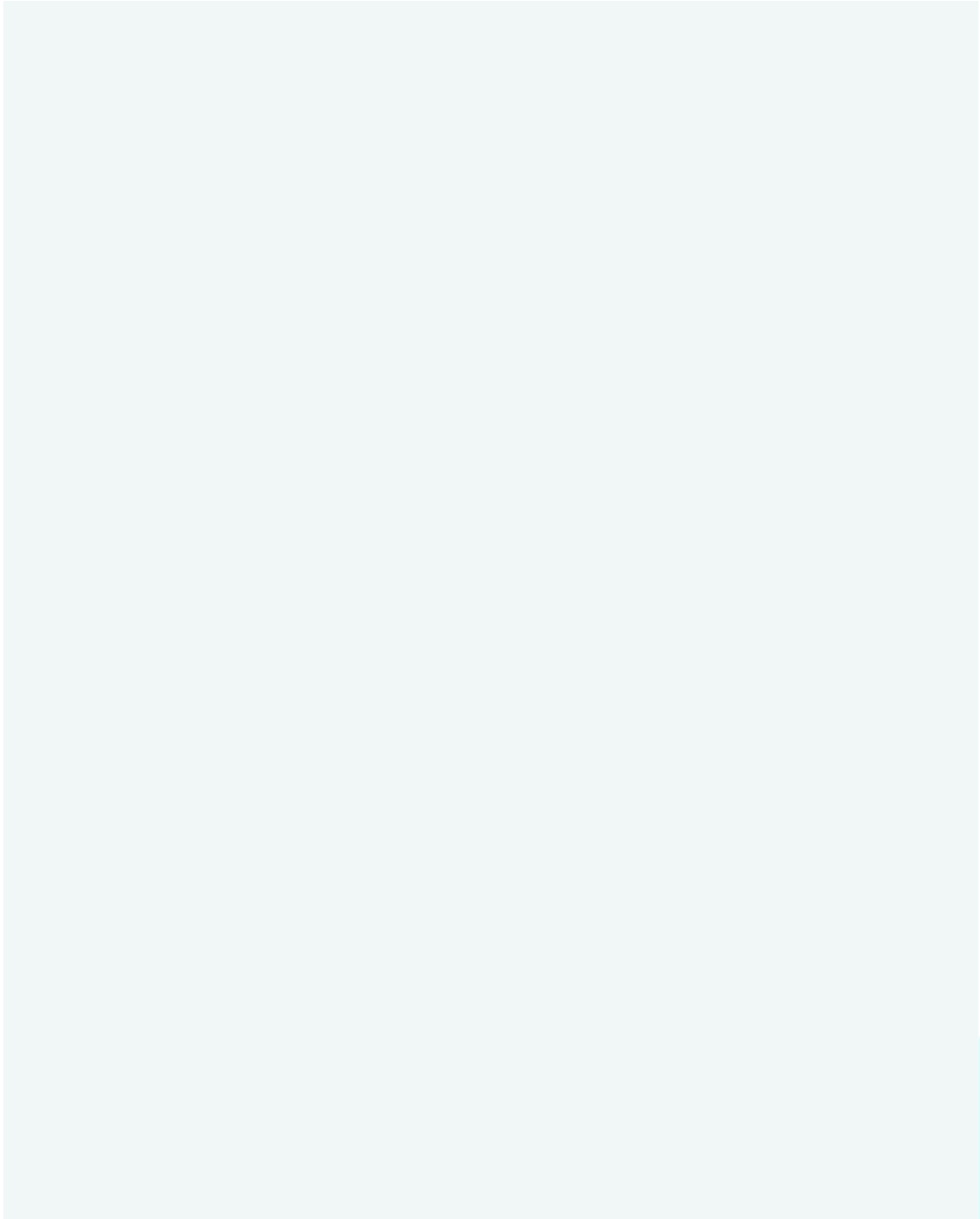
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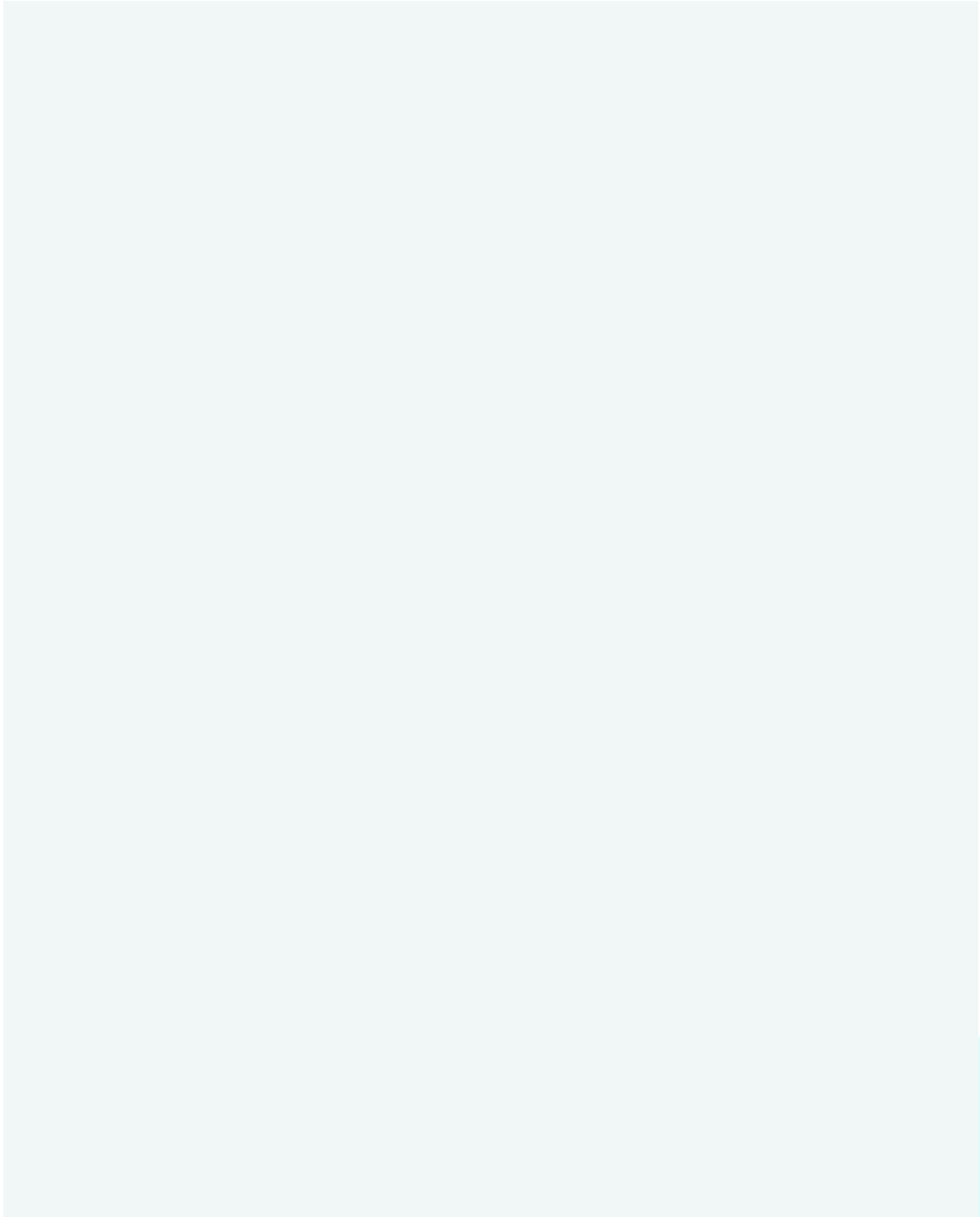
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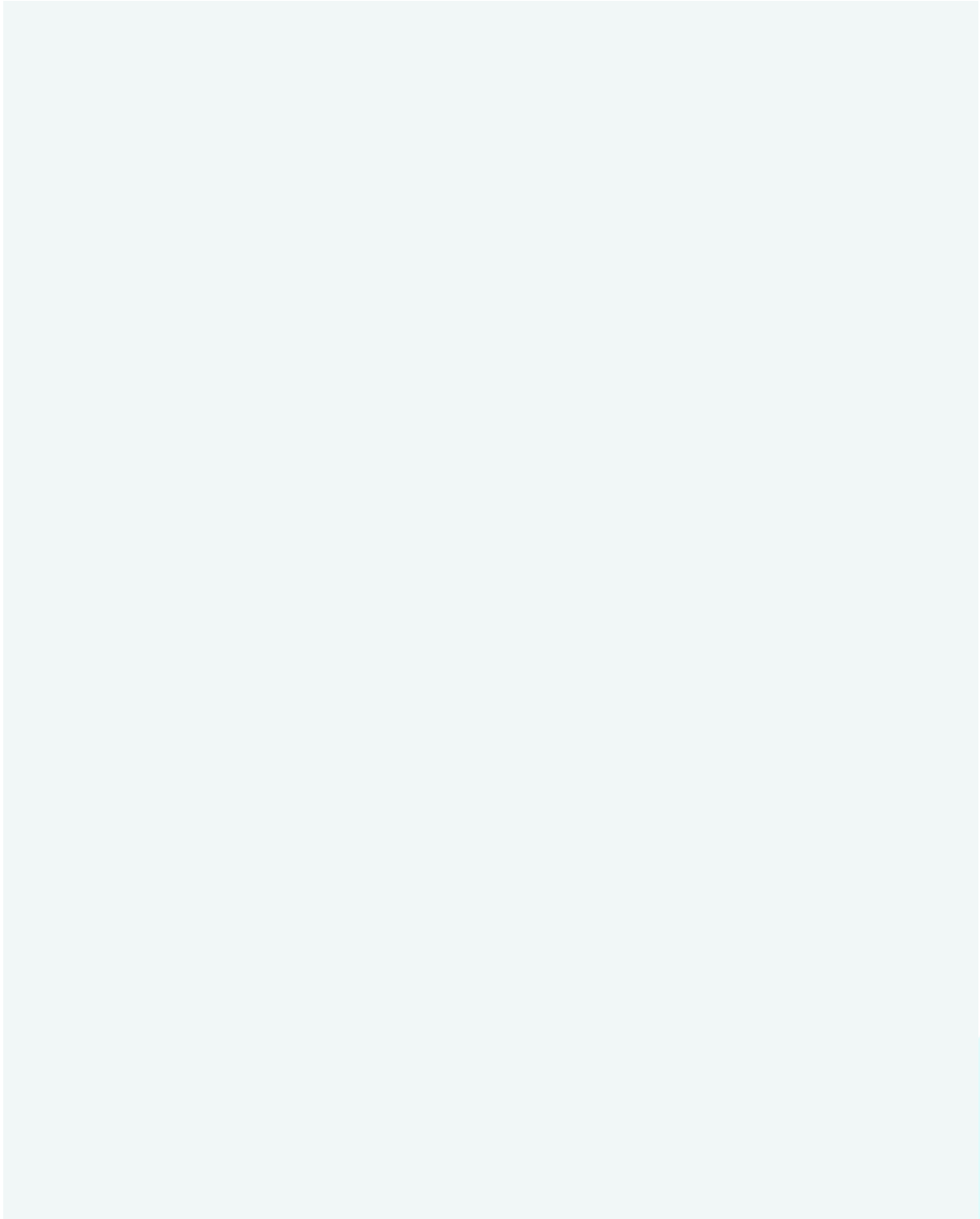


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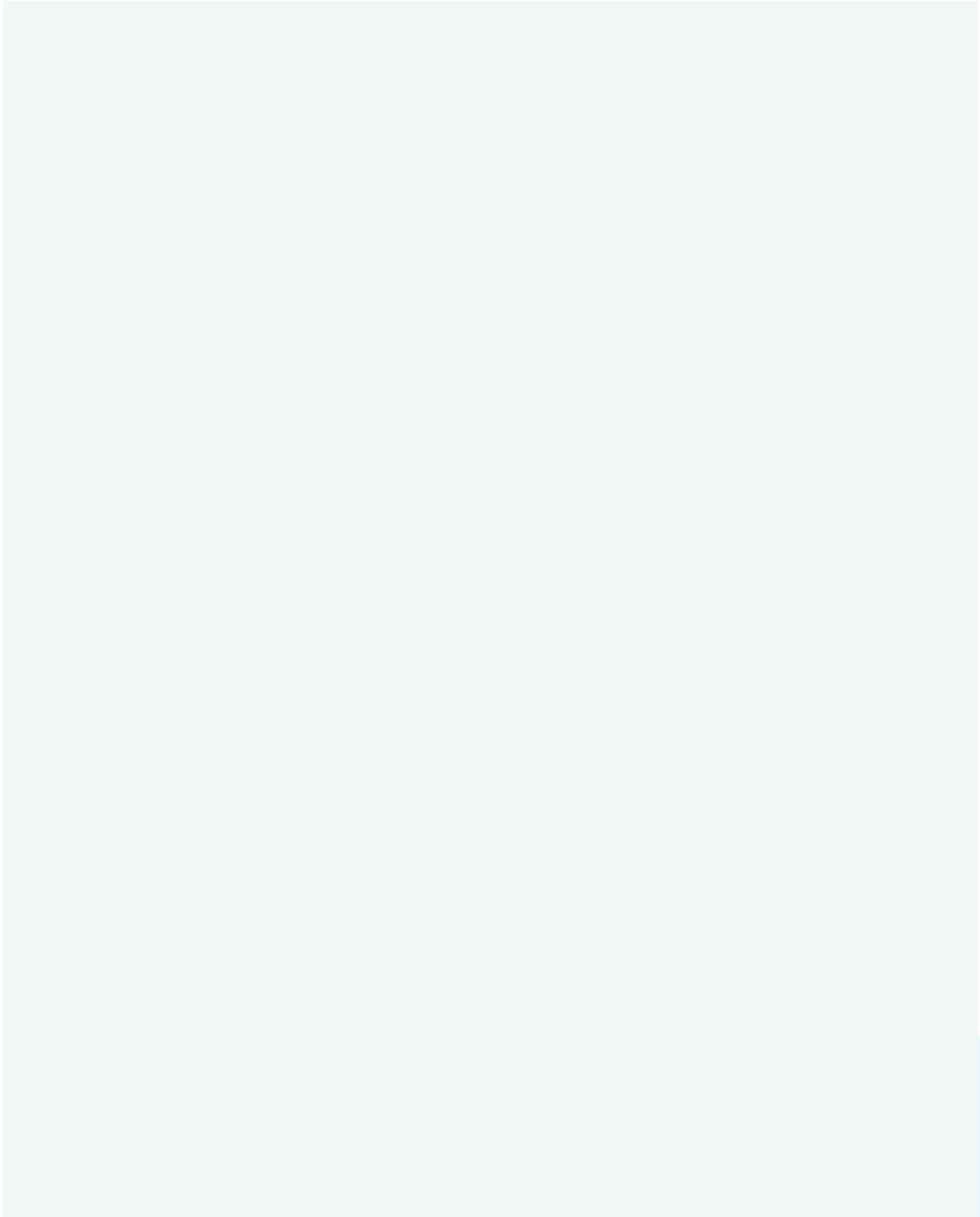


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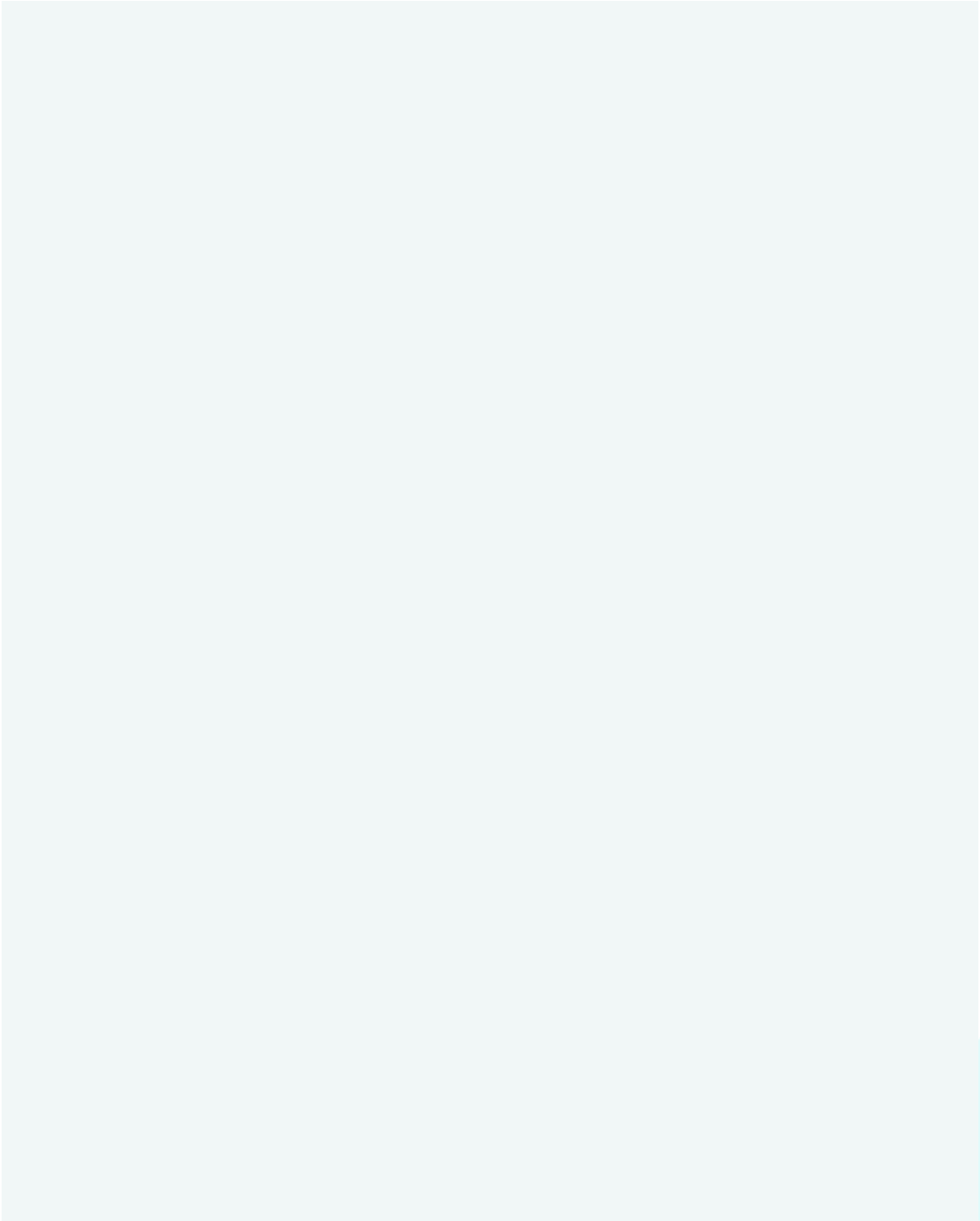
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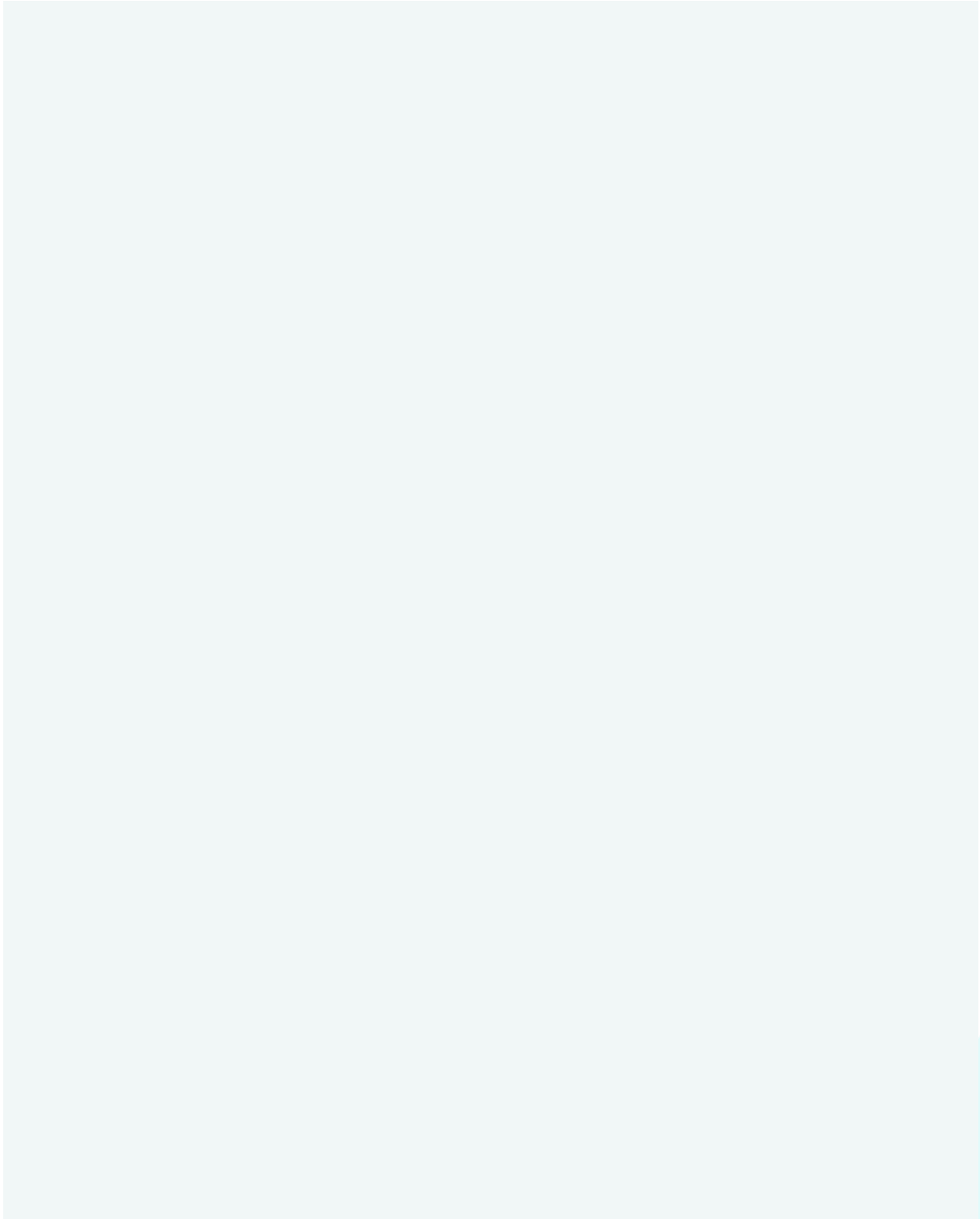
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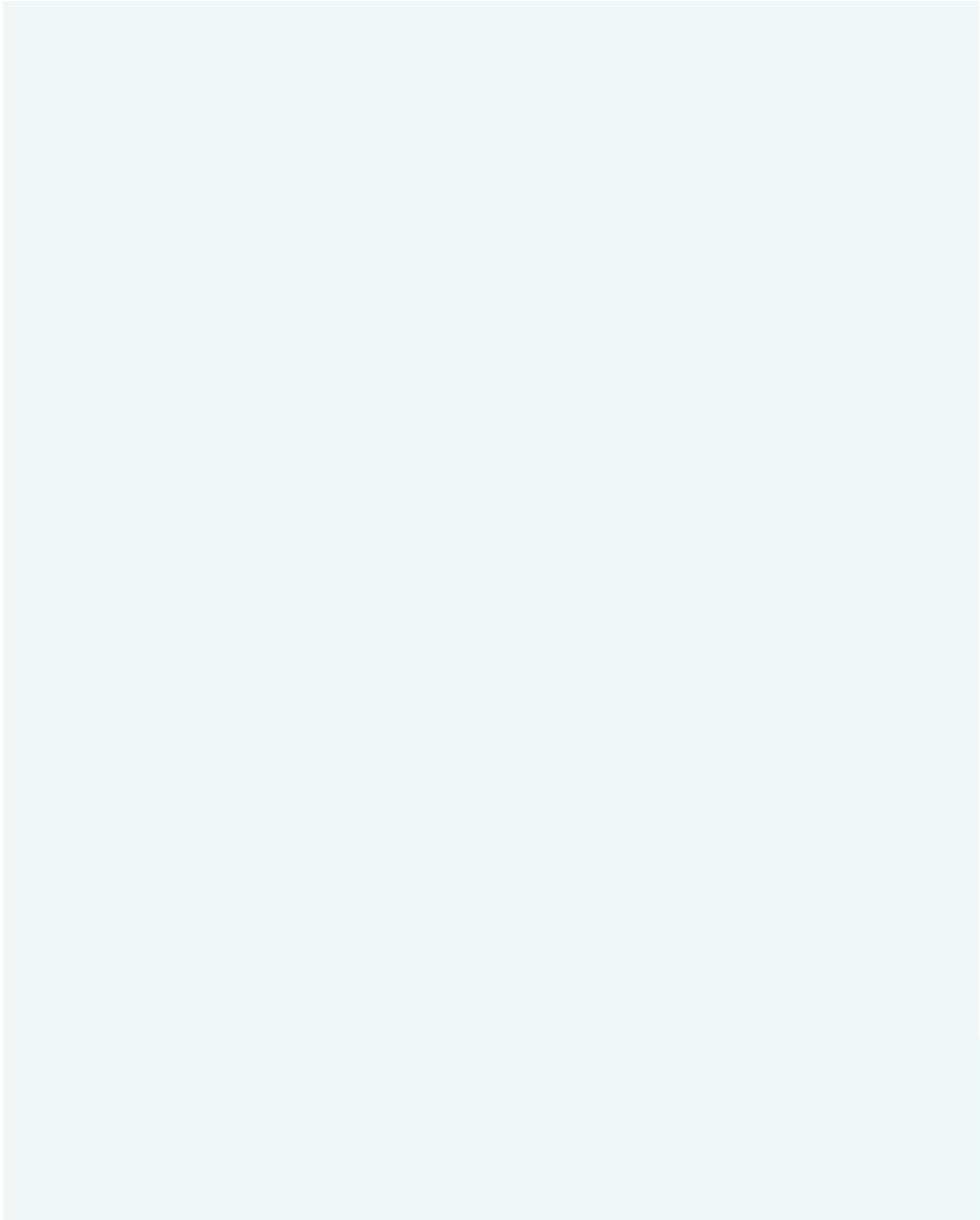


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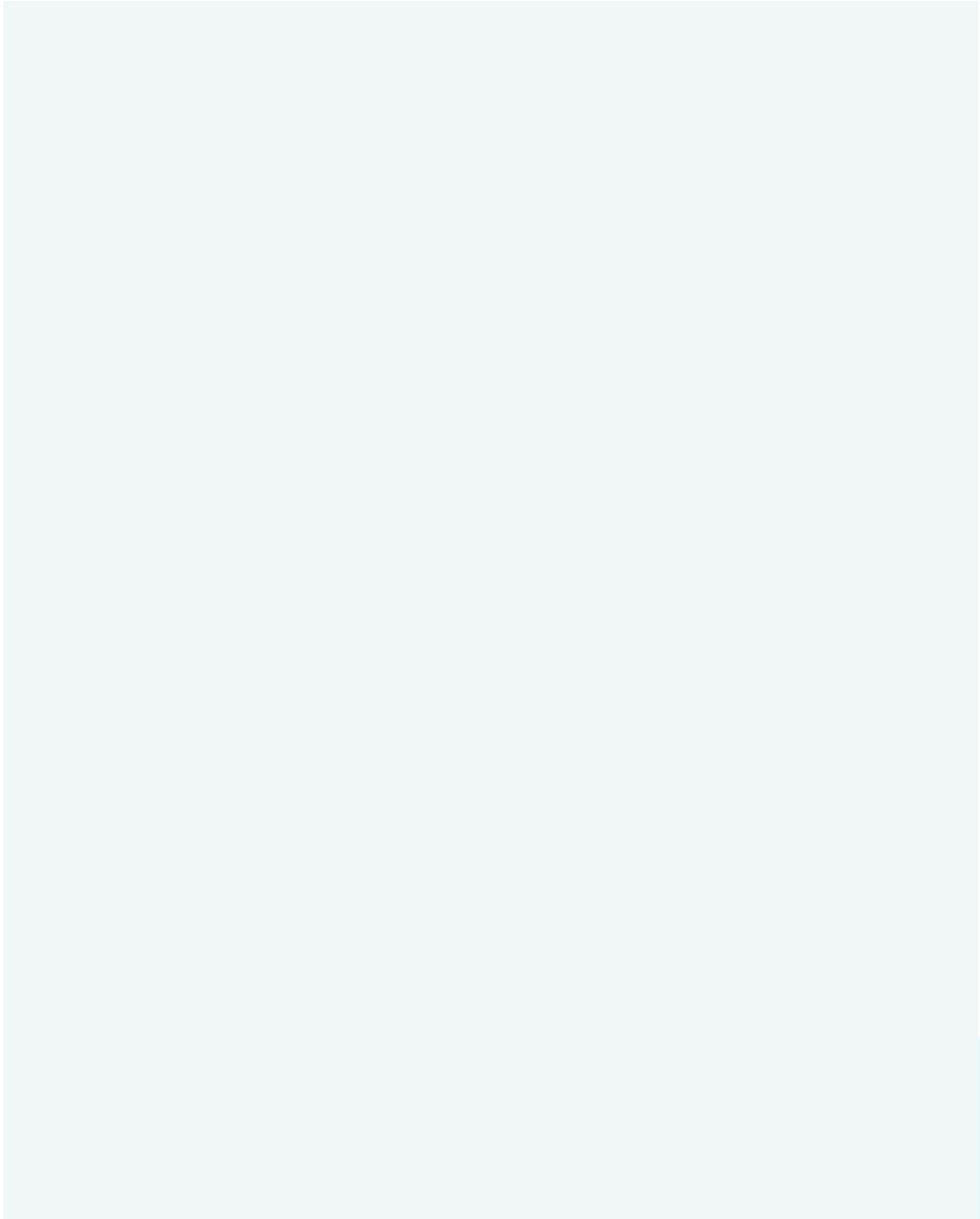
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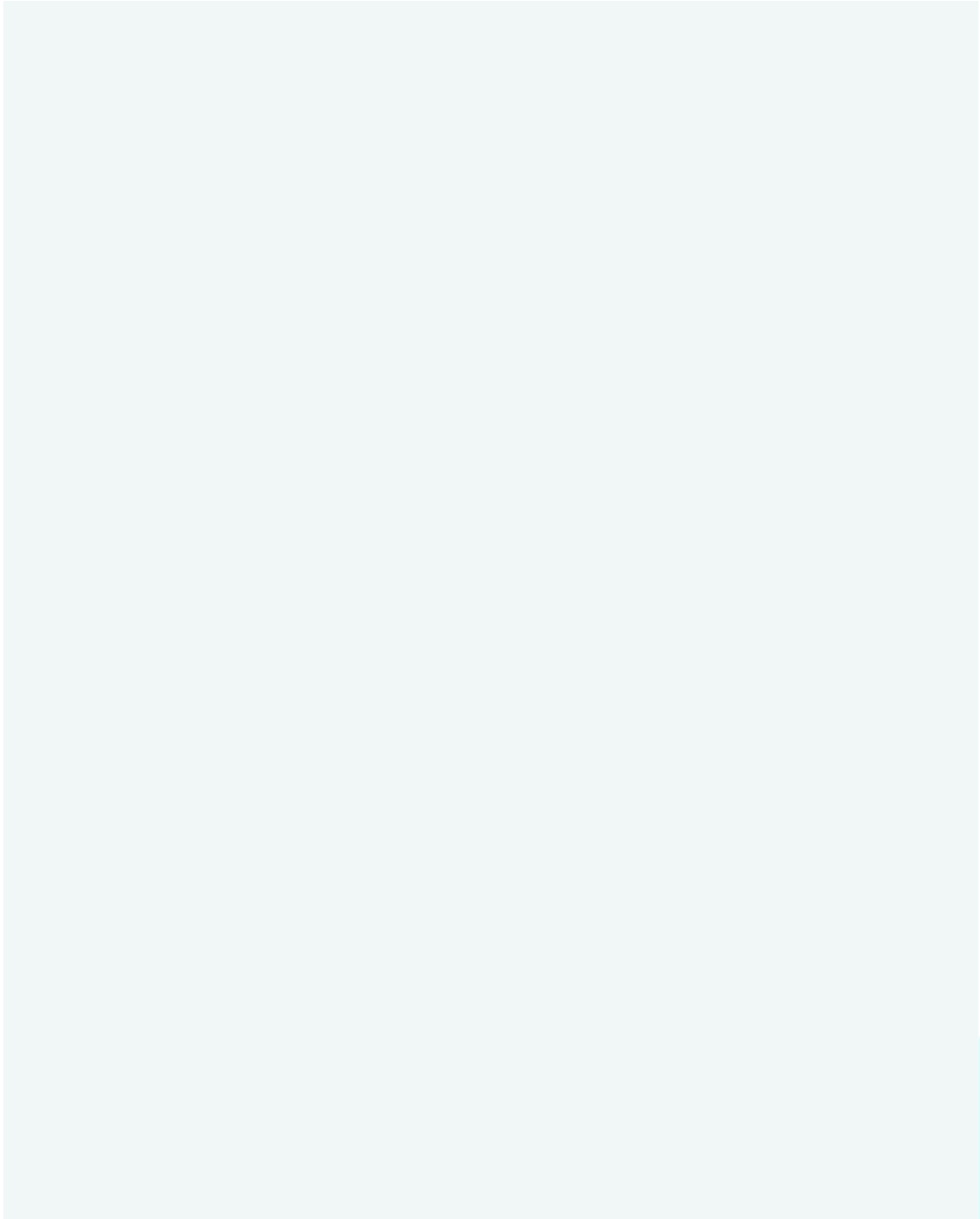
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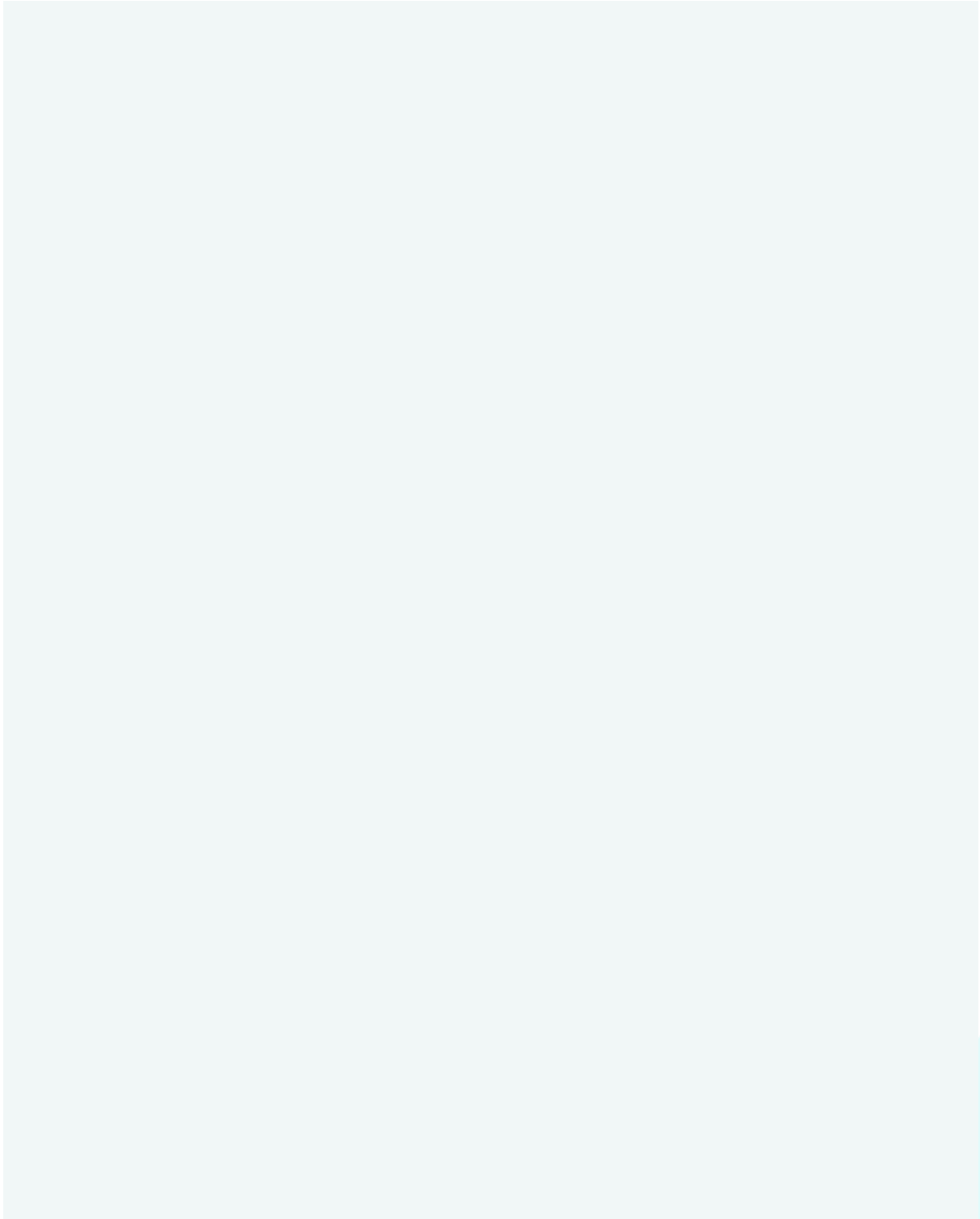
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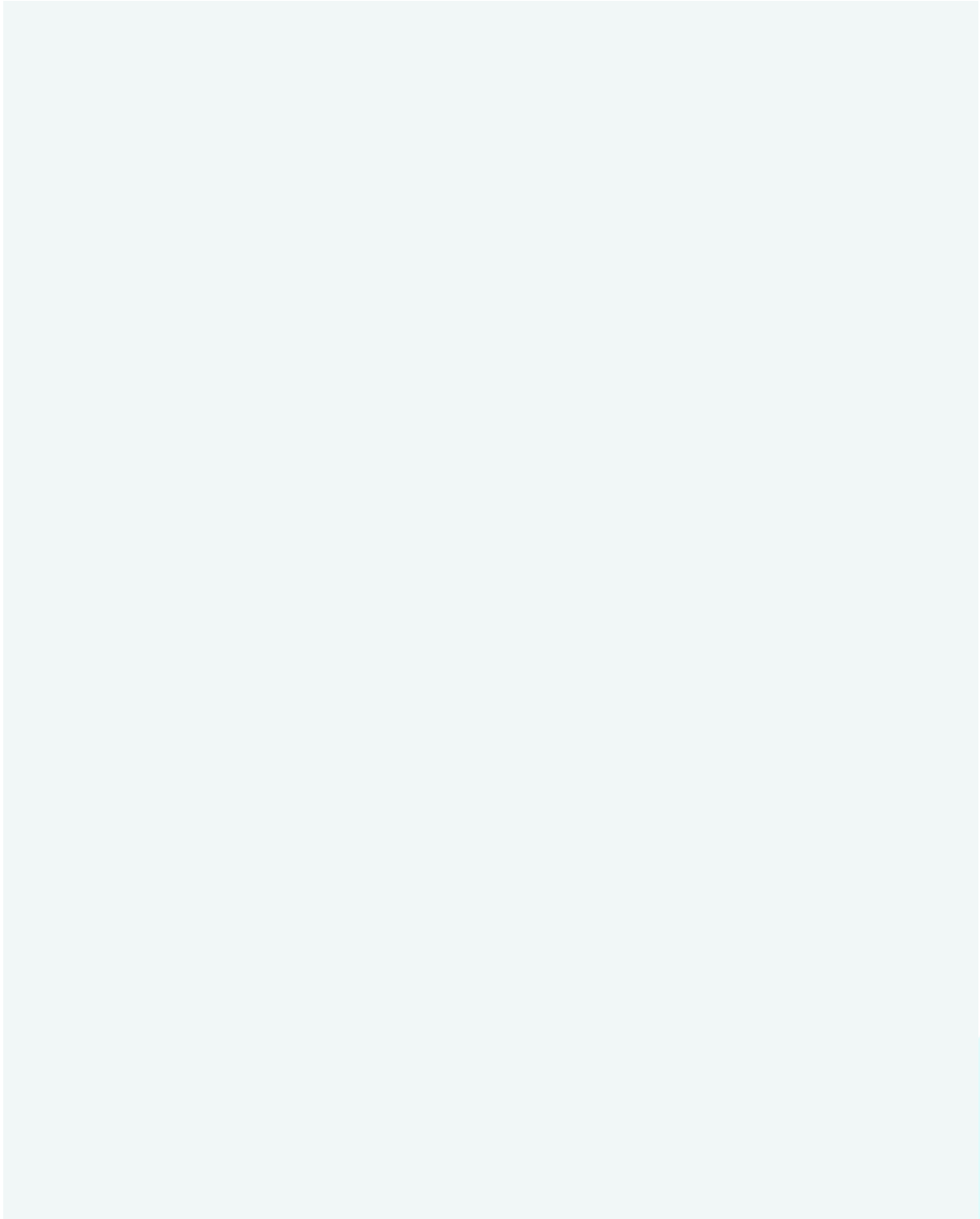
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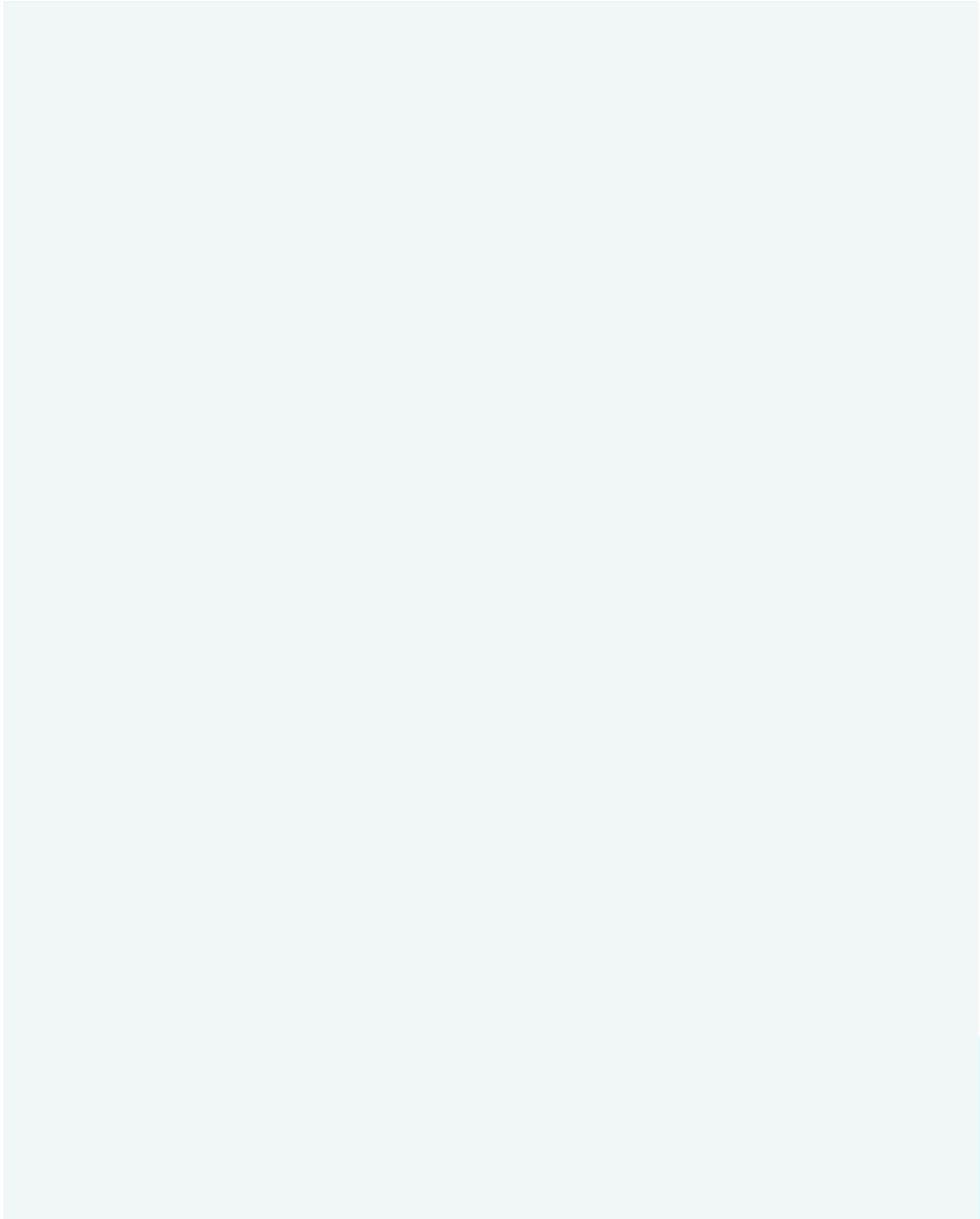
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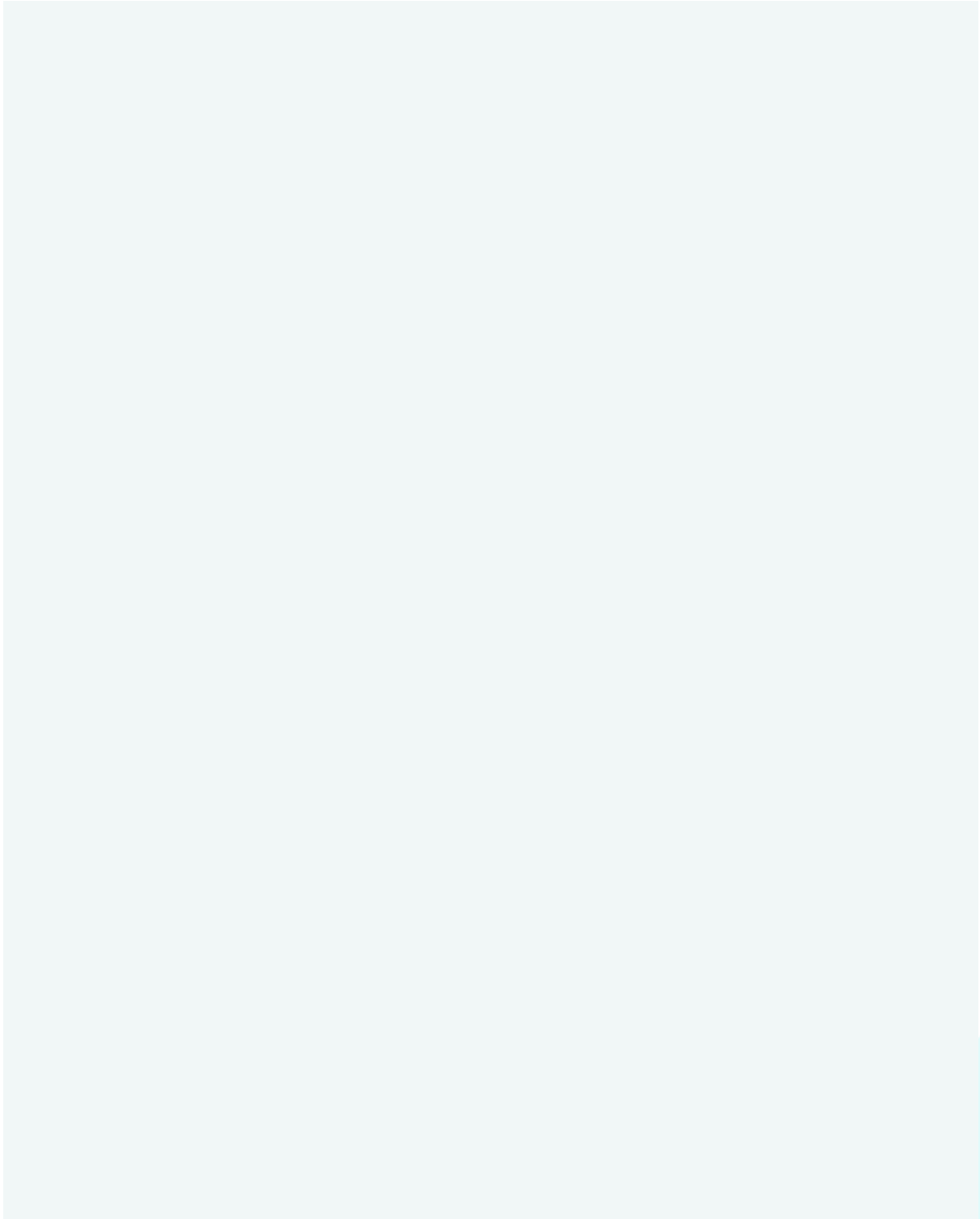
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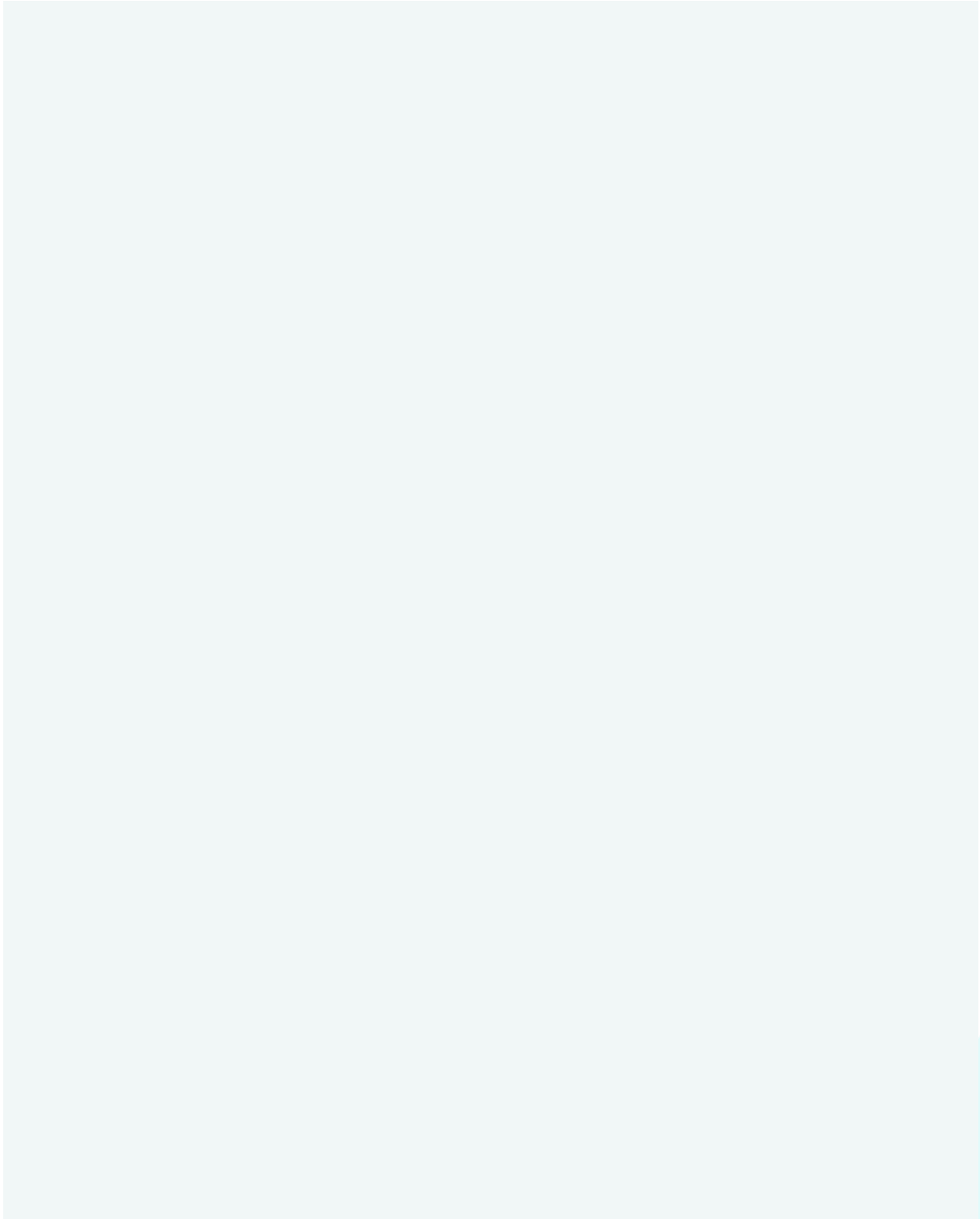
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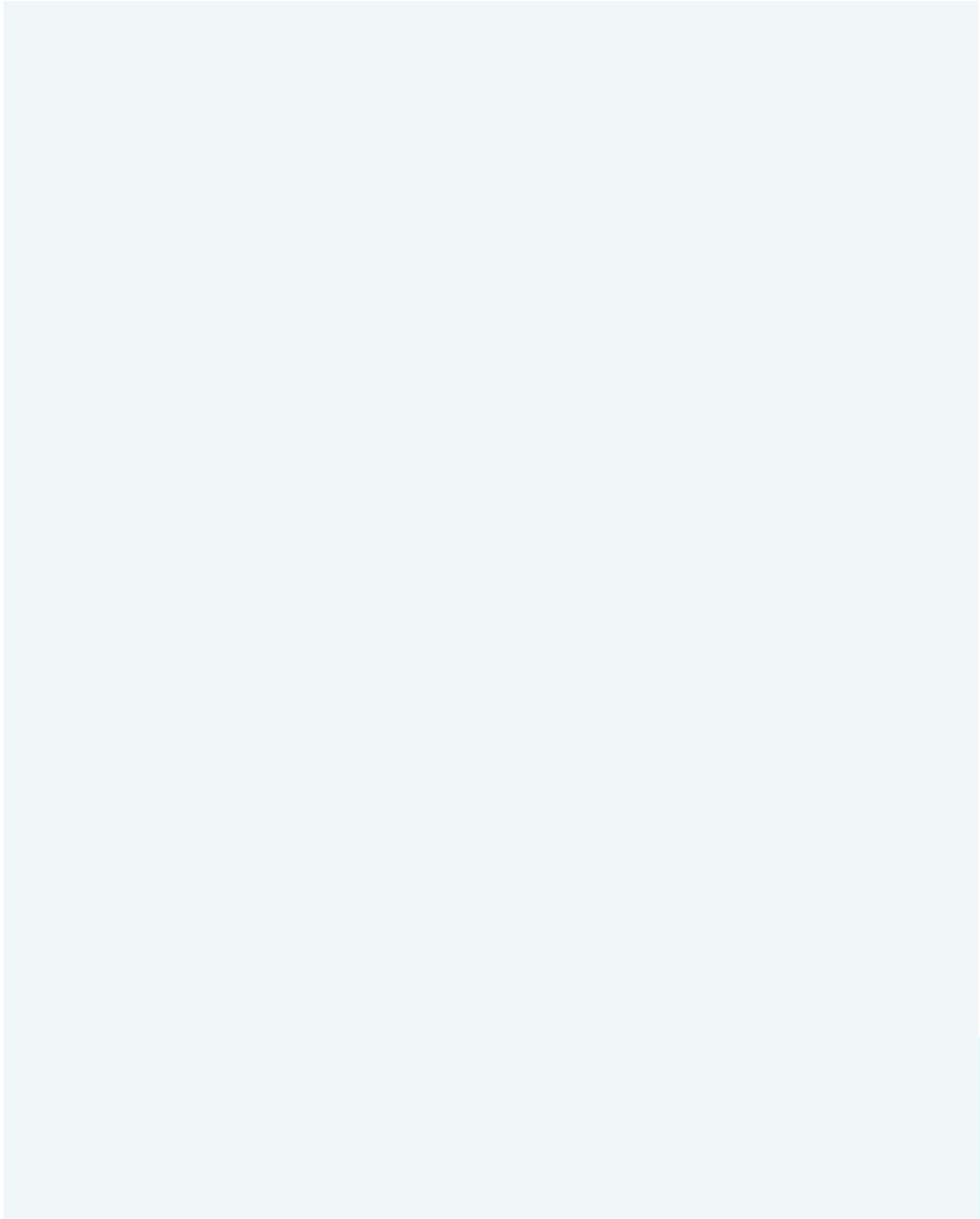
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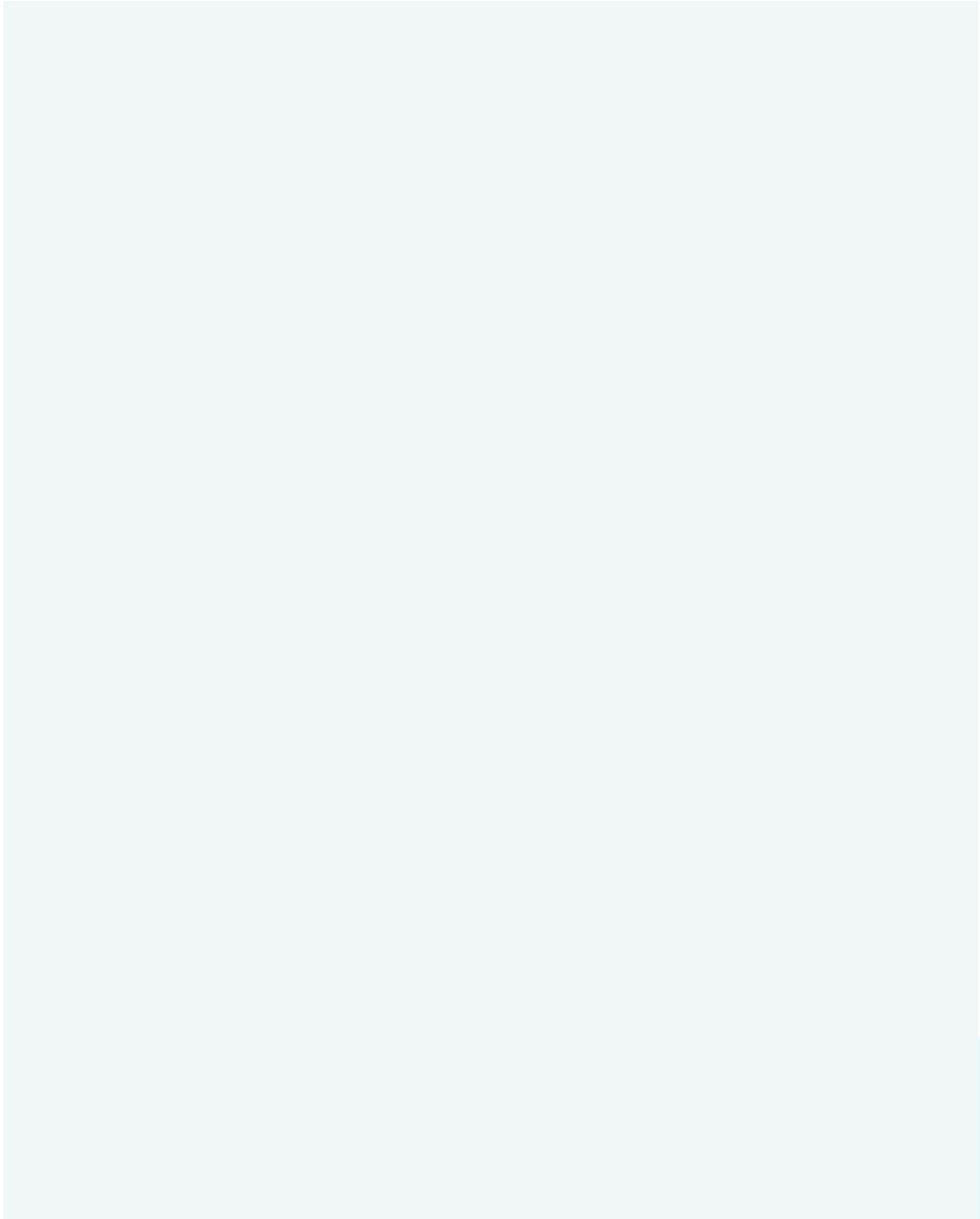


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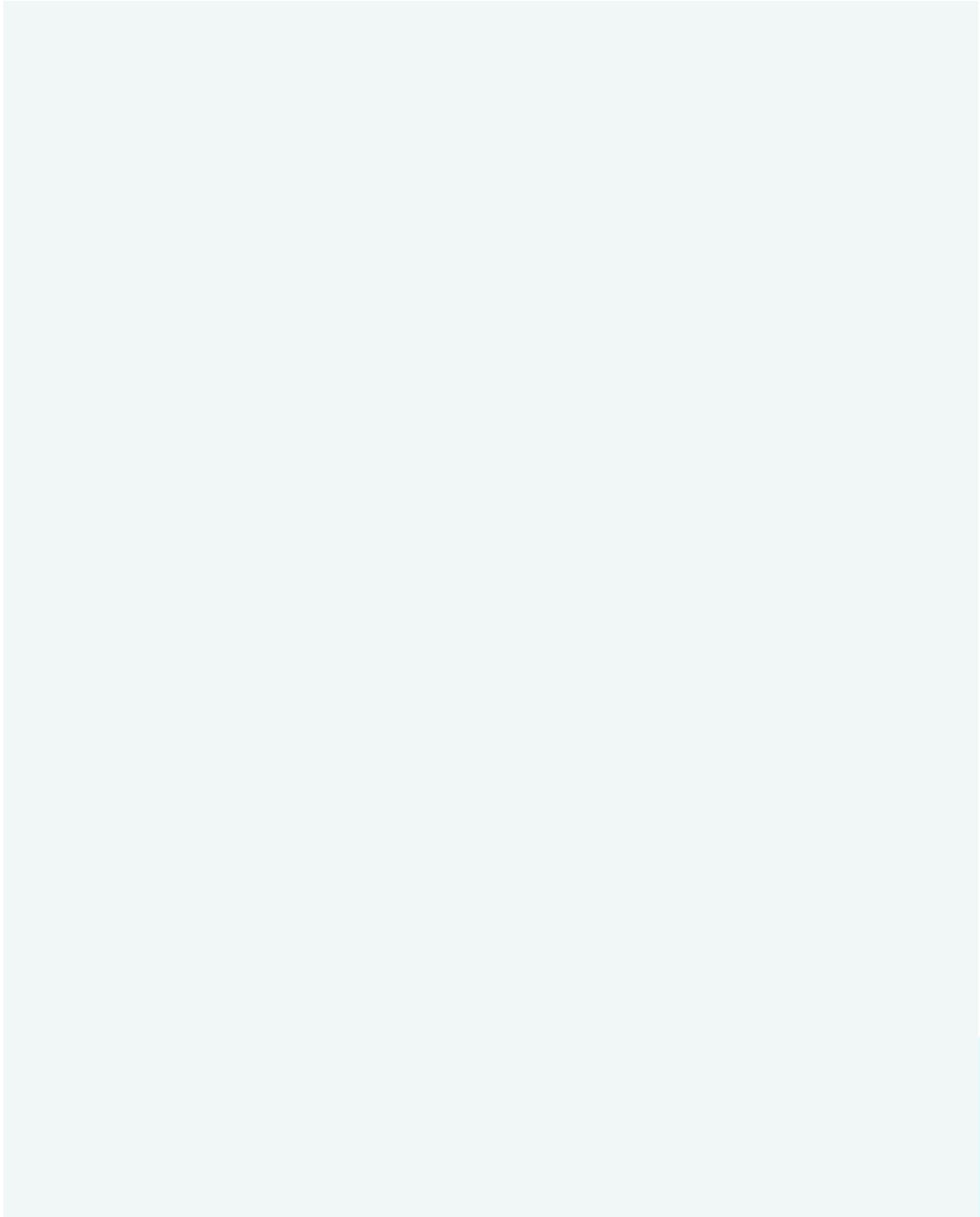


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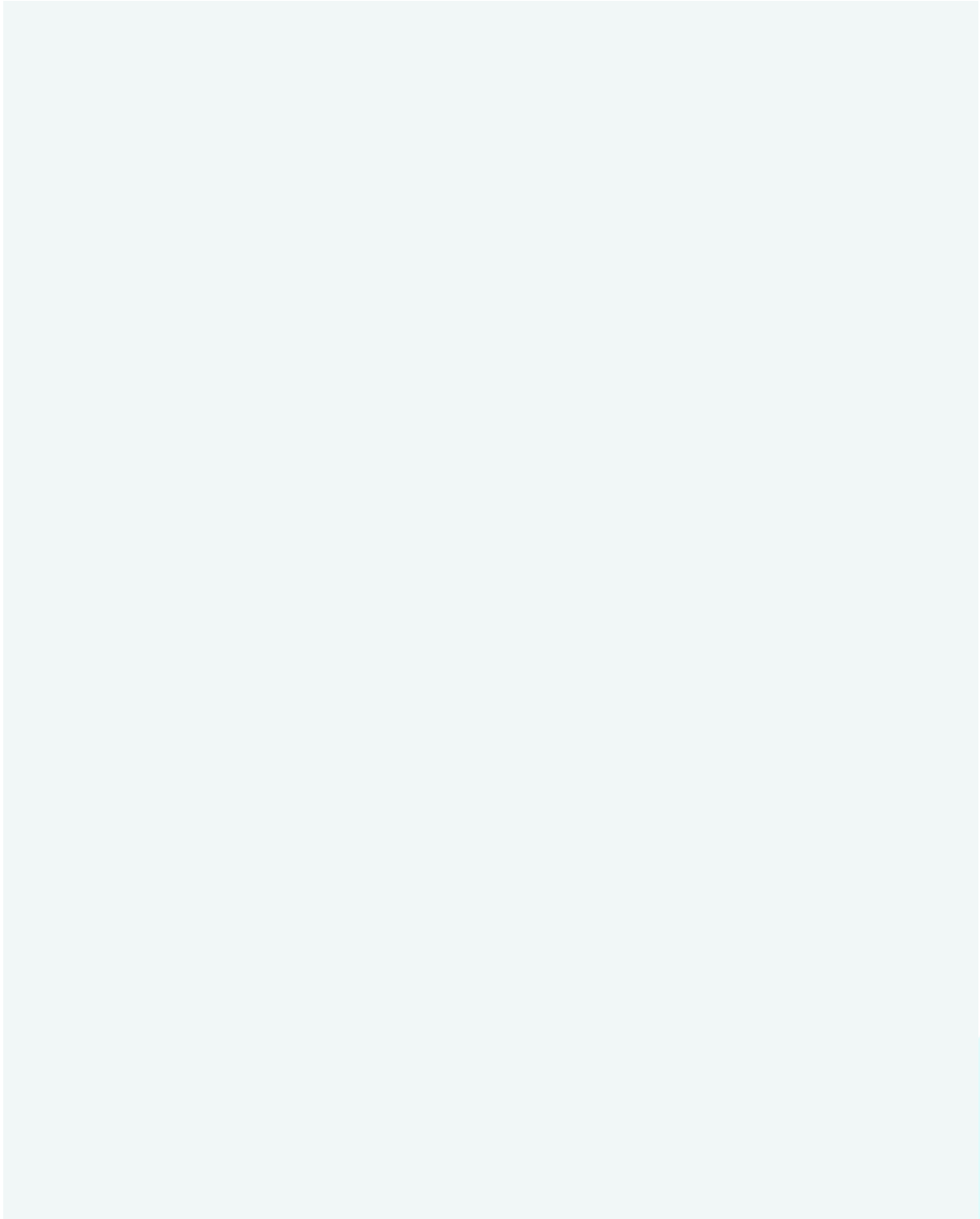


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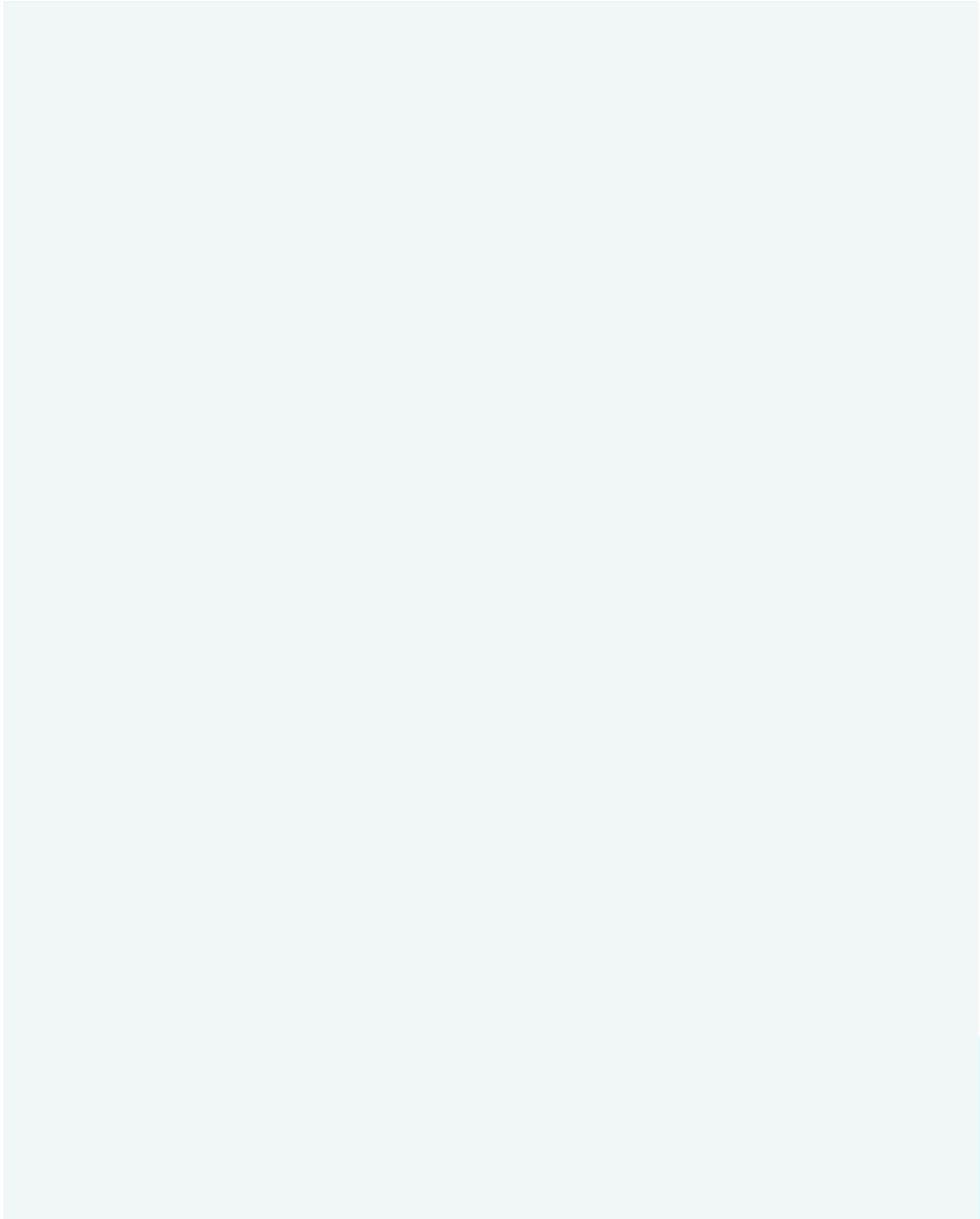


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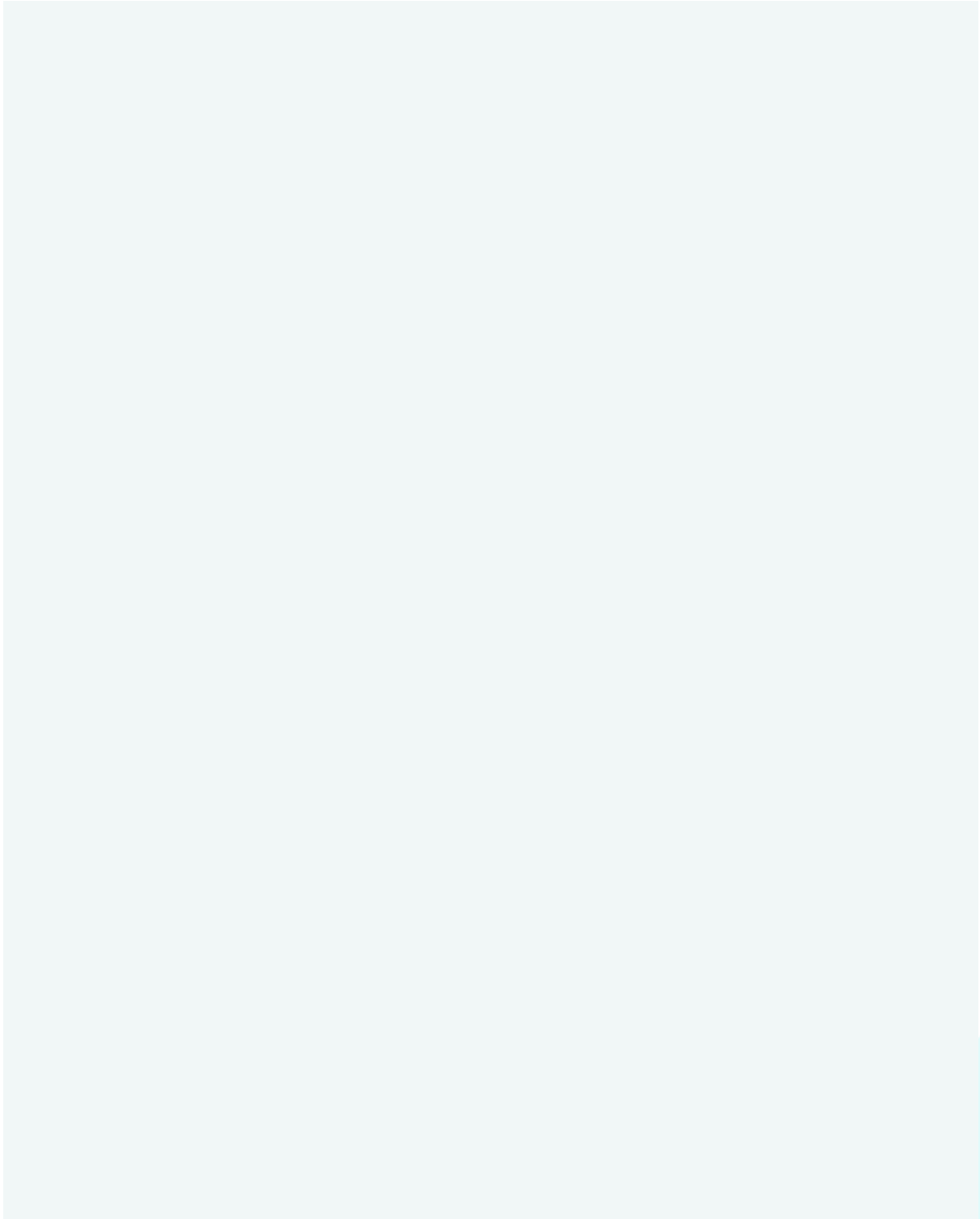
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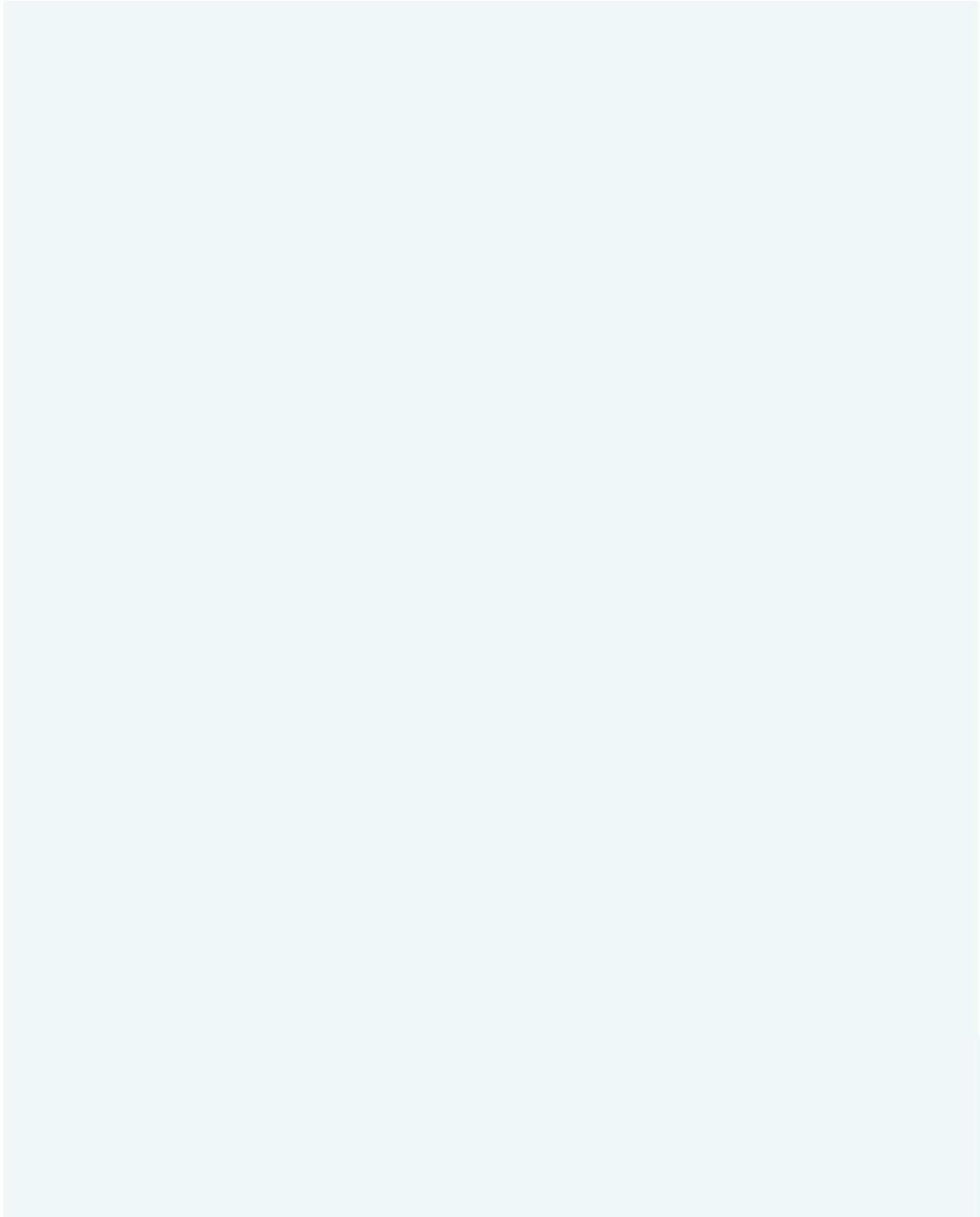
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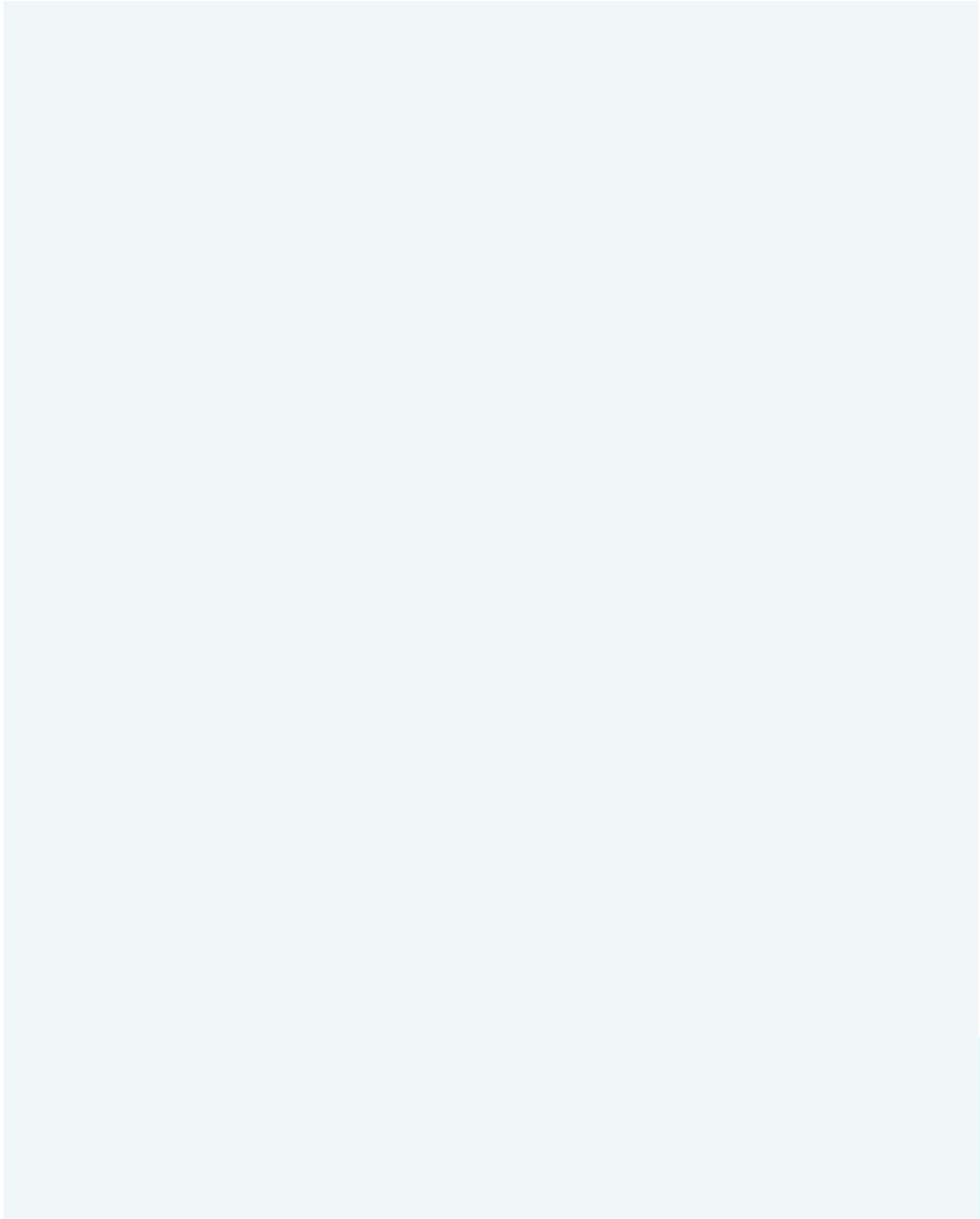
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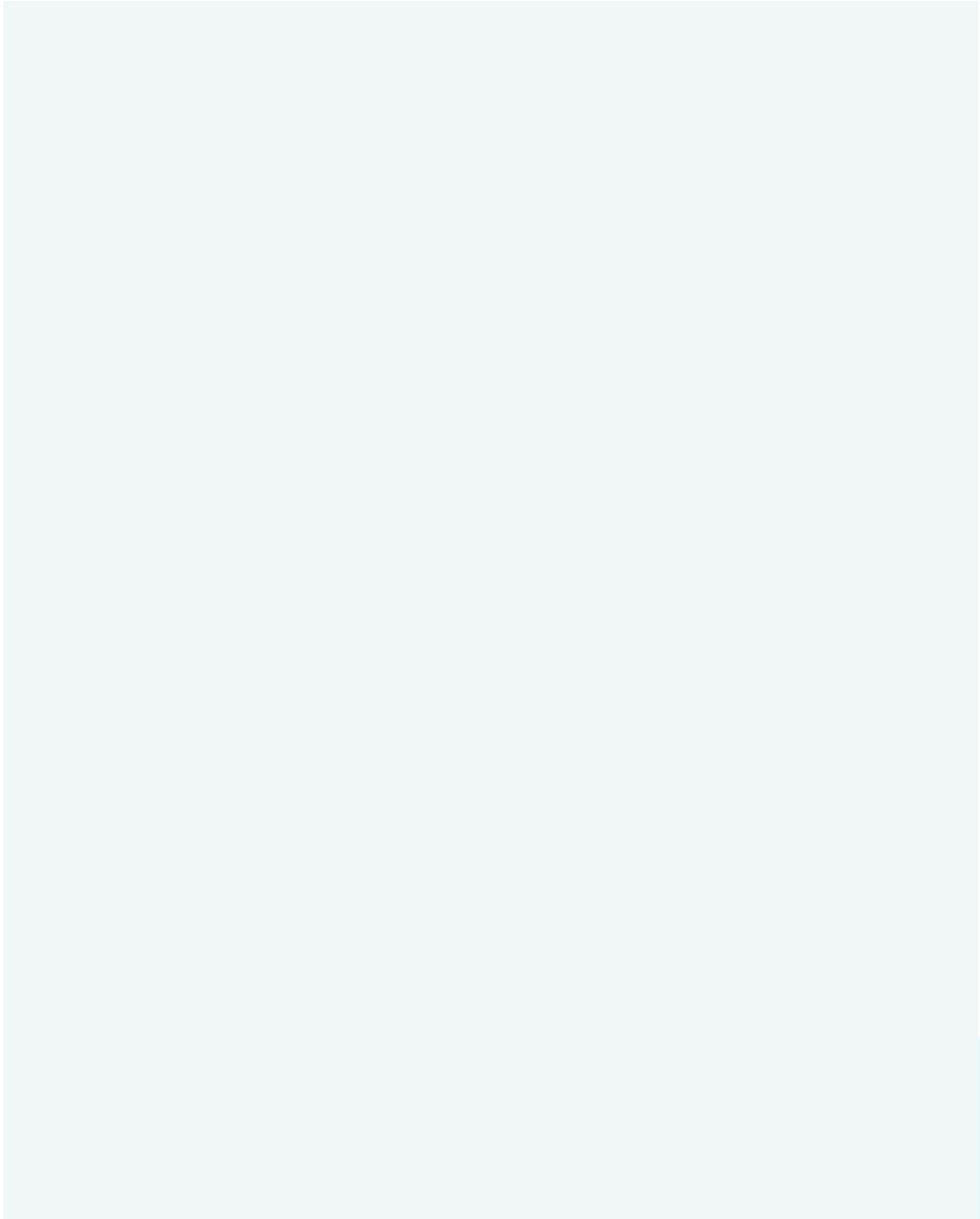
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July
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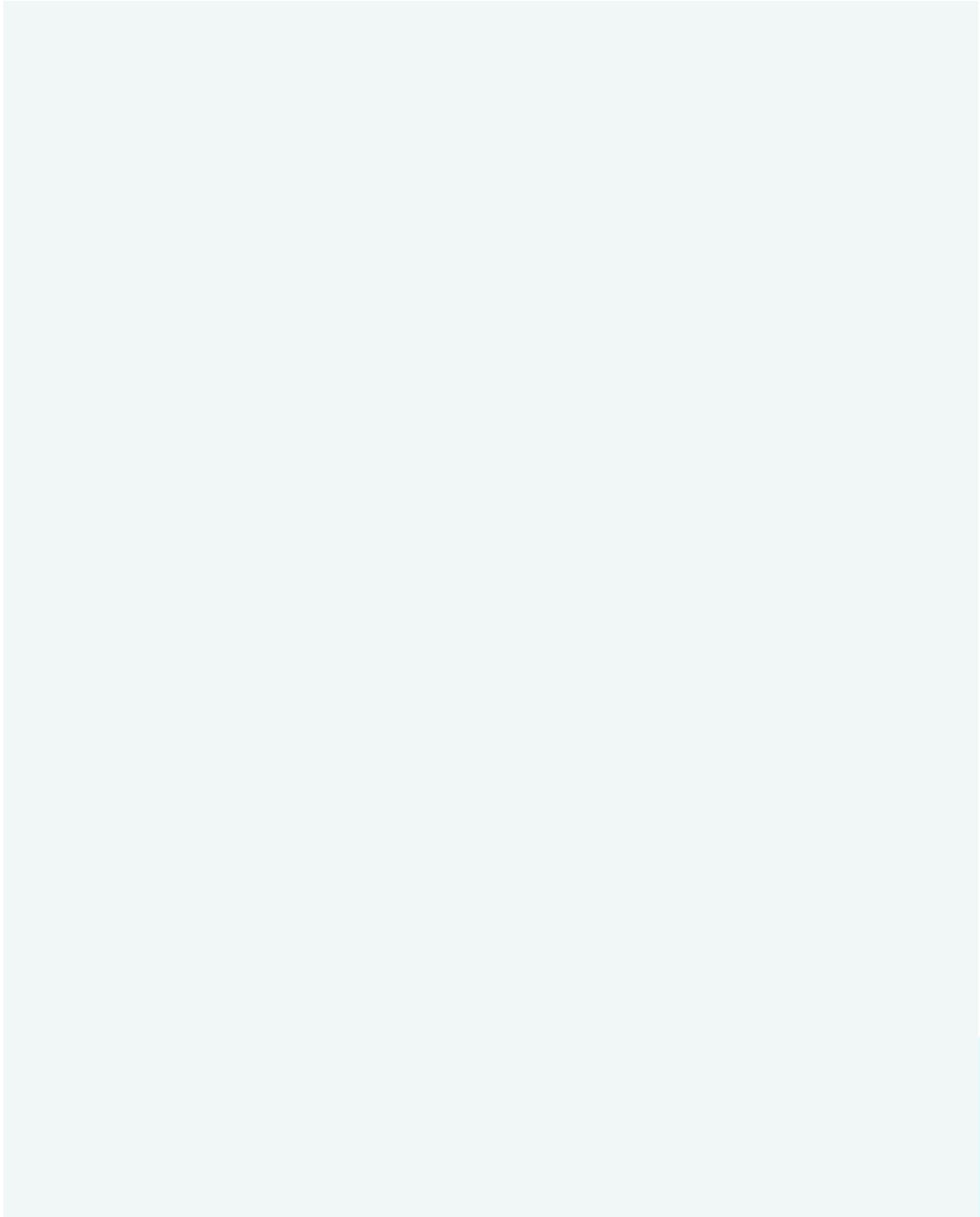
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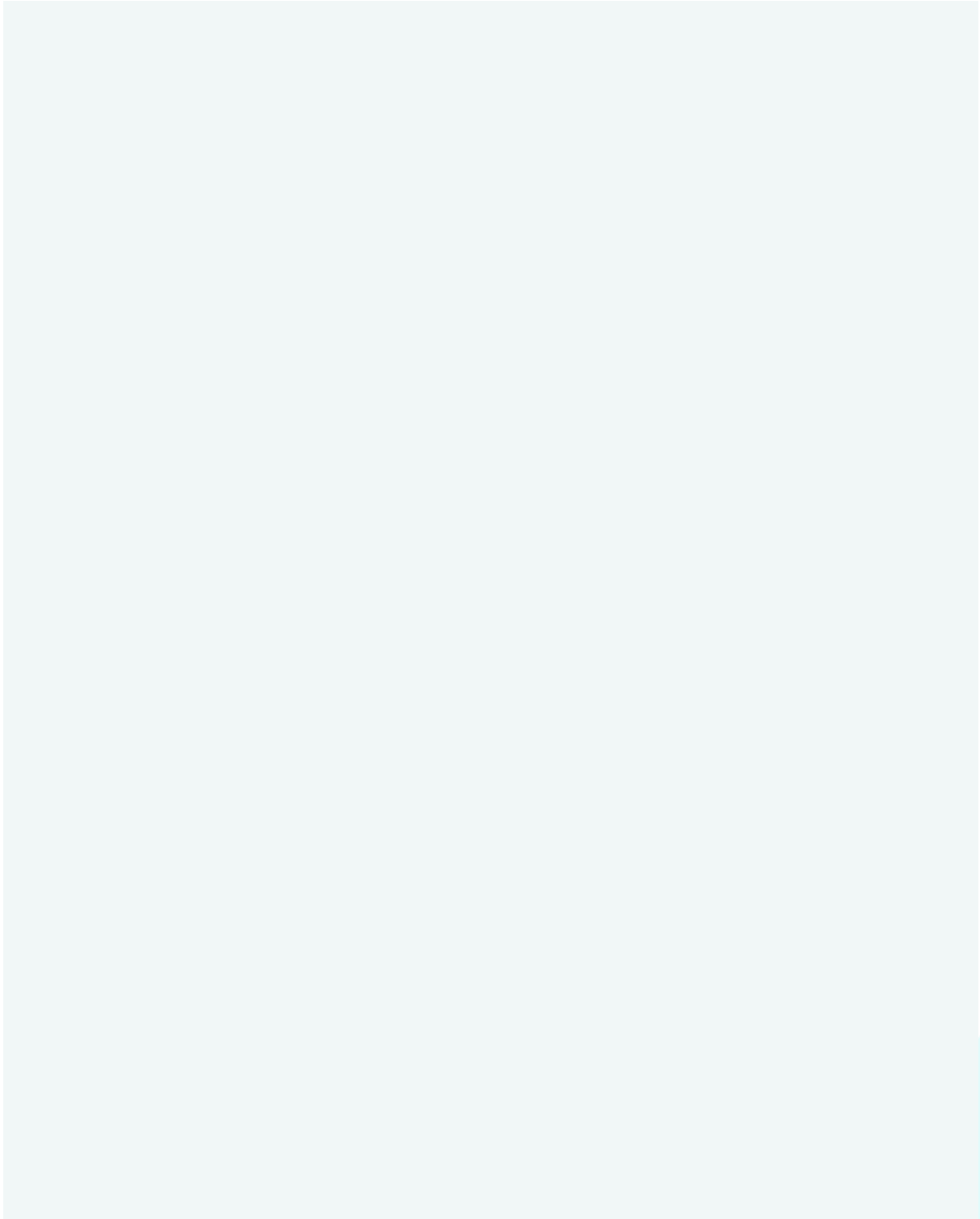
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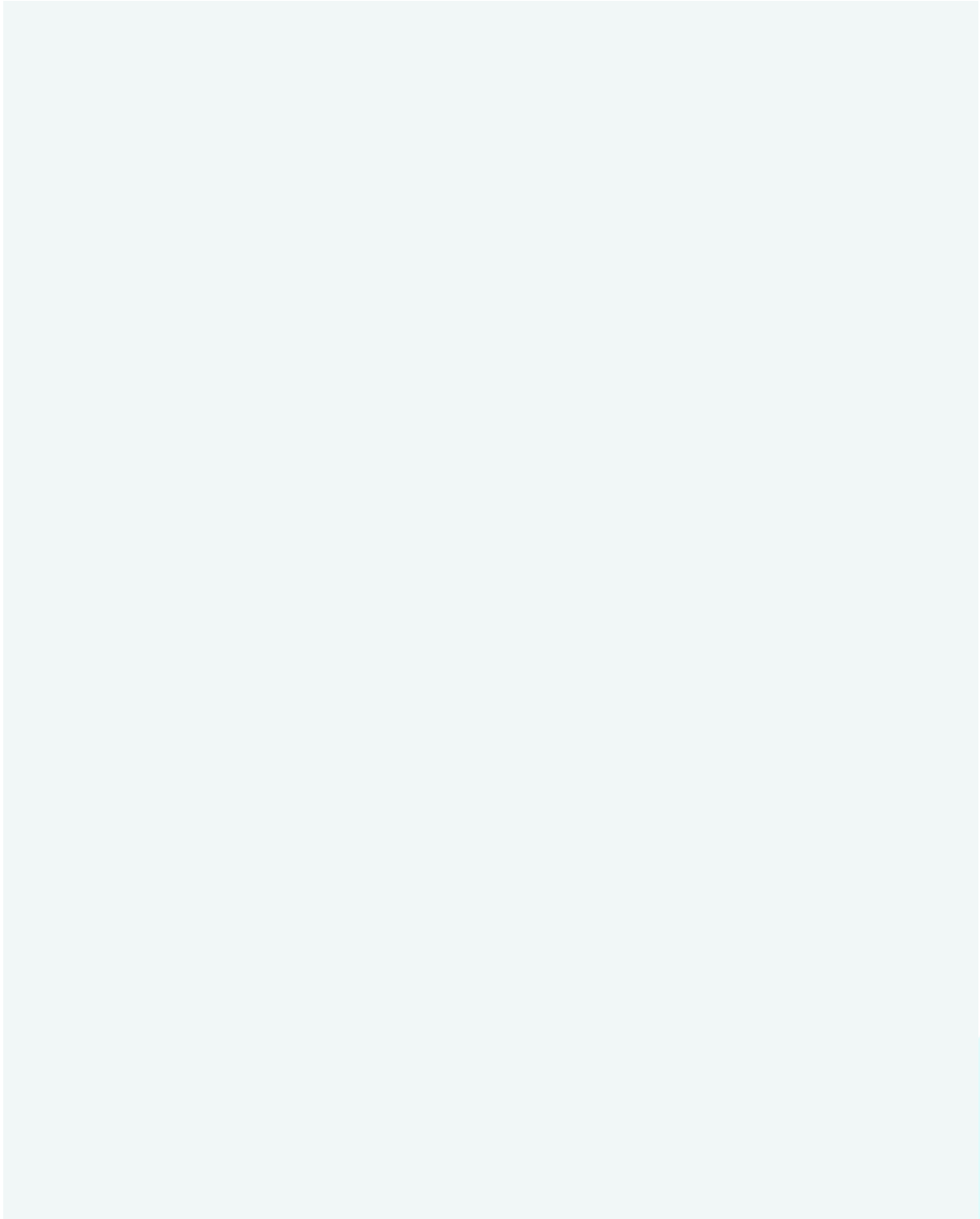
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AUGUST



Castellar de la Frontera

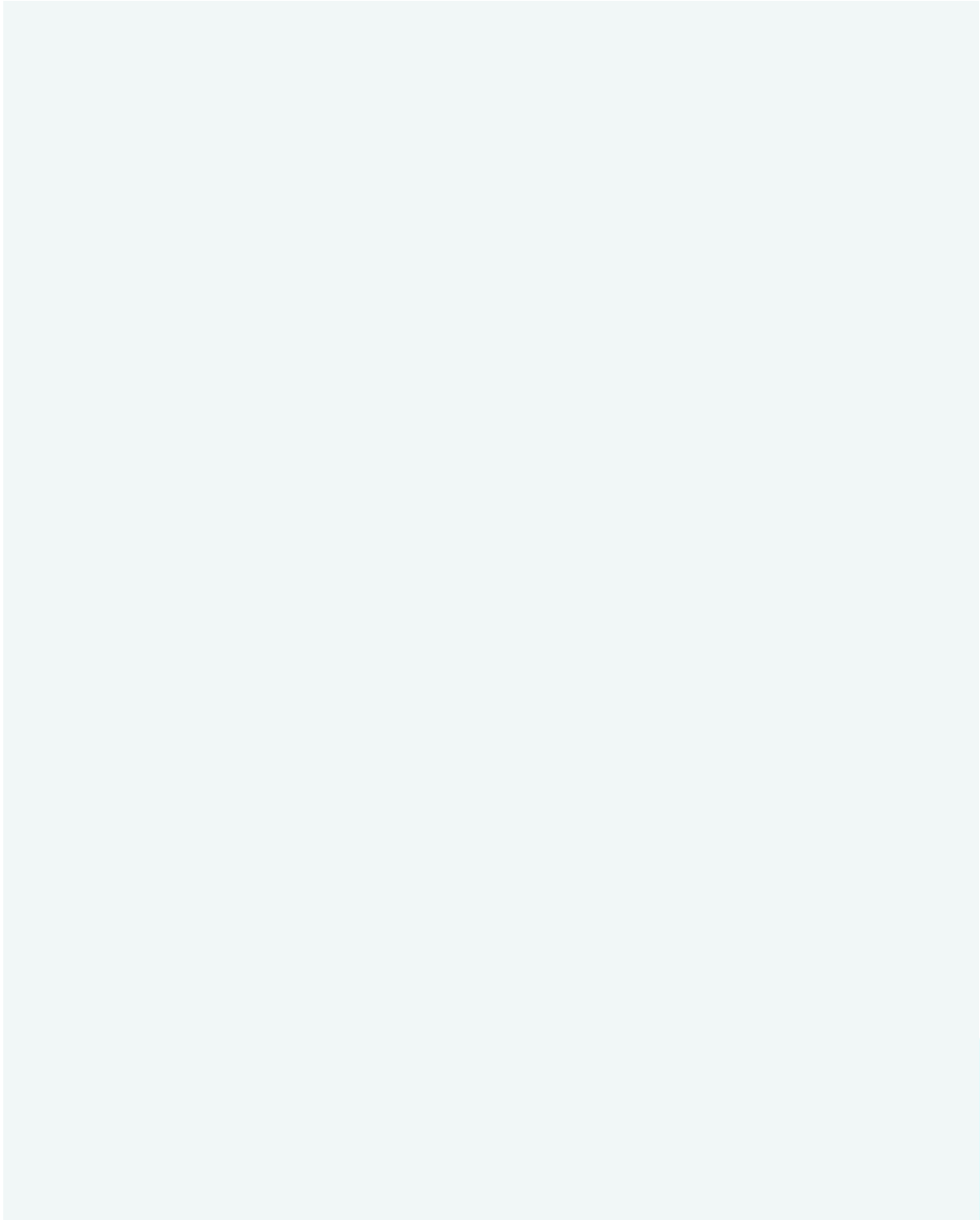
**ONE LIFE
JOURNAL**

August

1

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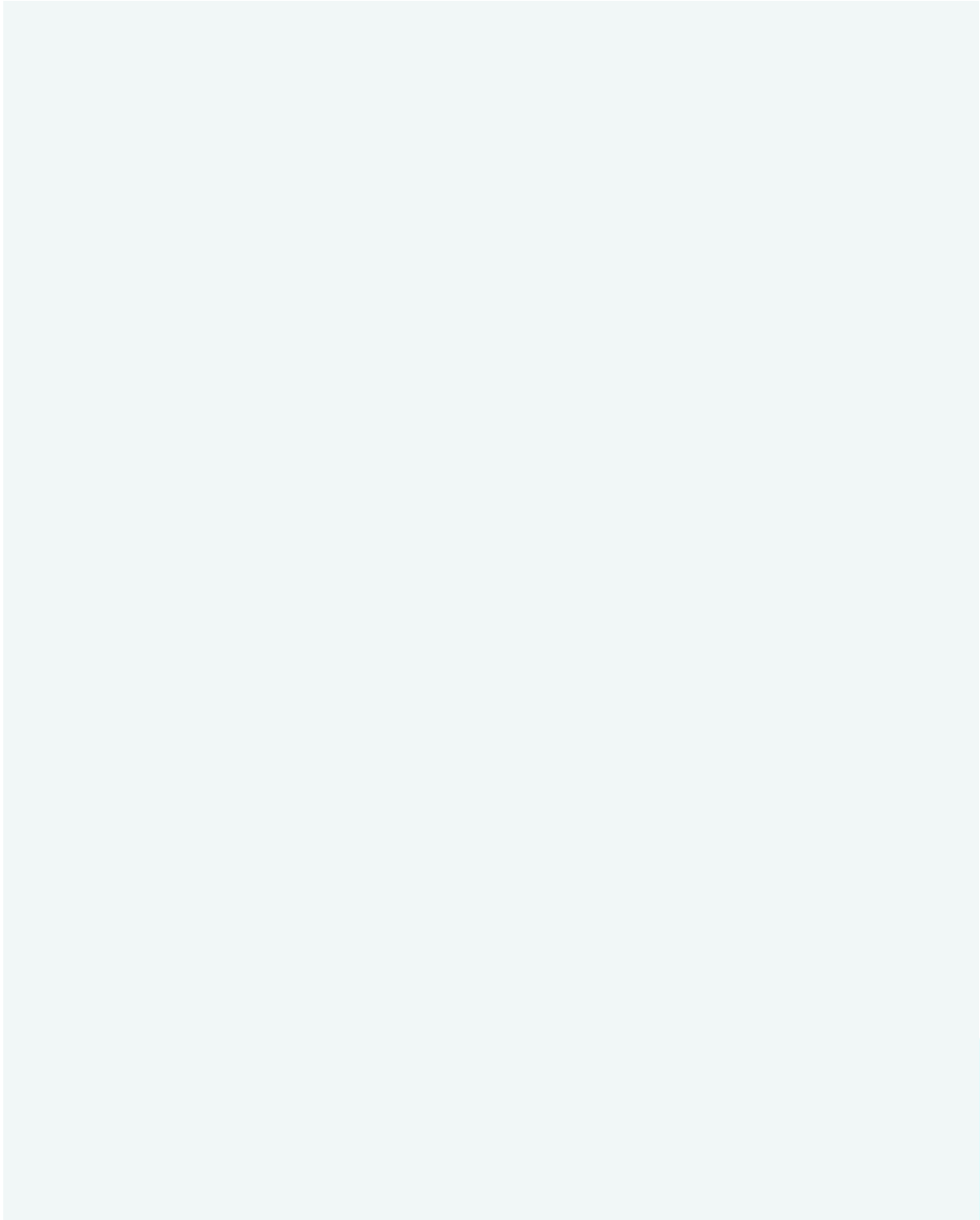


August

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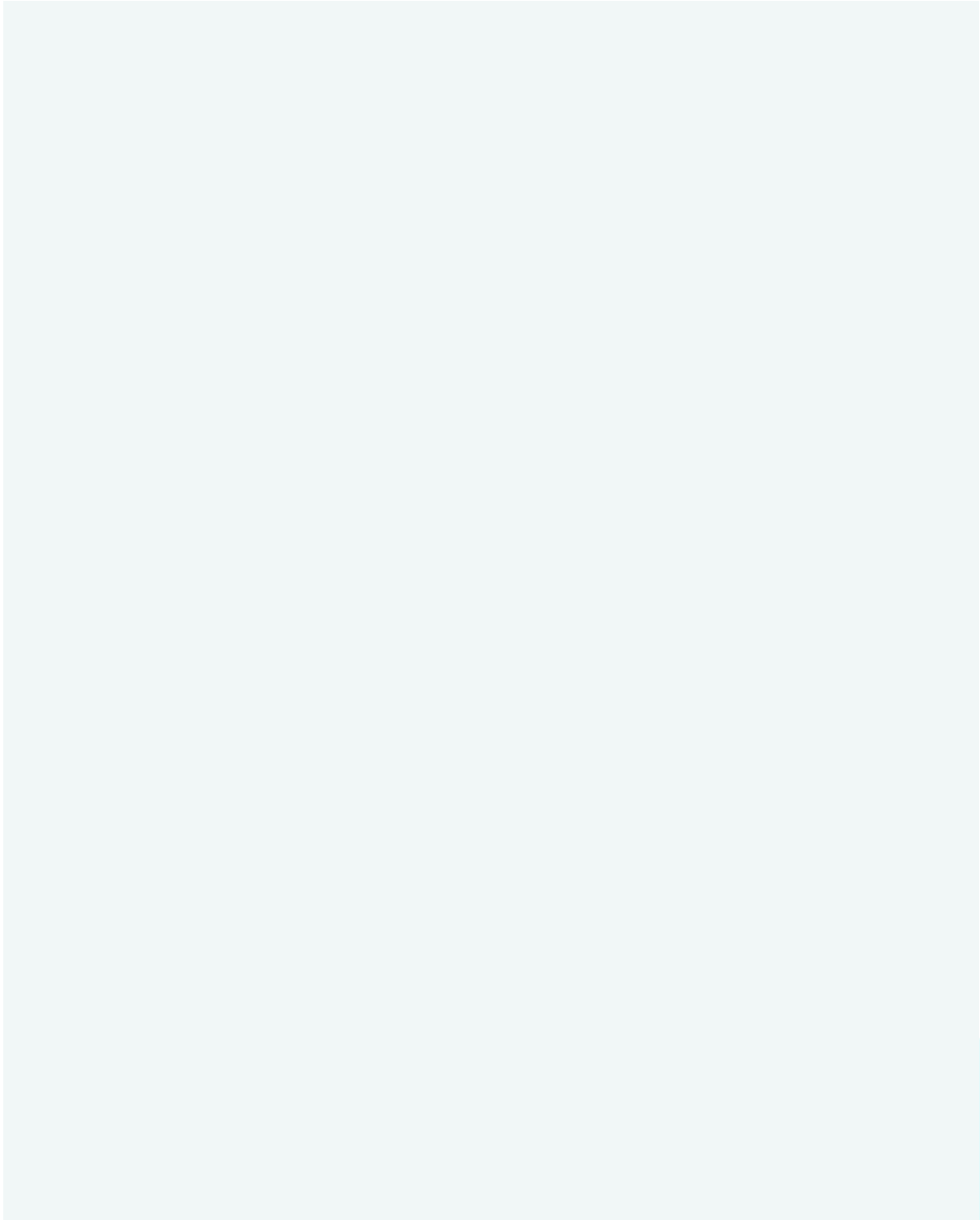


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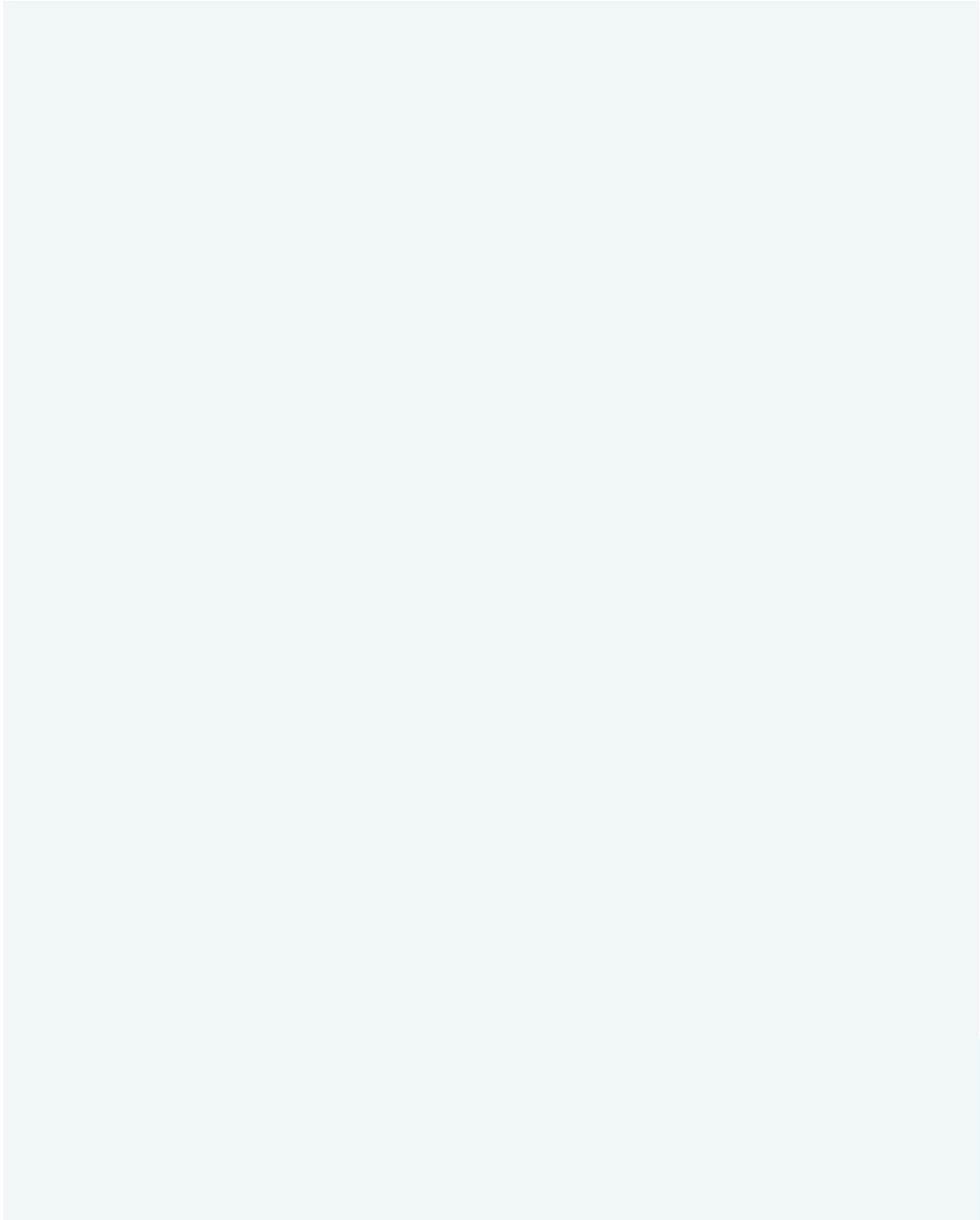


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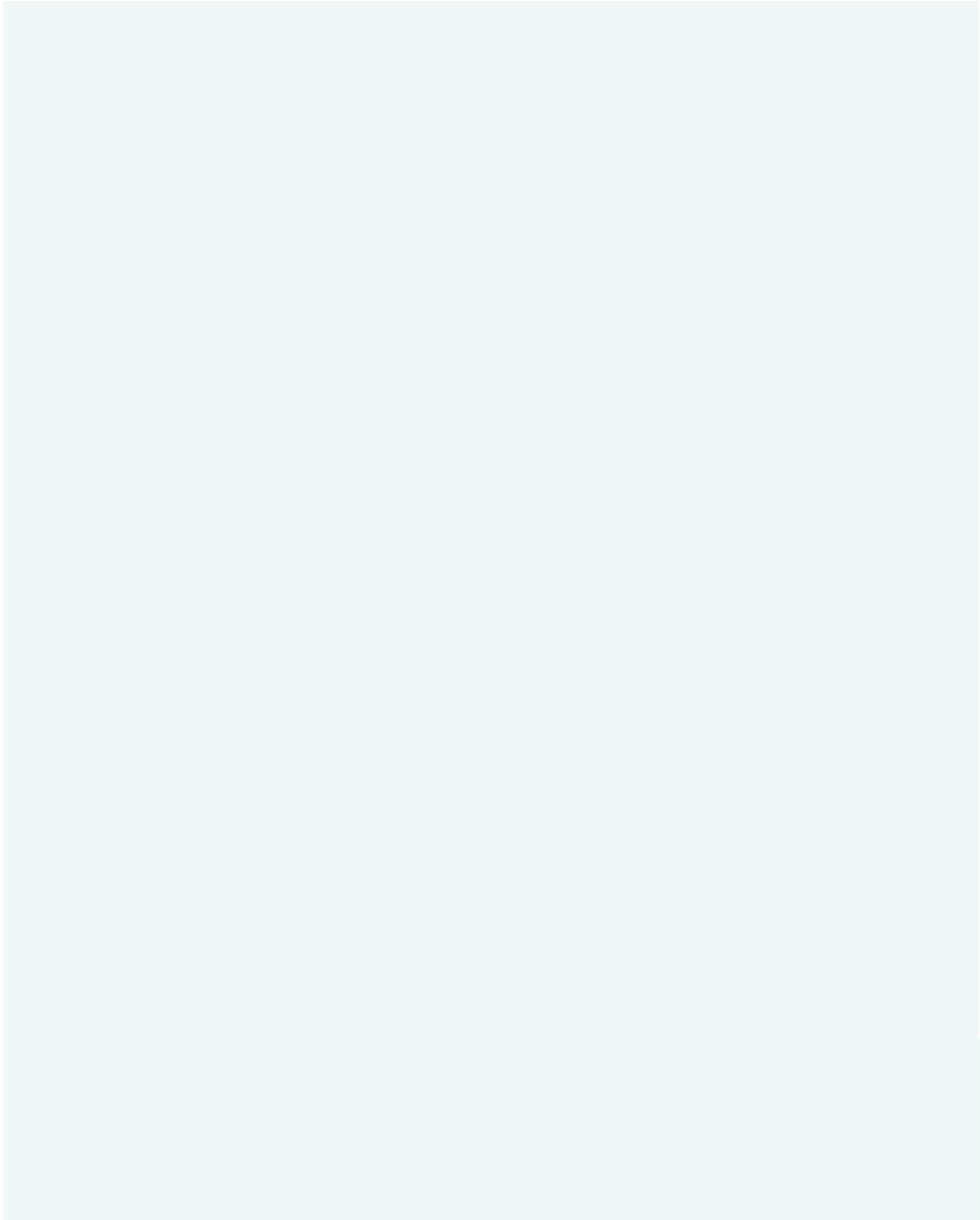


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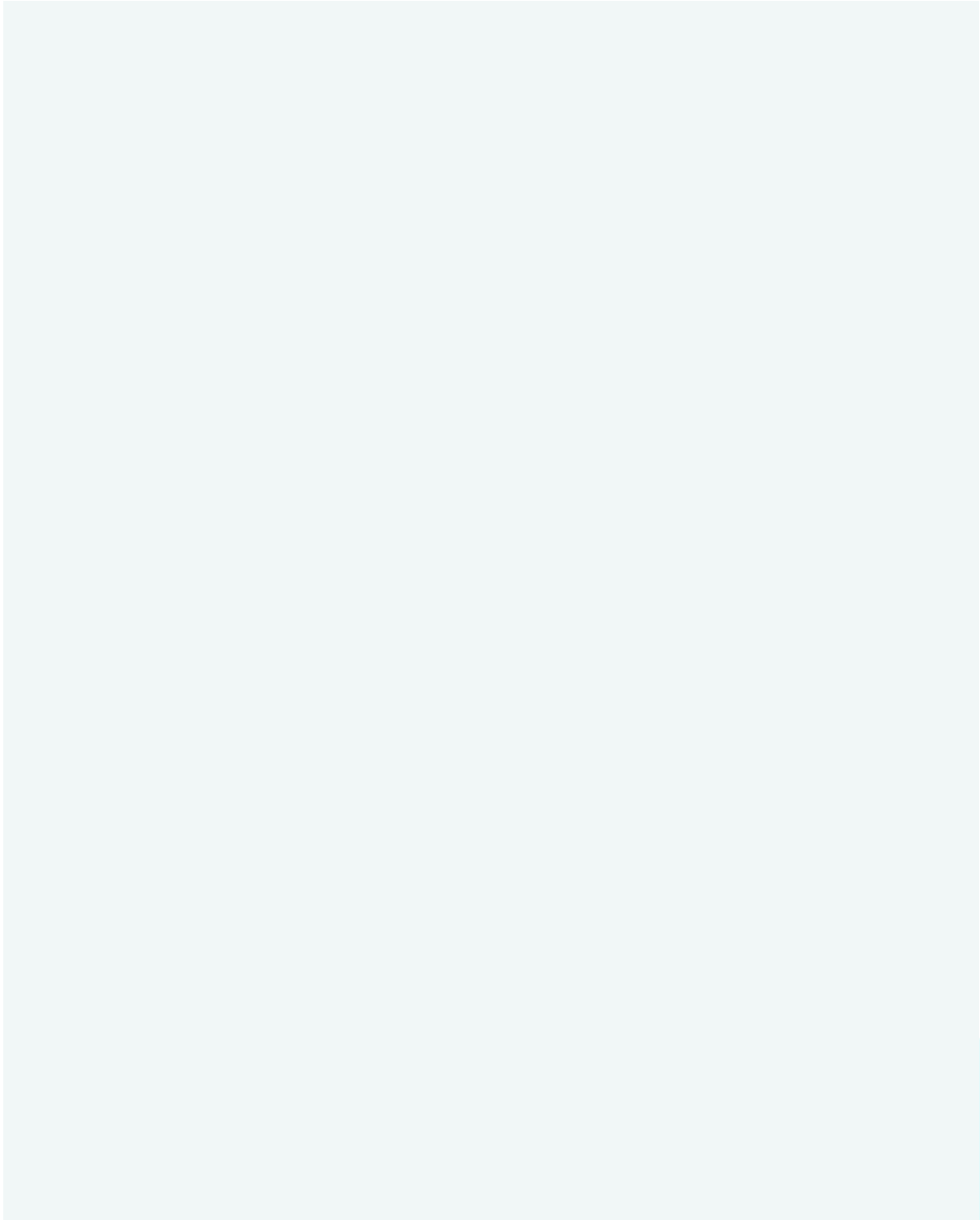


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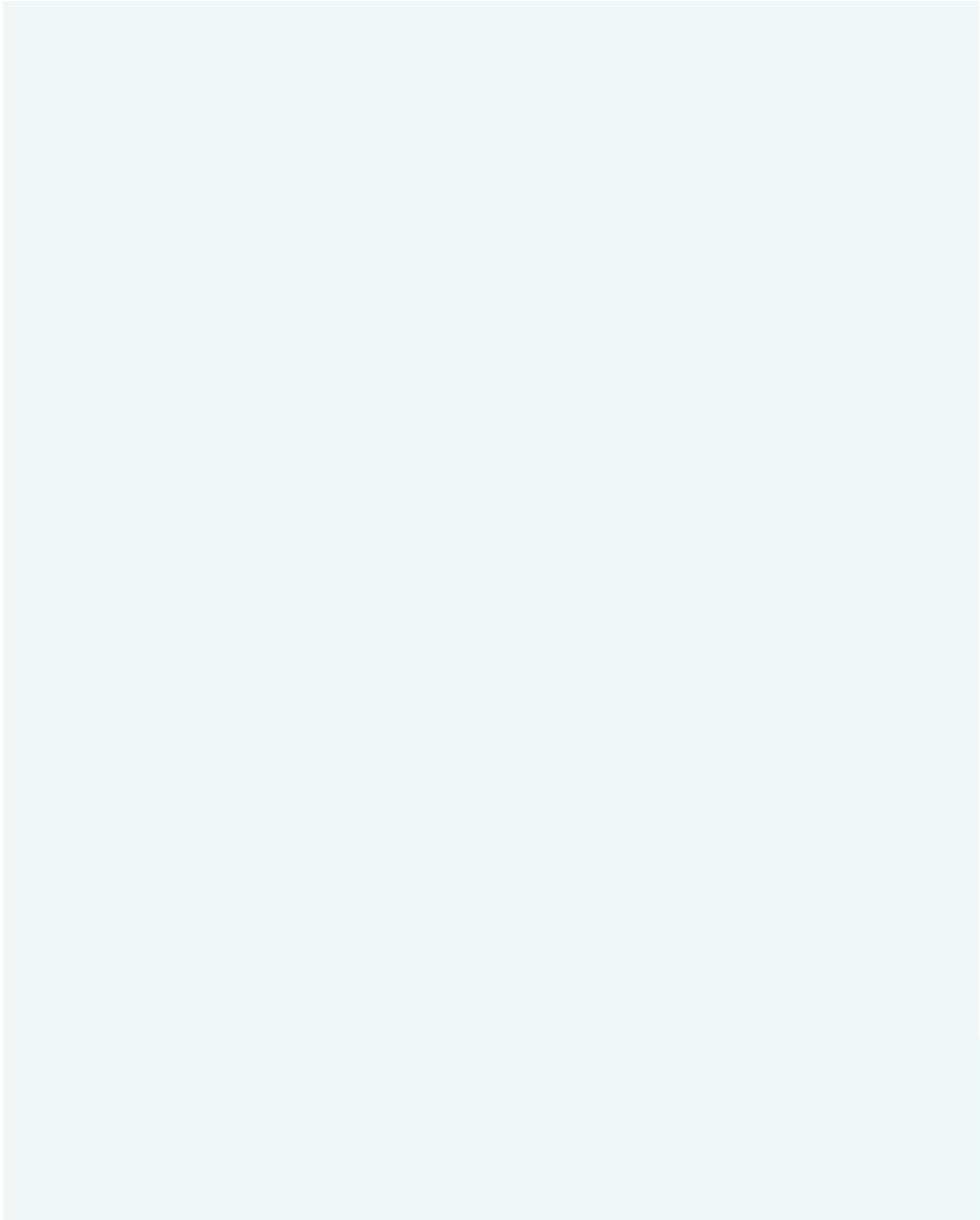


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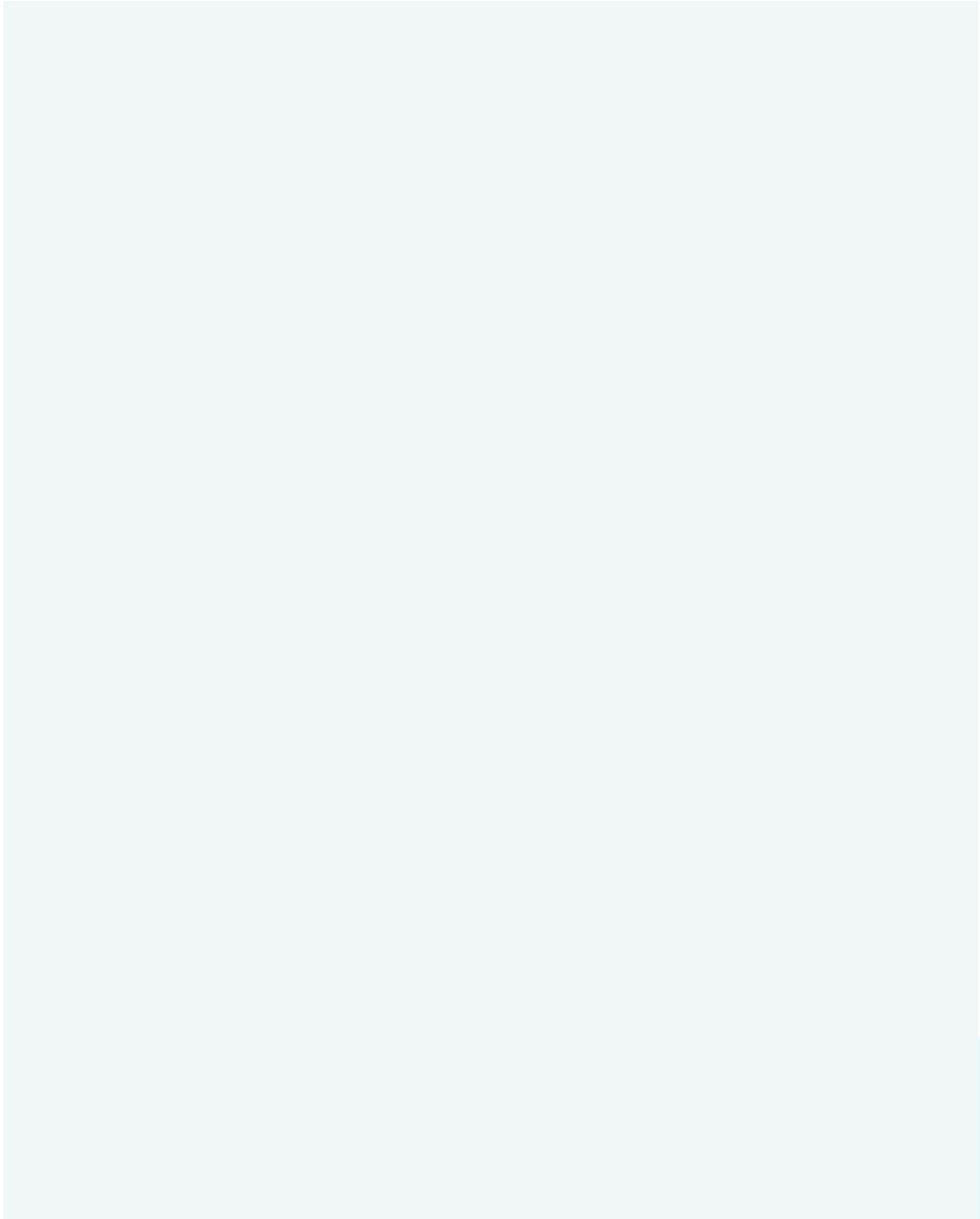
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August 12

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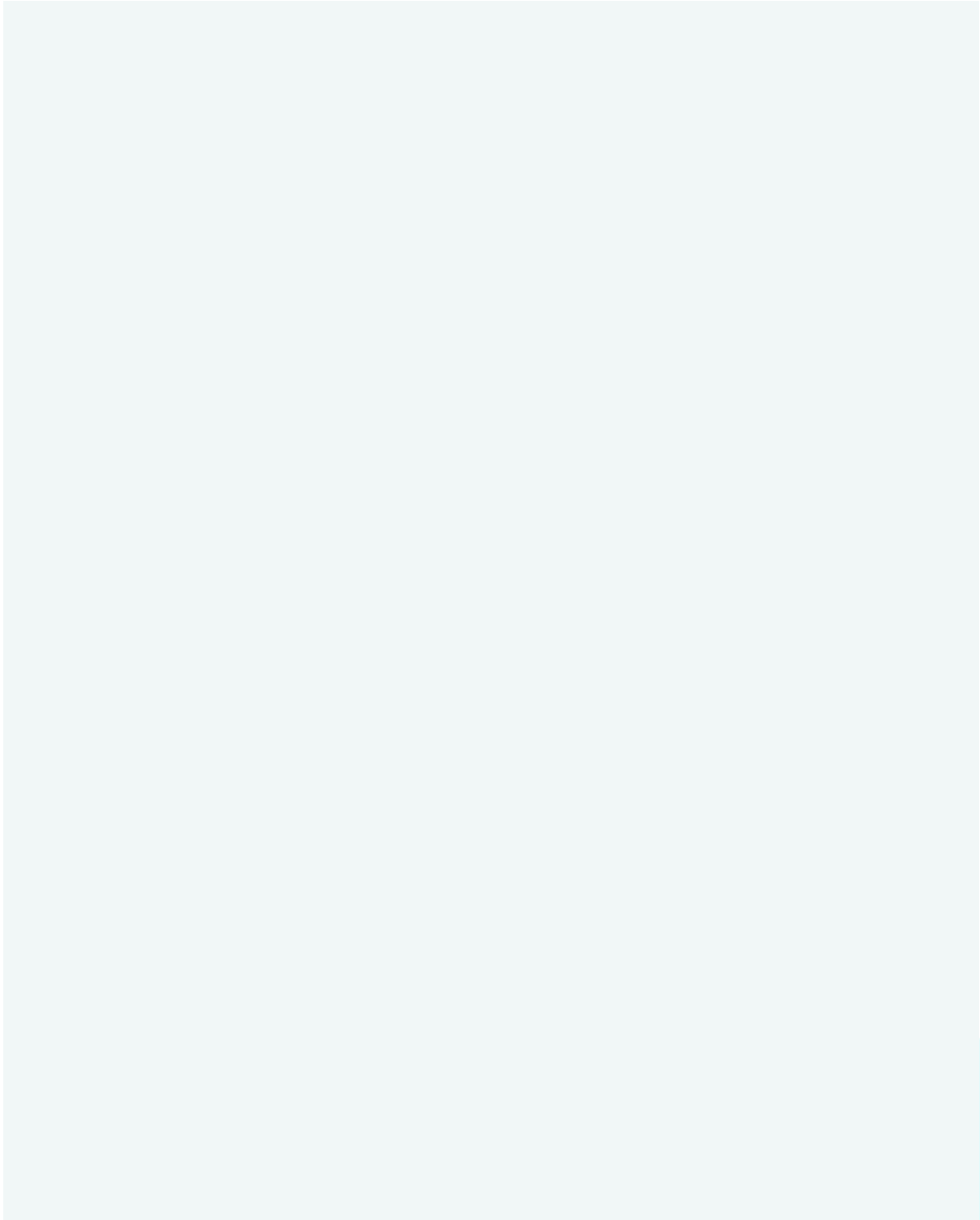
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August

14

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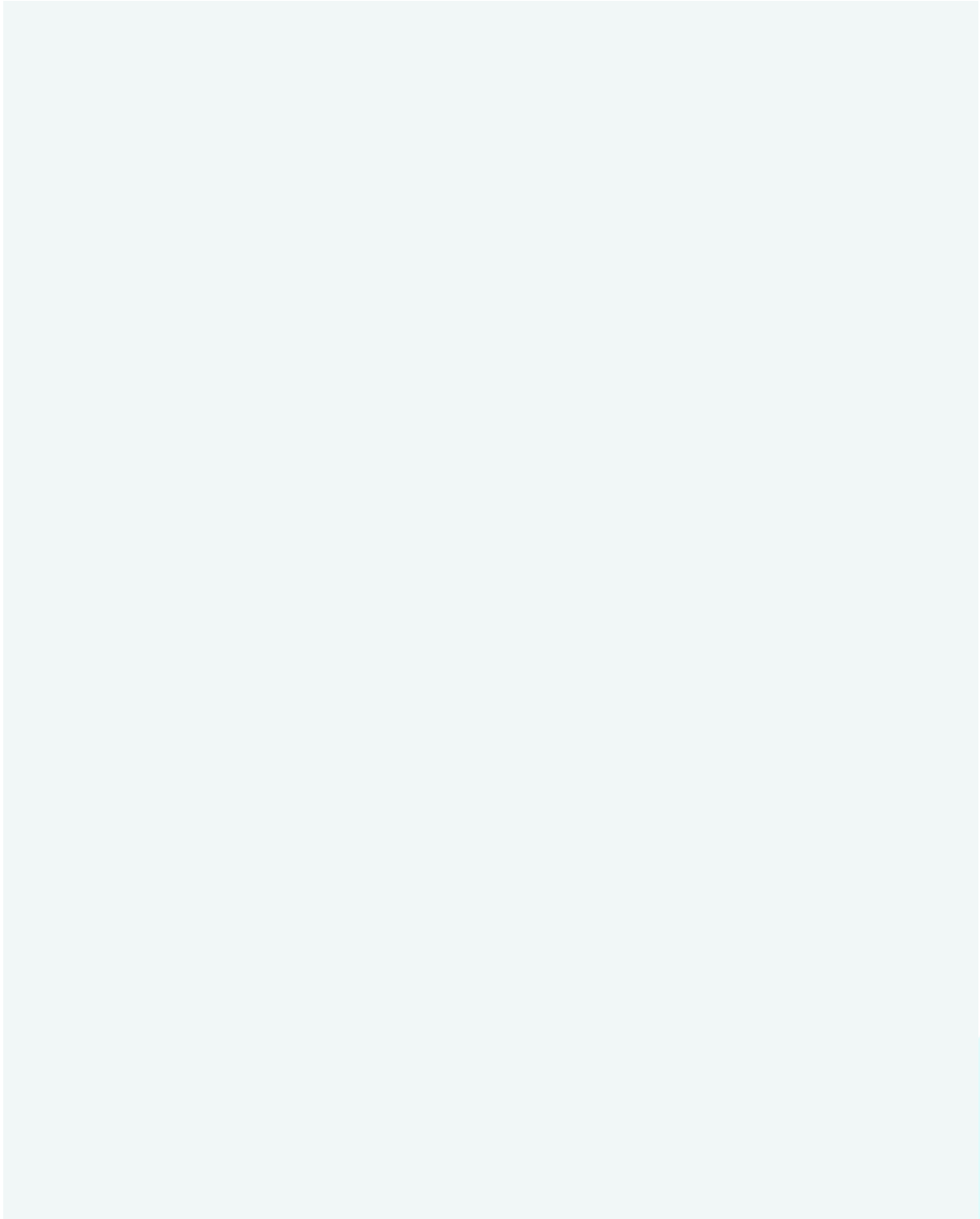
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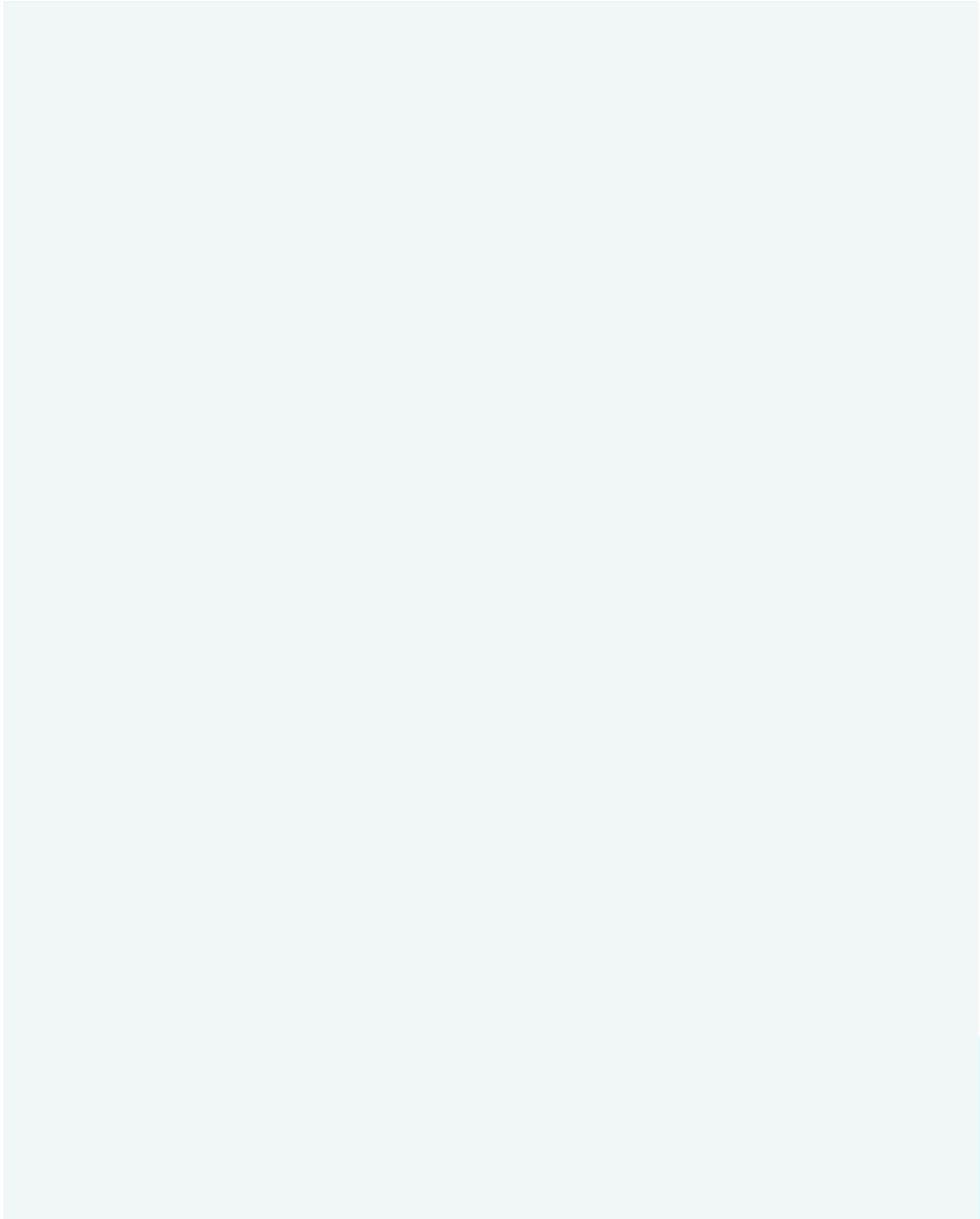


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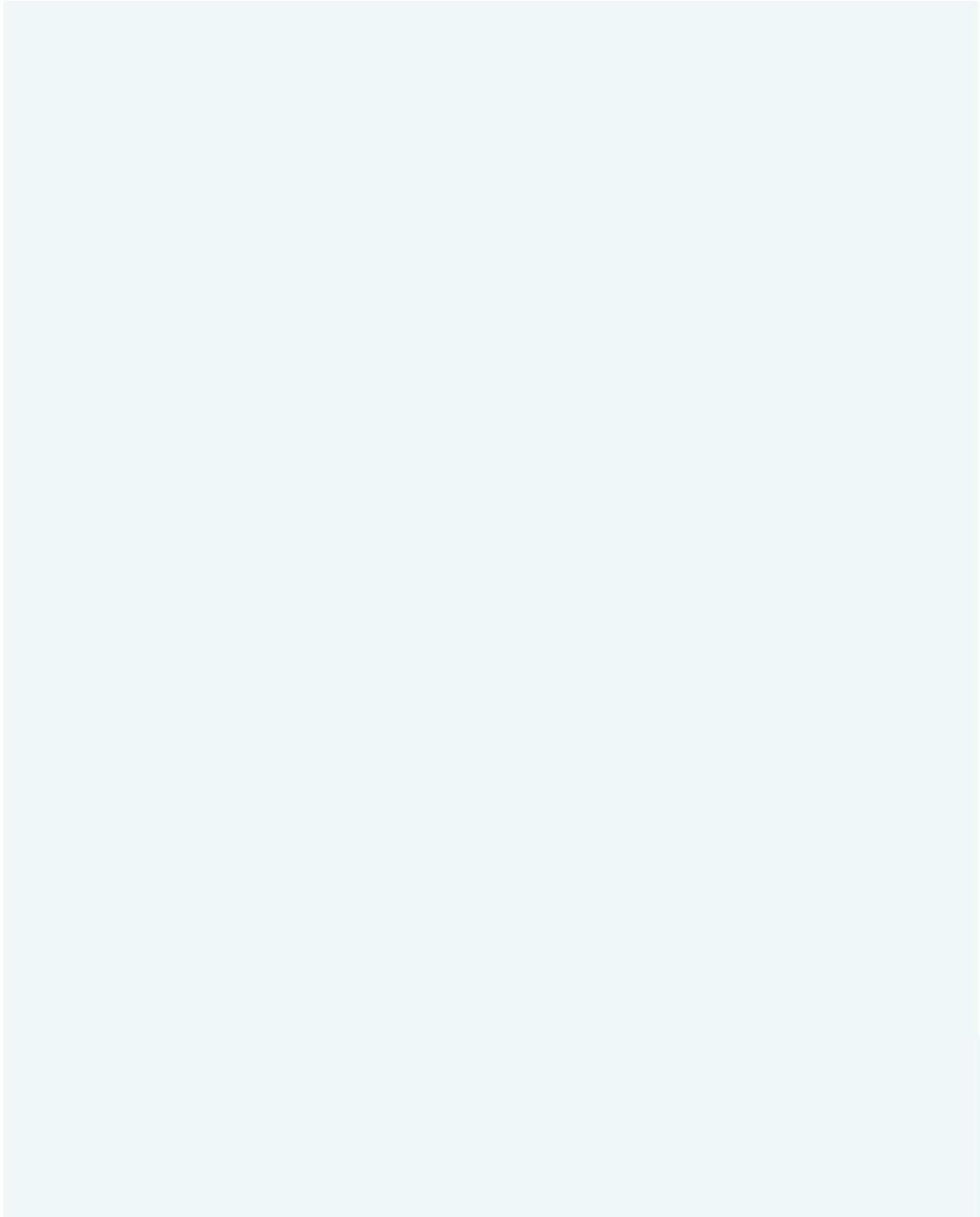


August

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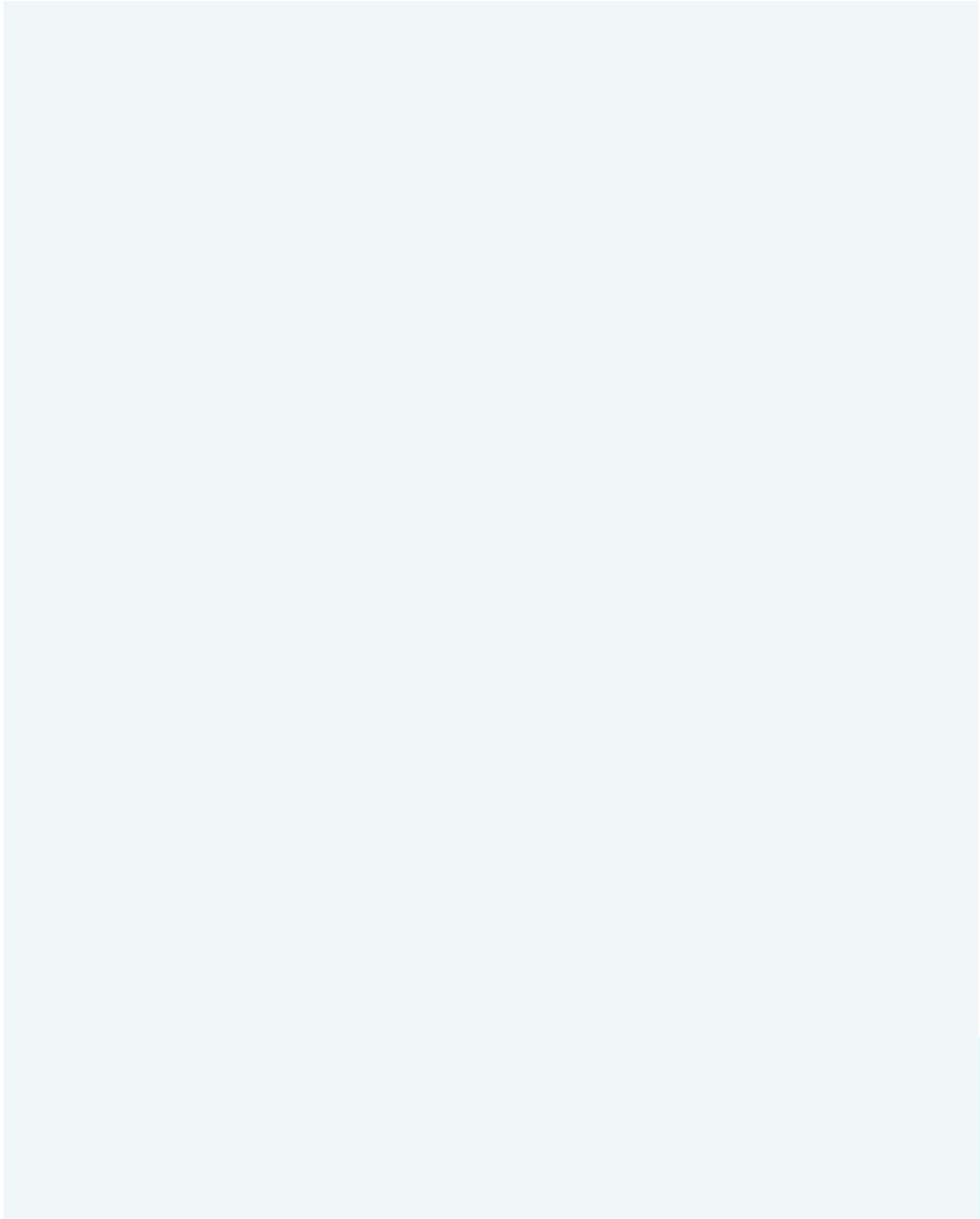
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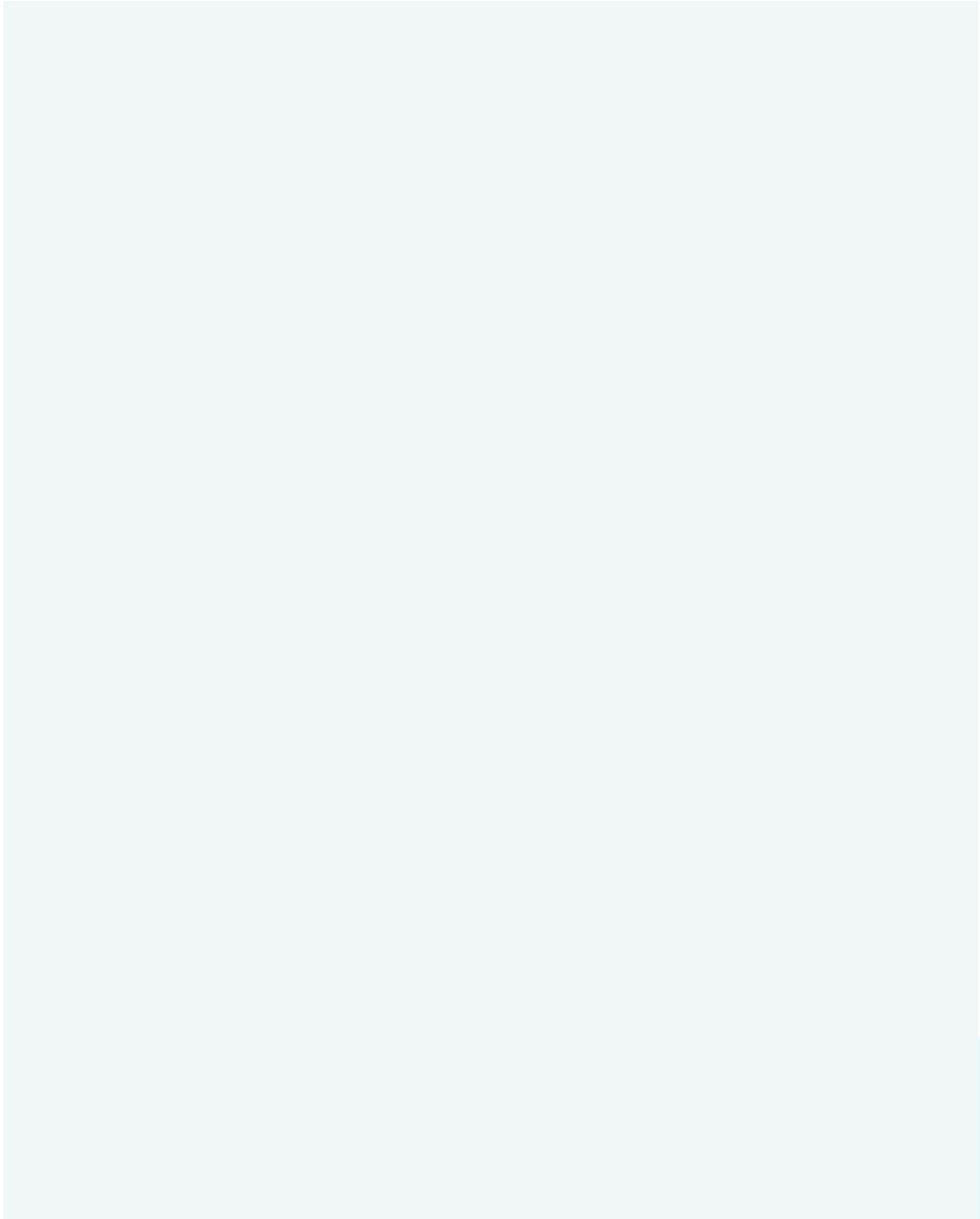


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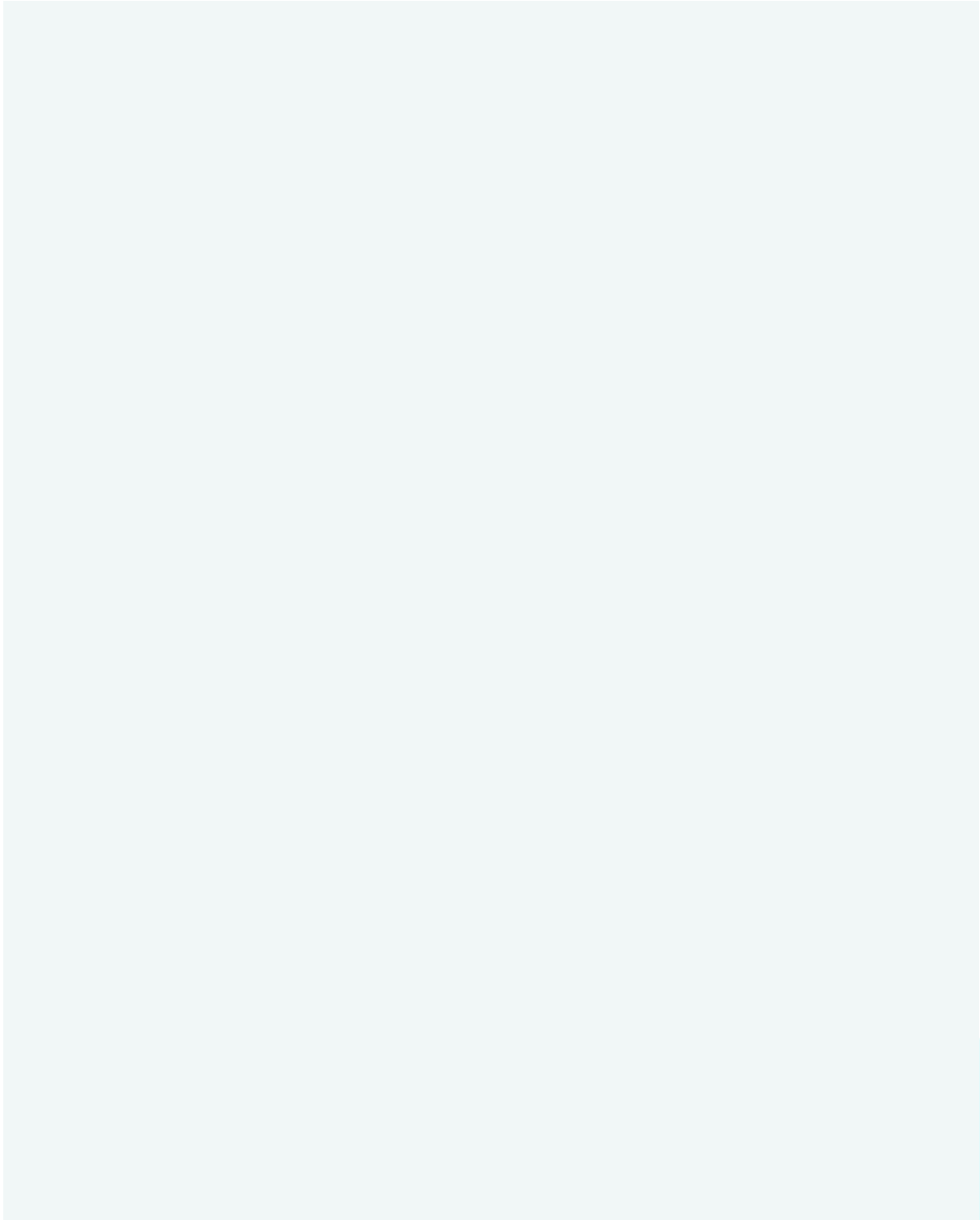


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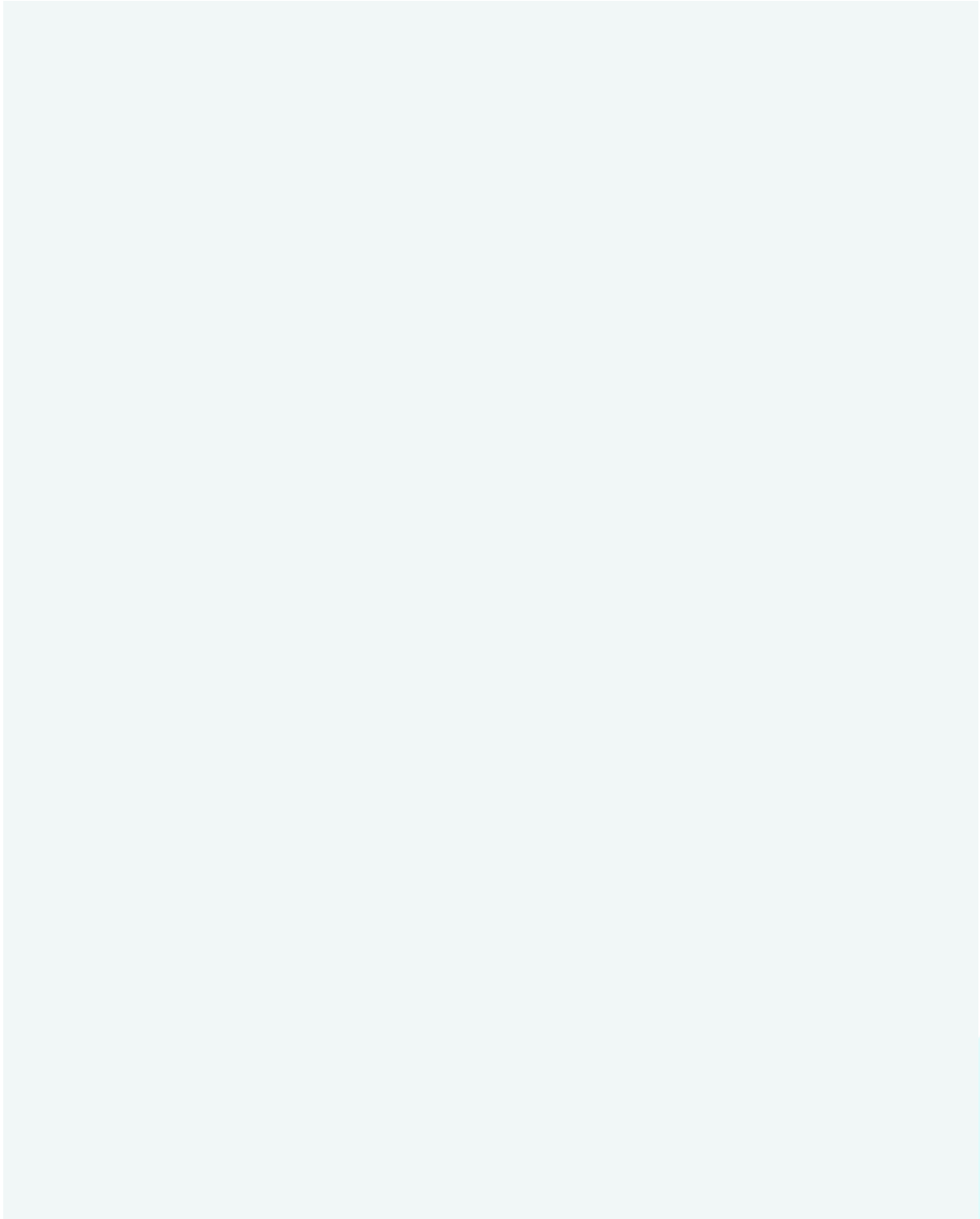


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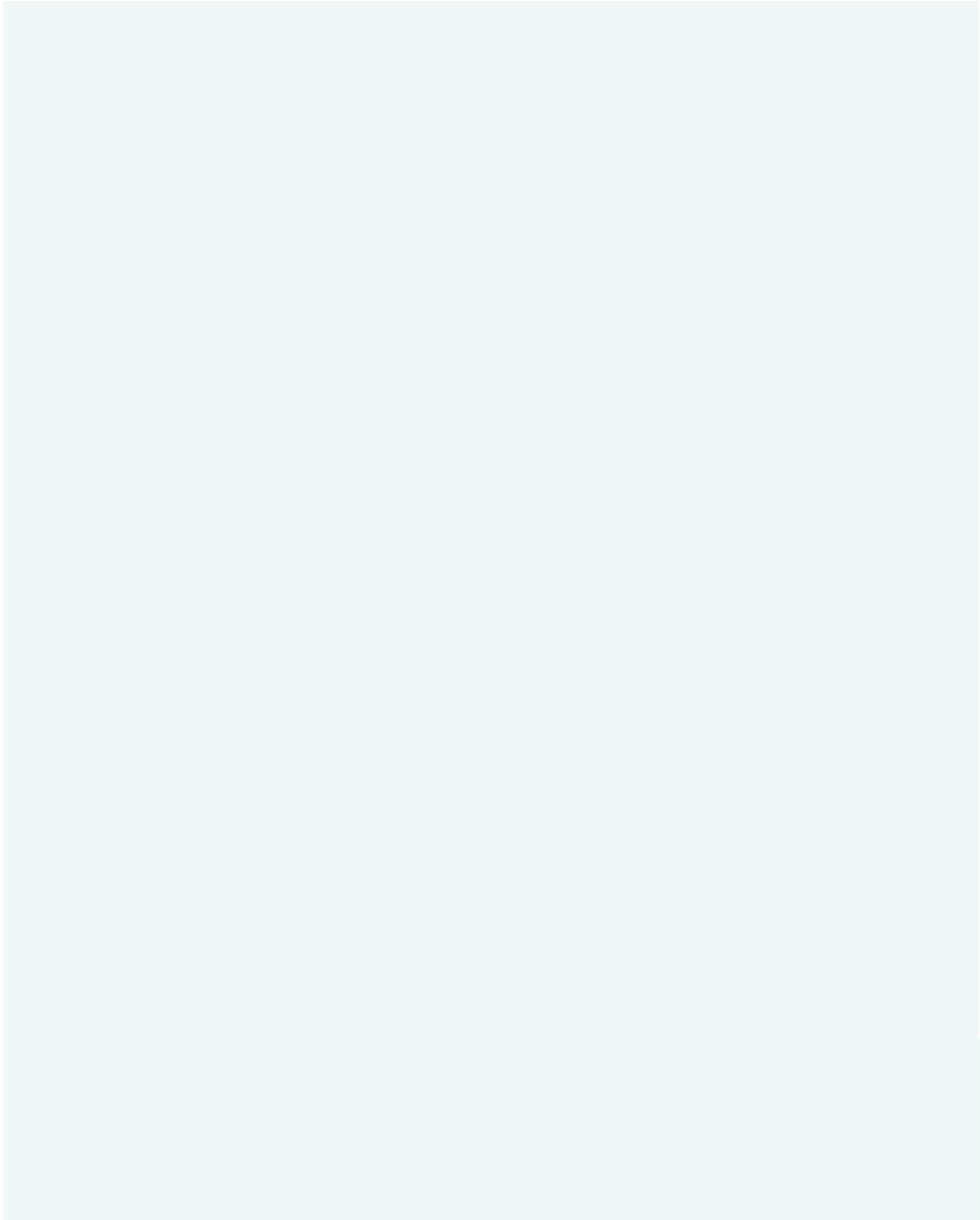


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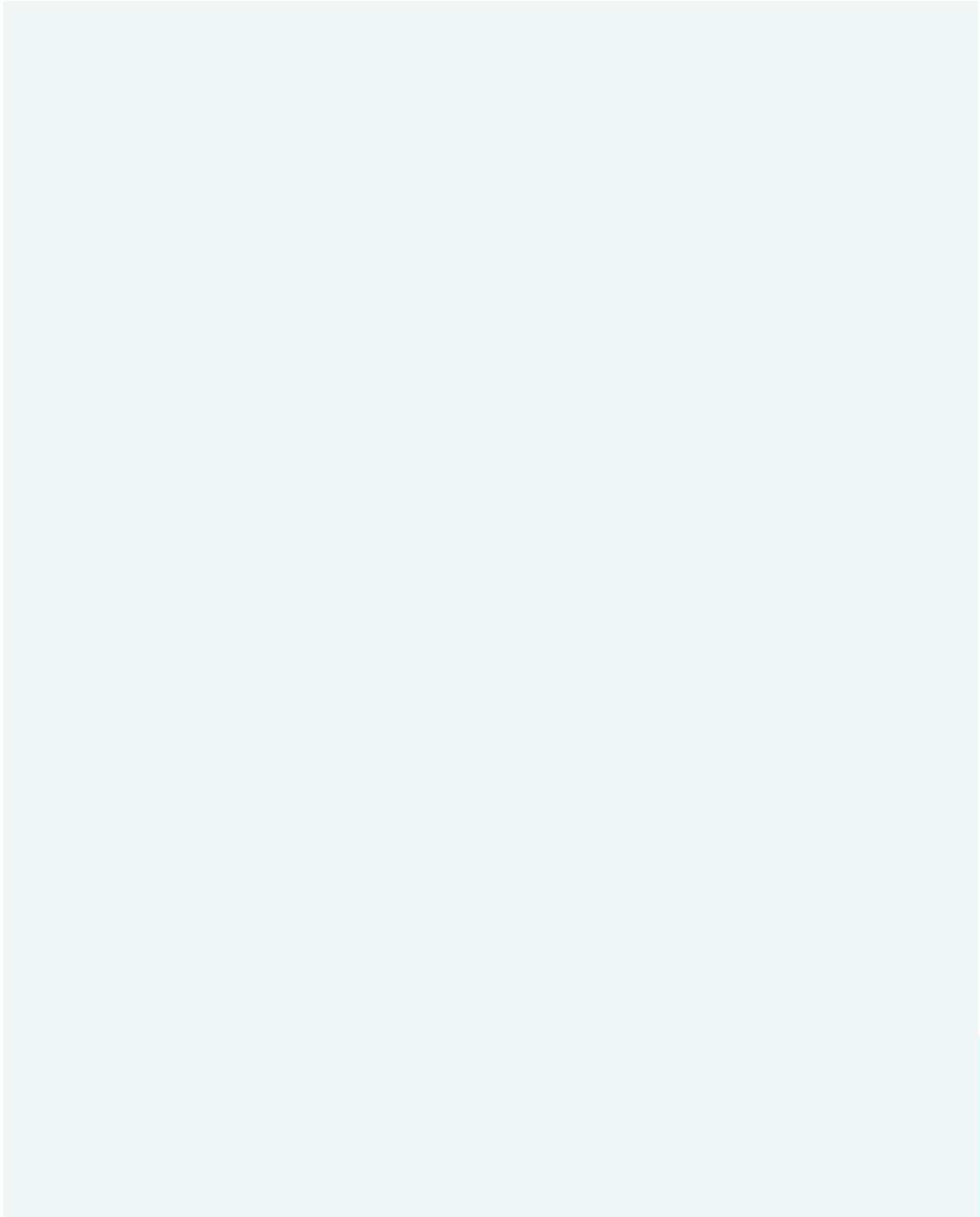


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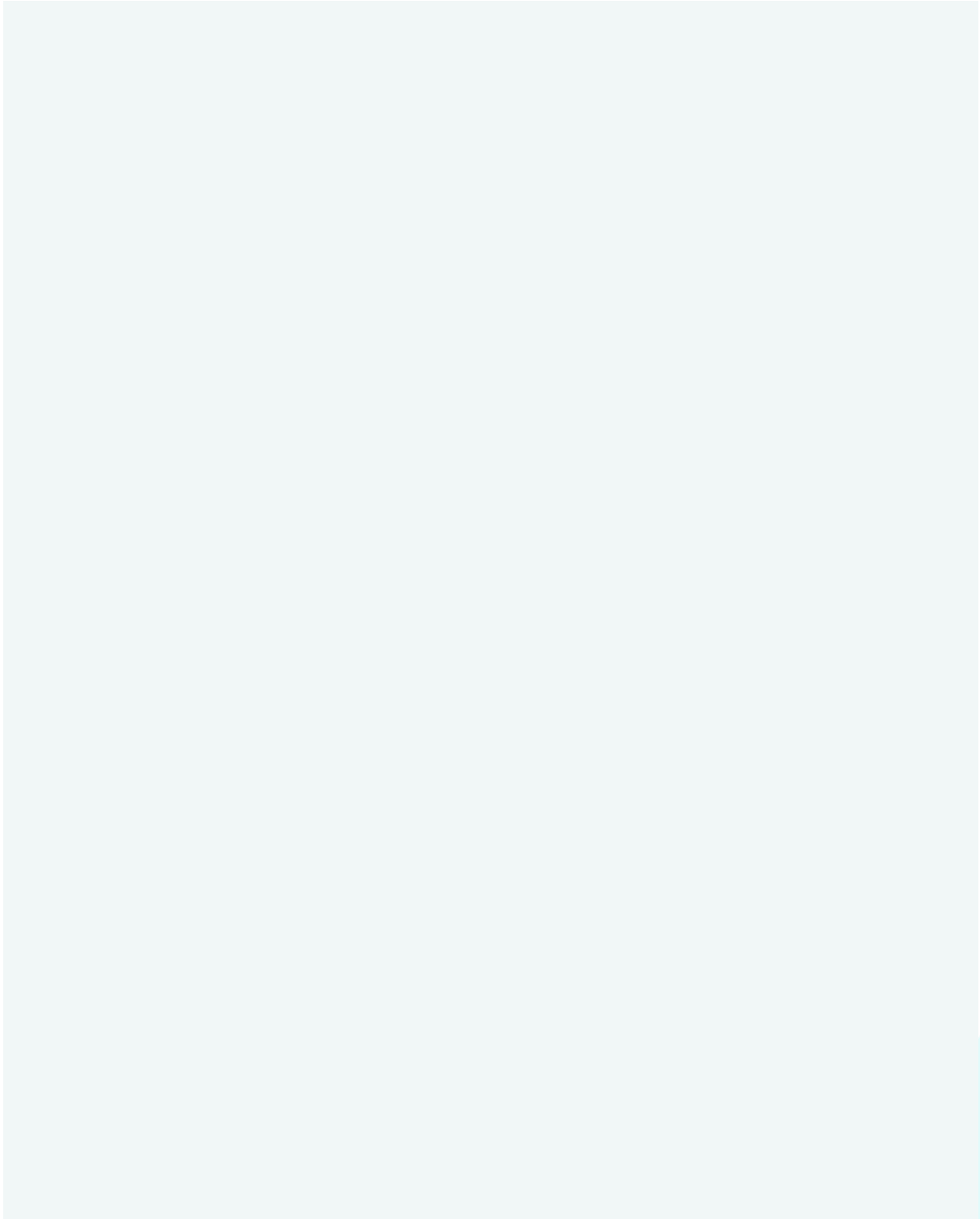


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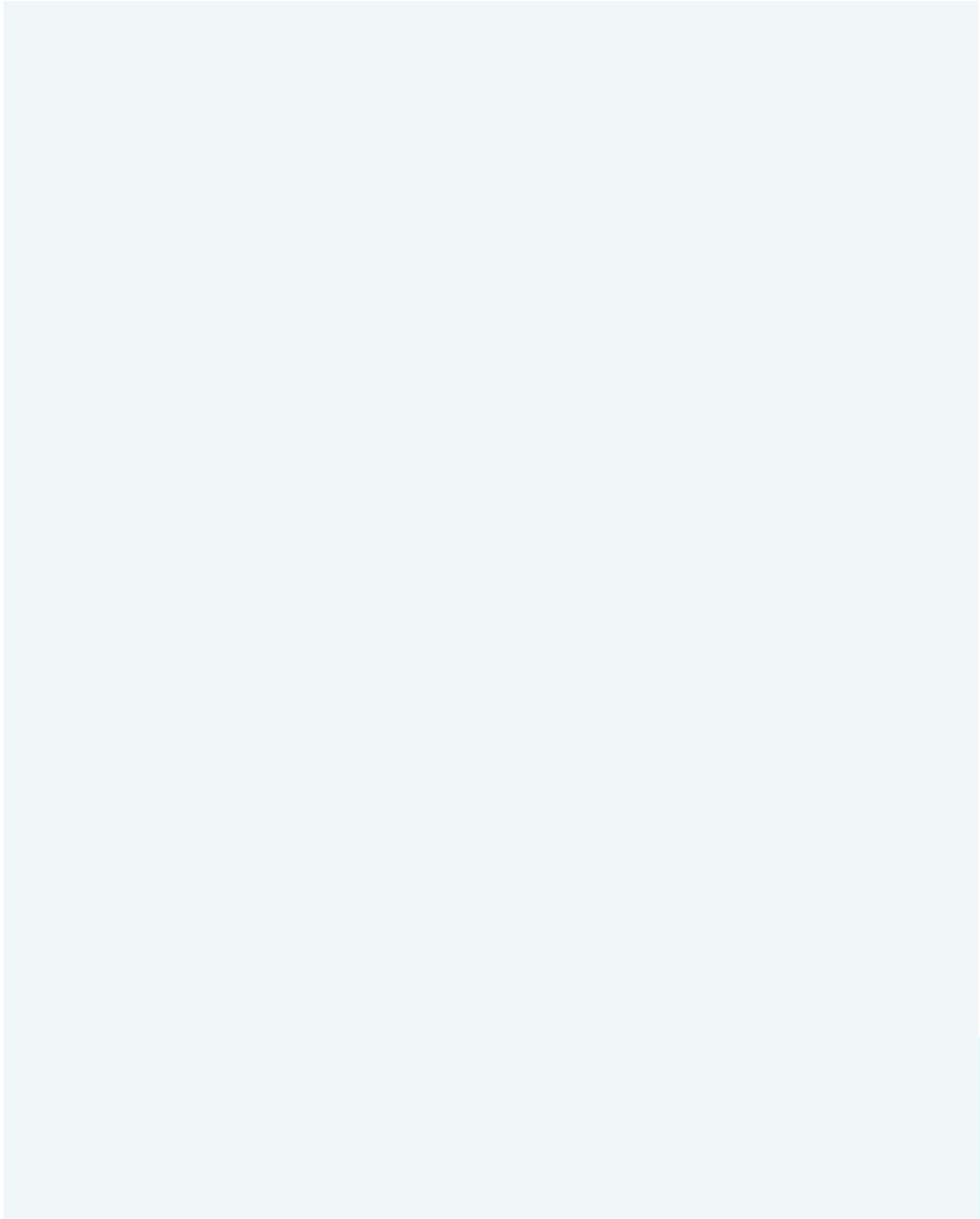


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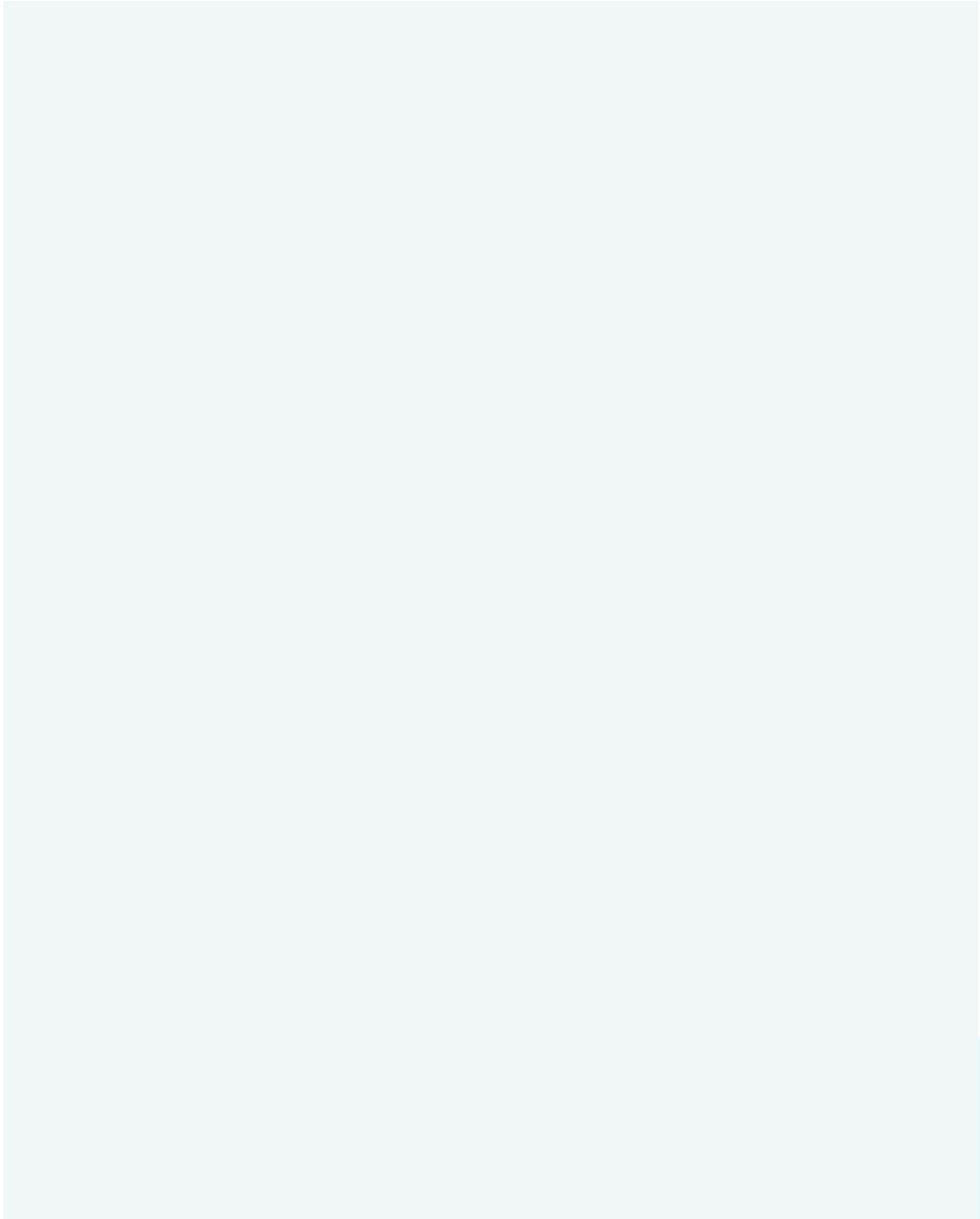


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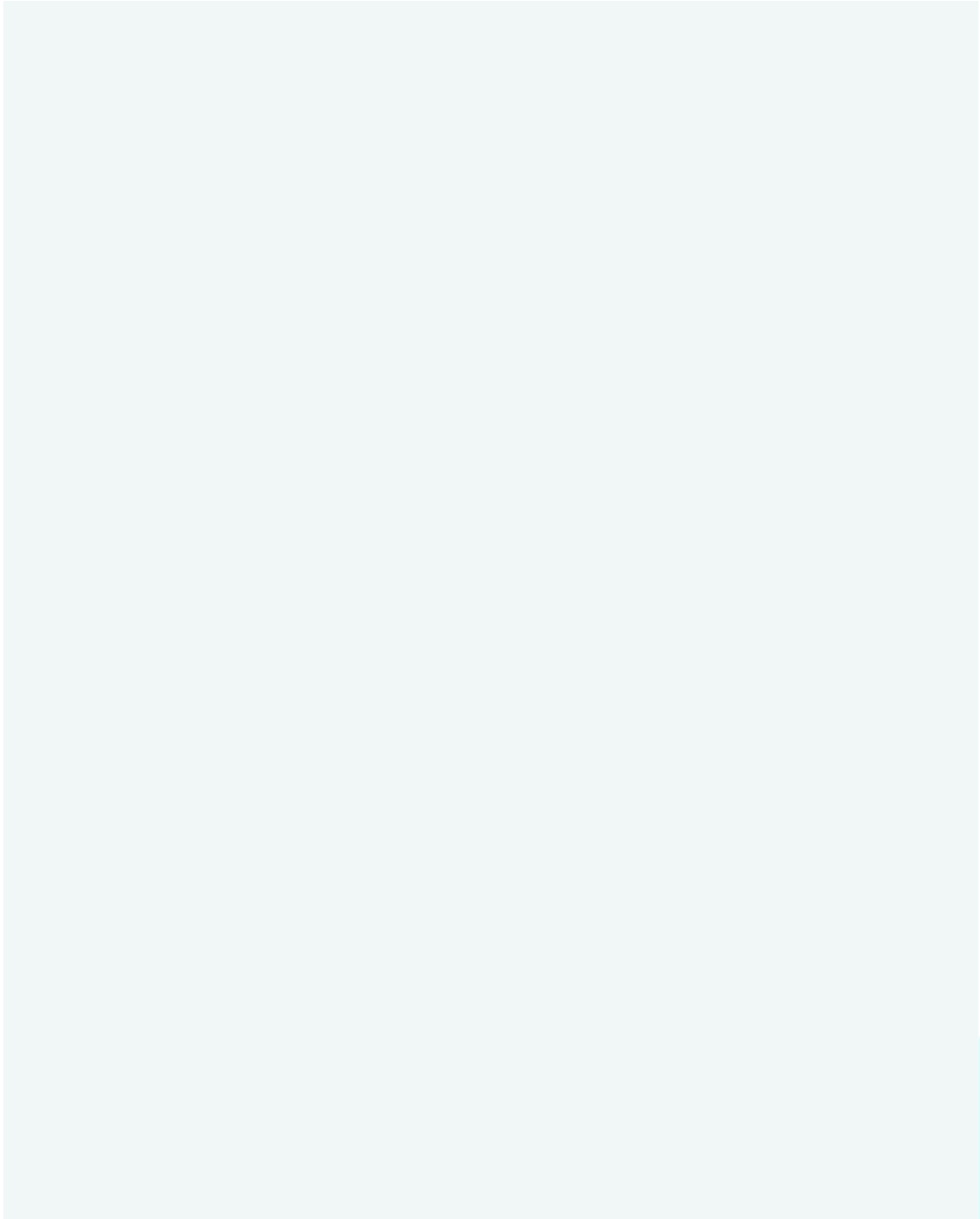


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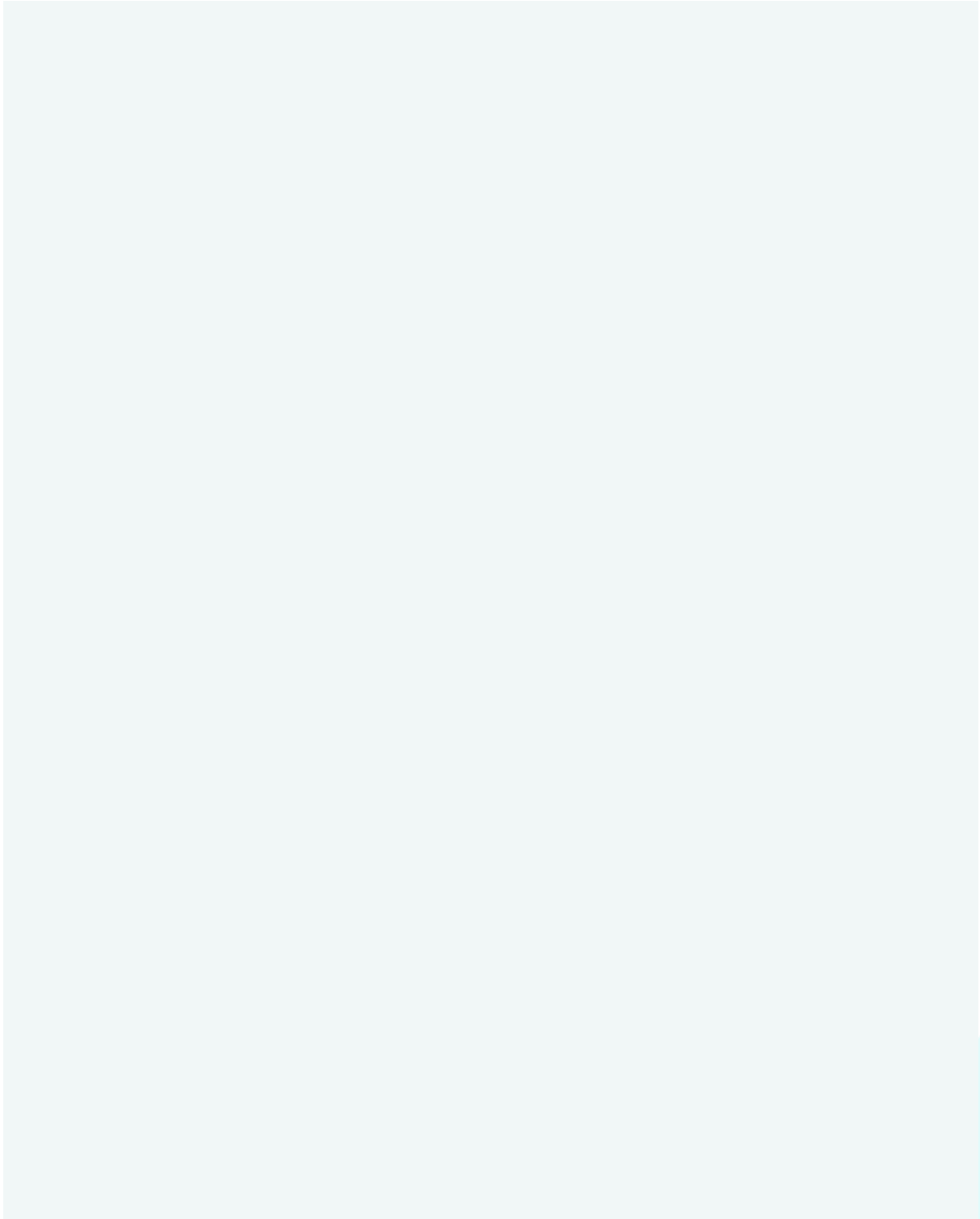
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August 30

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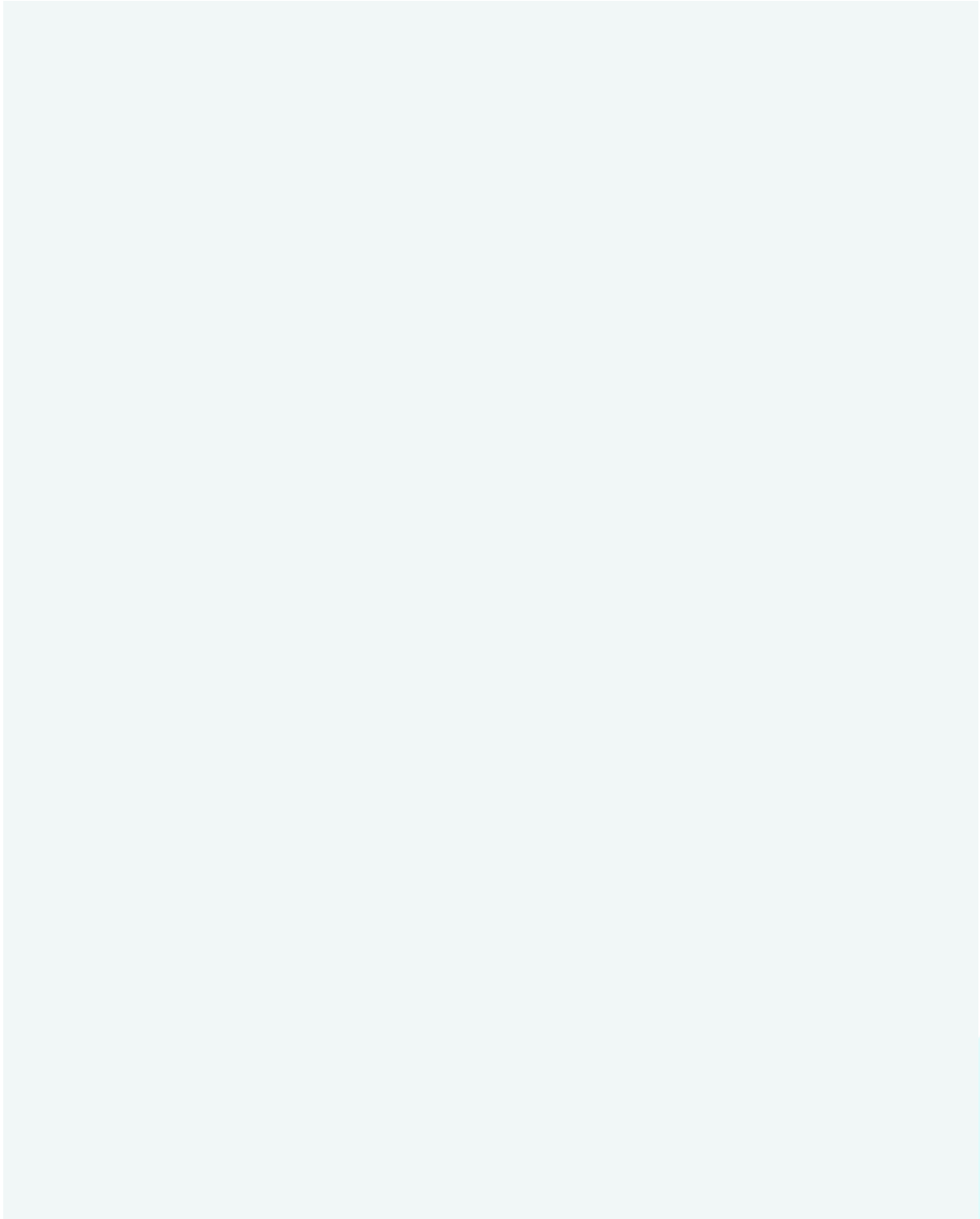
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SEPTEMBER



La Alcaidesa

**ONE LIFE
JOURNAL**

September

1

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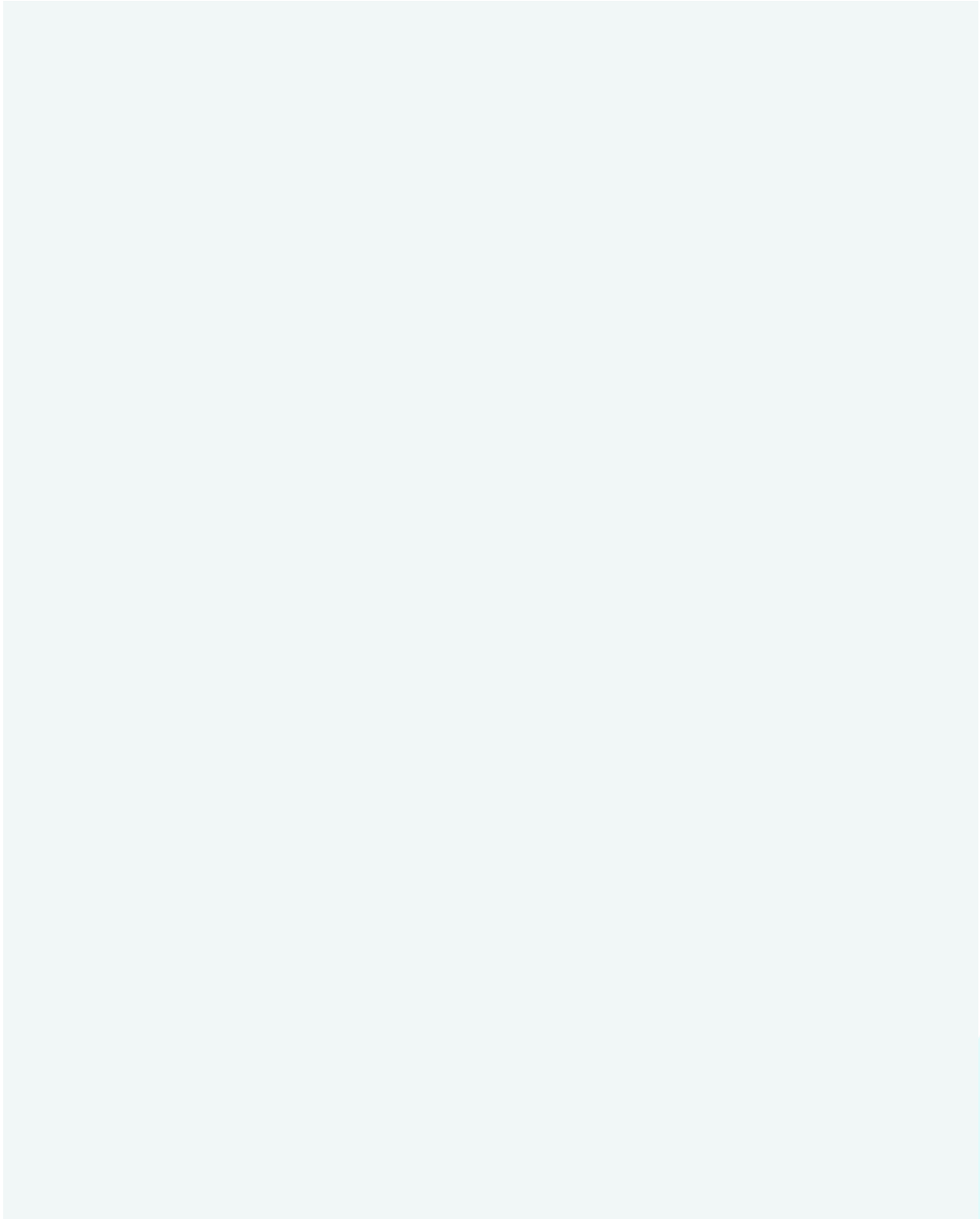


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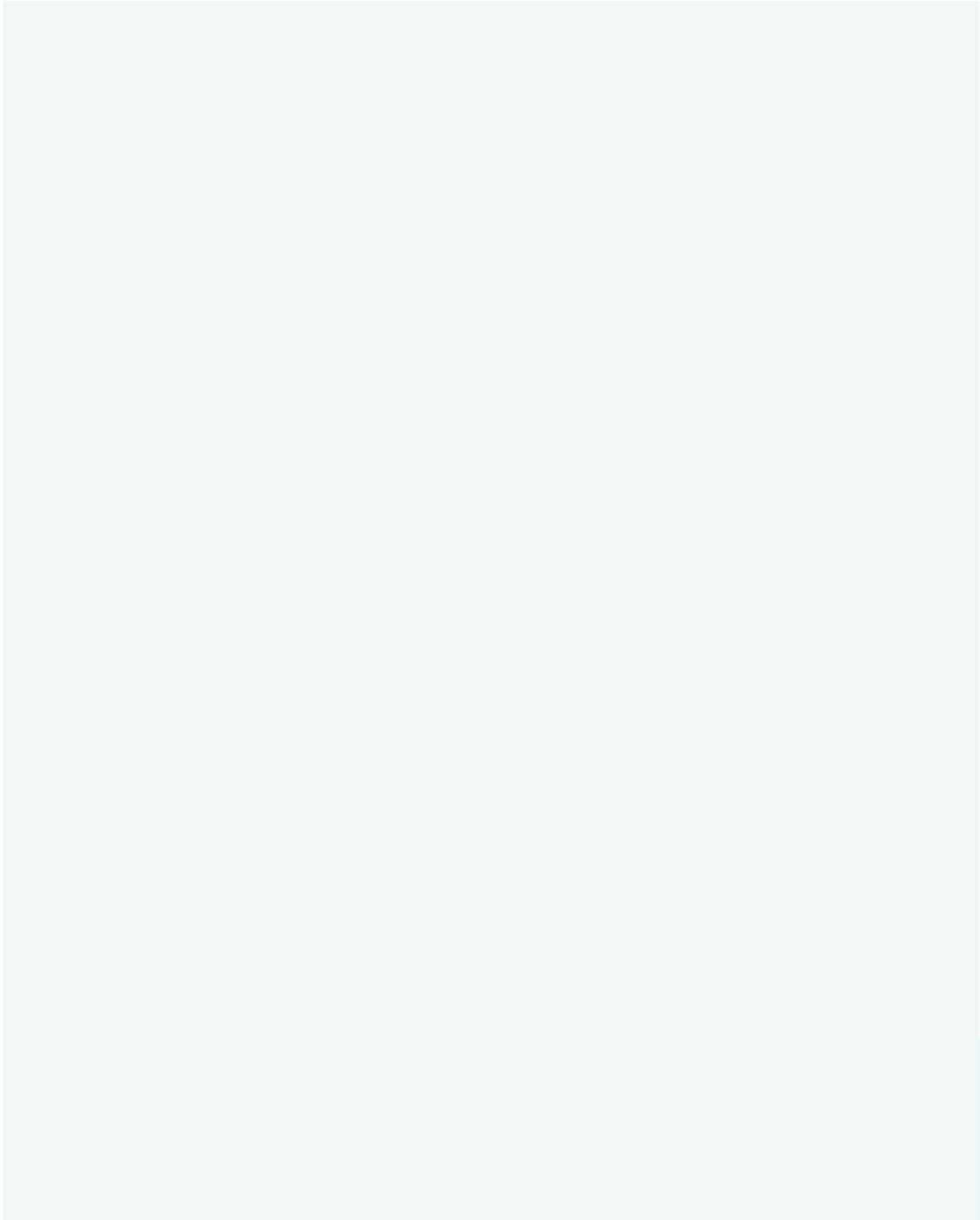


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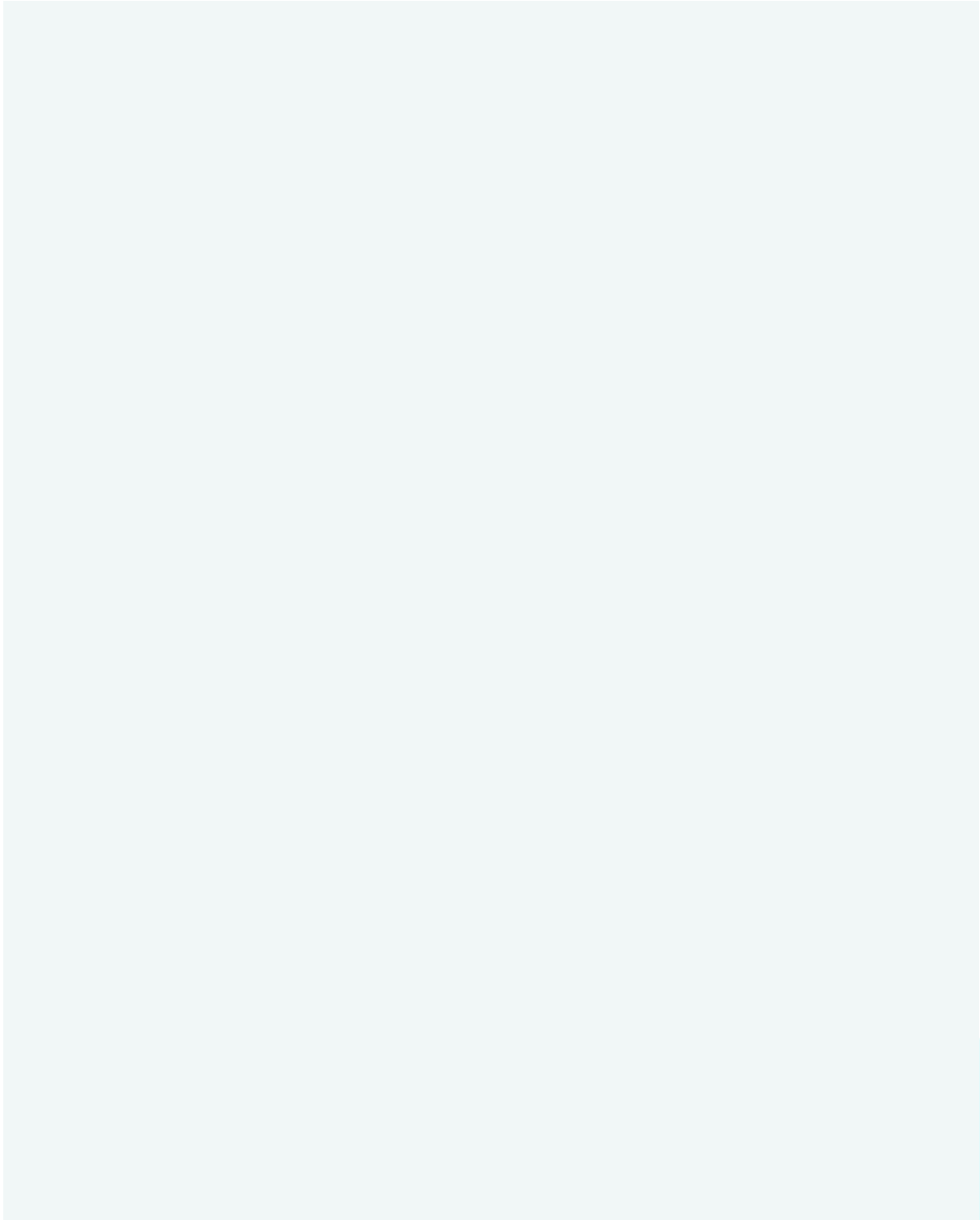


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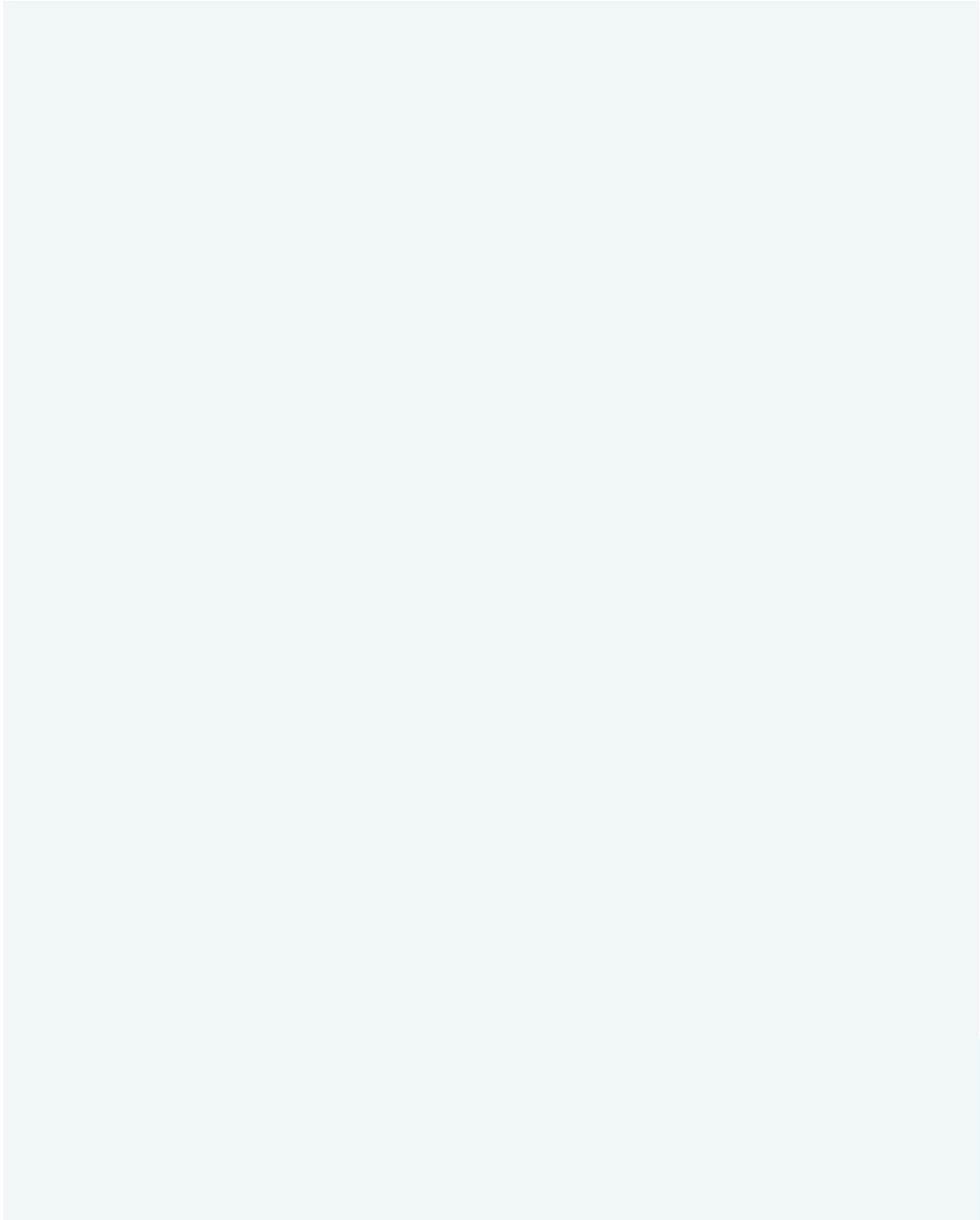


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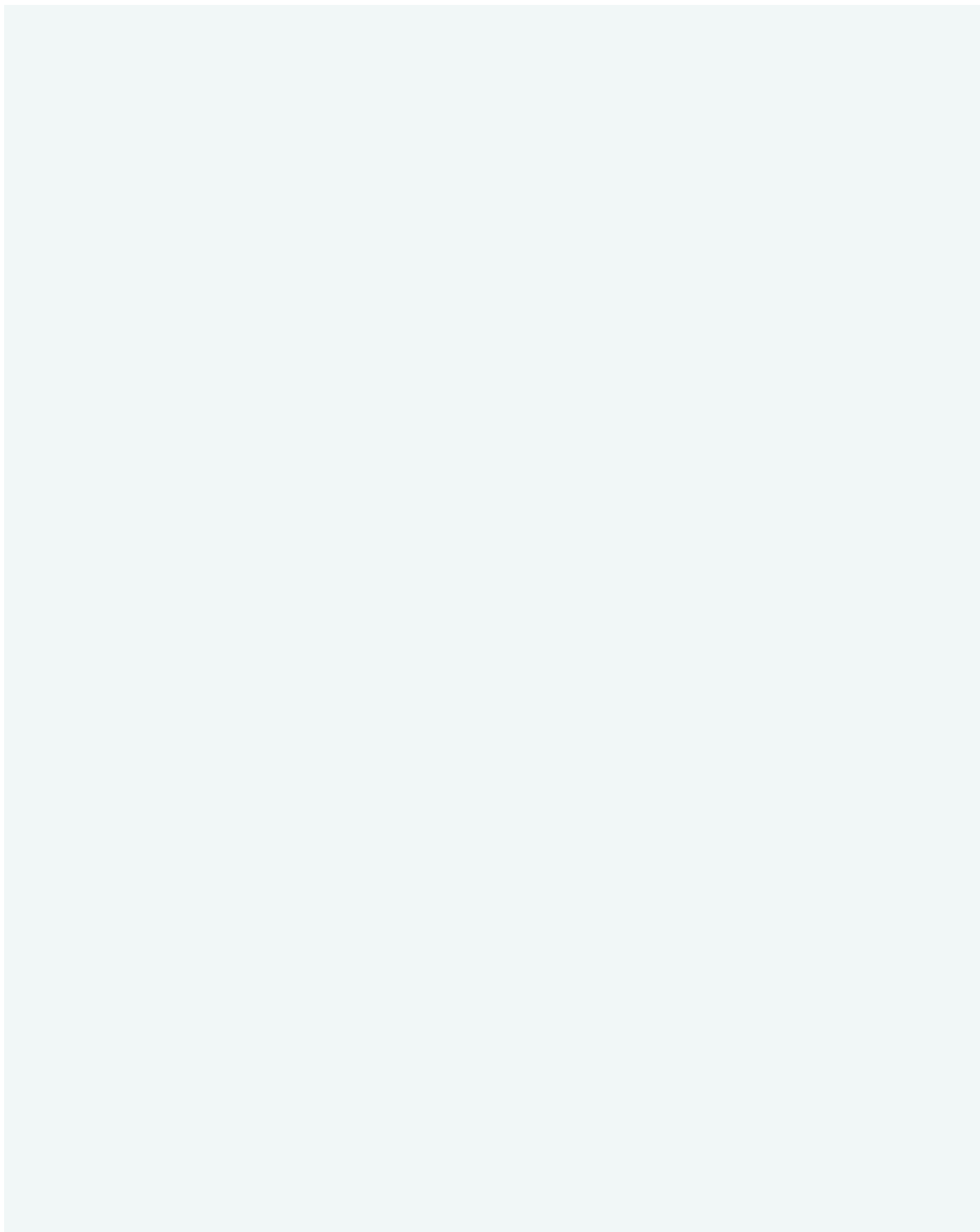


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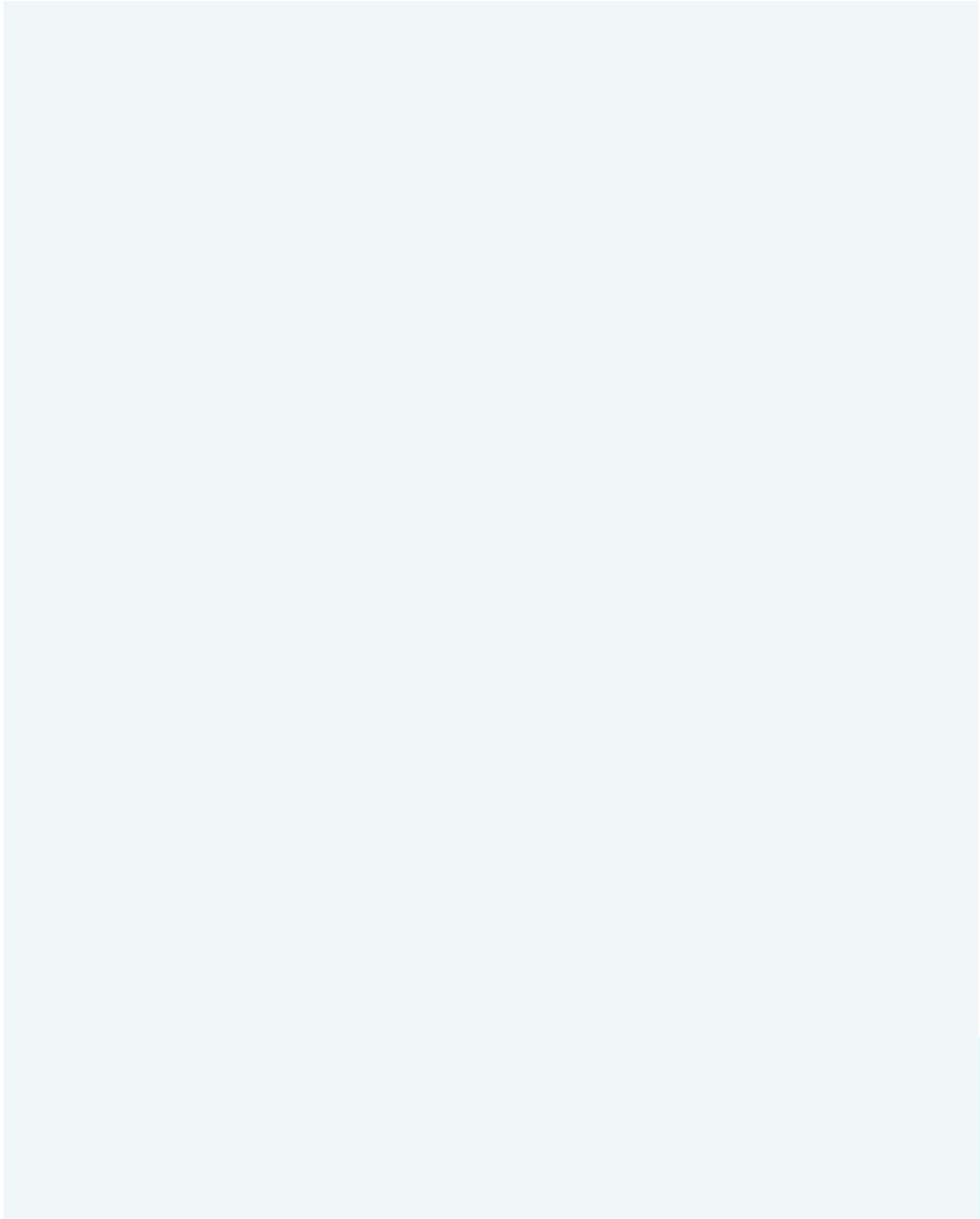


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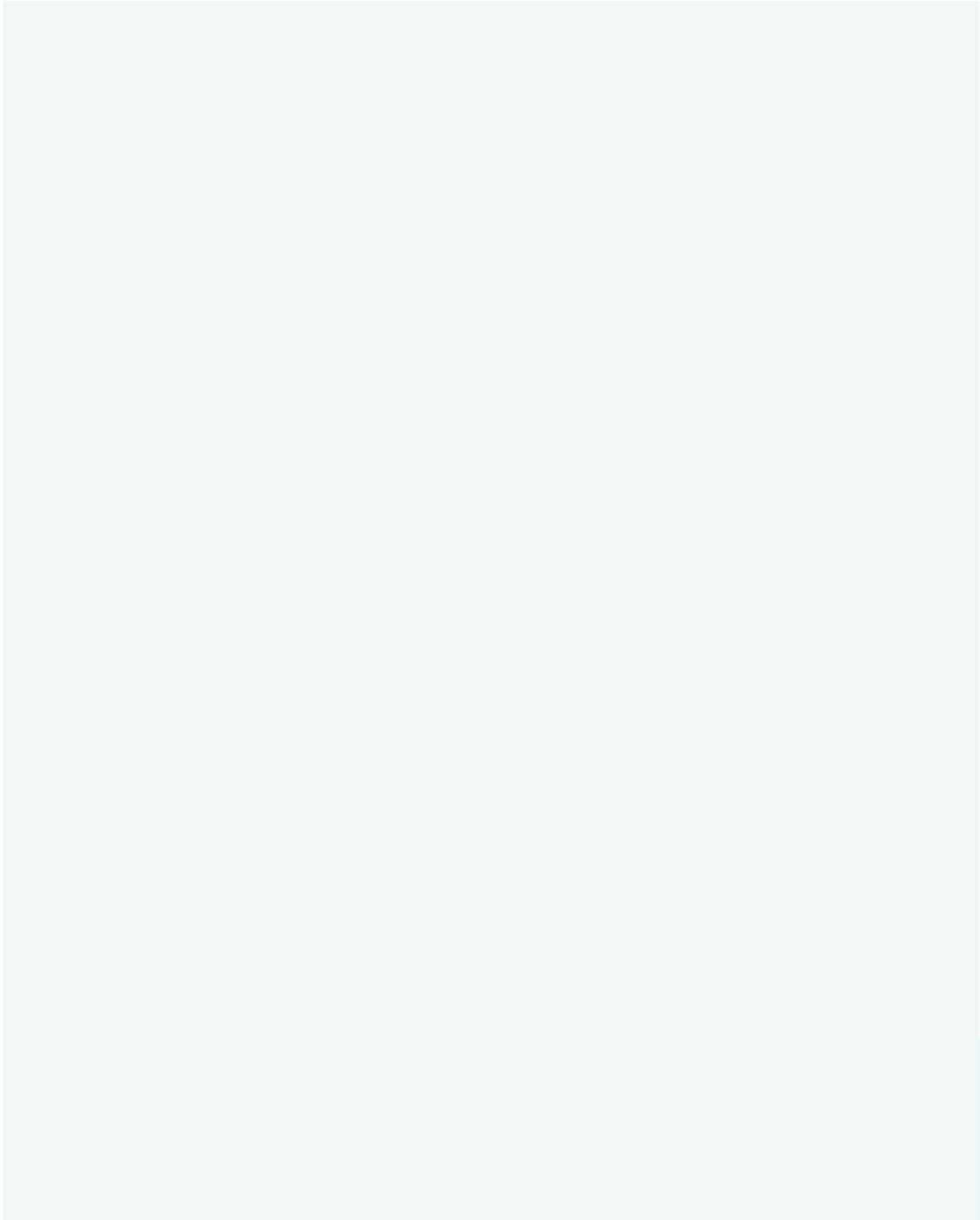


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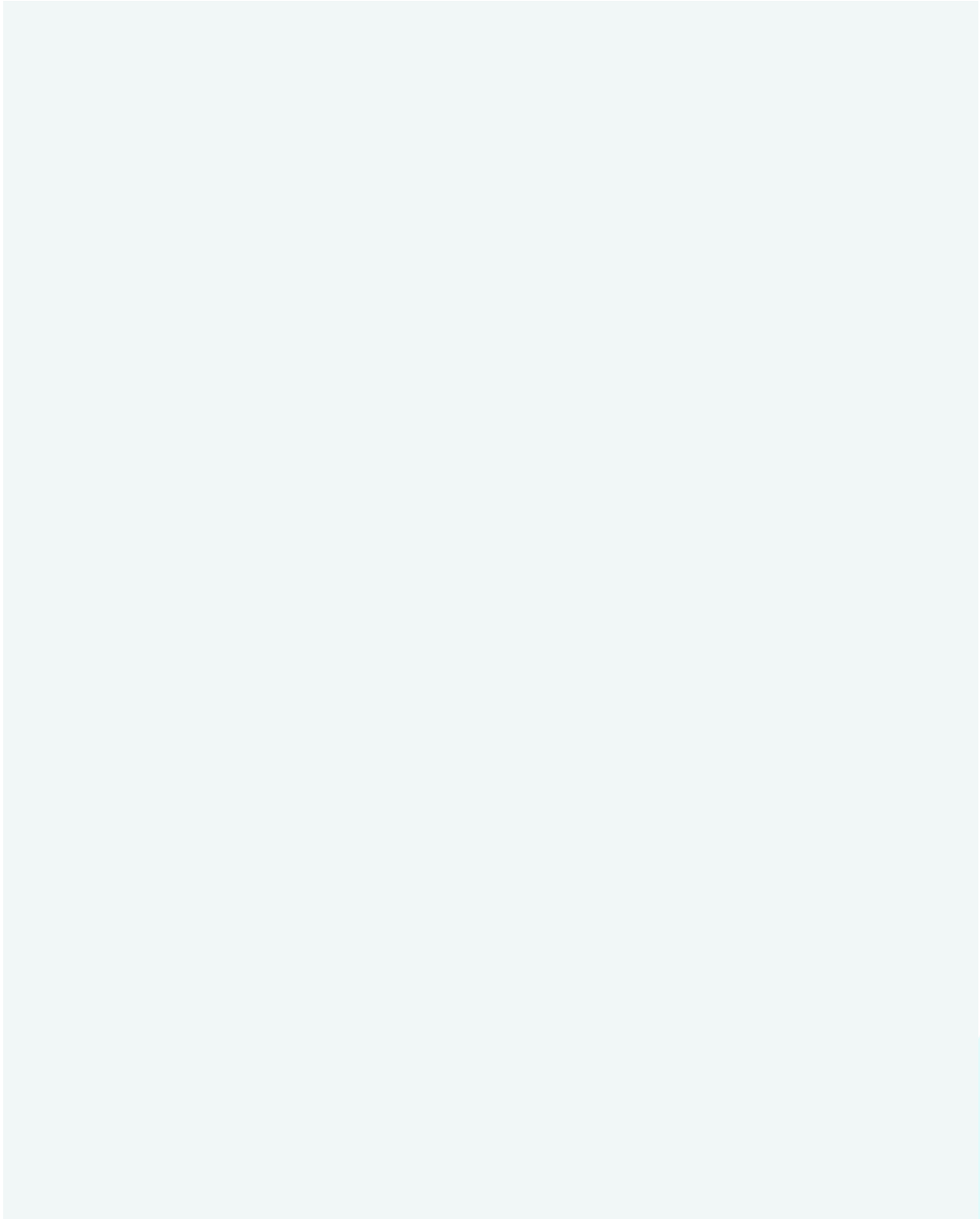


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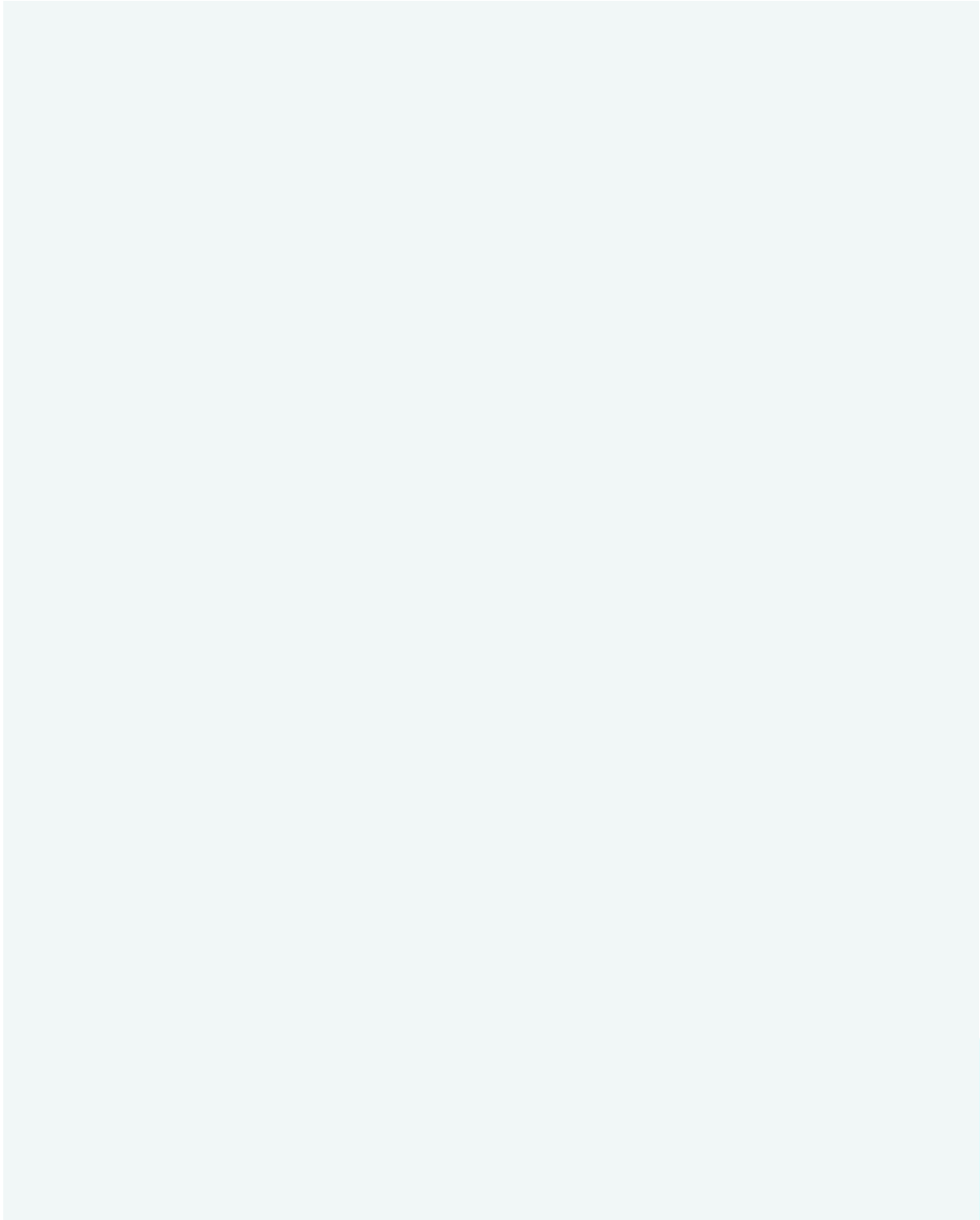


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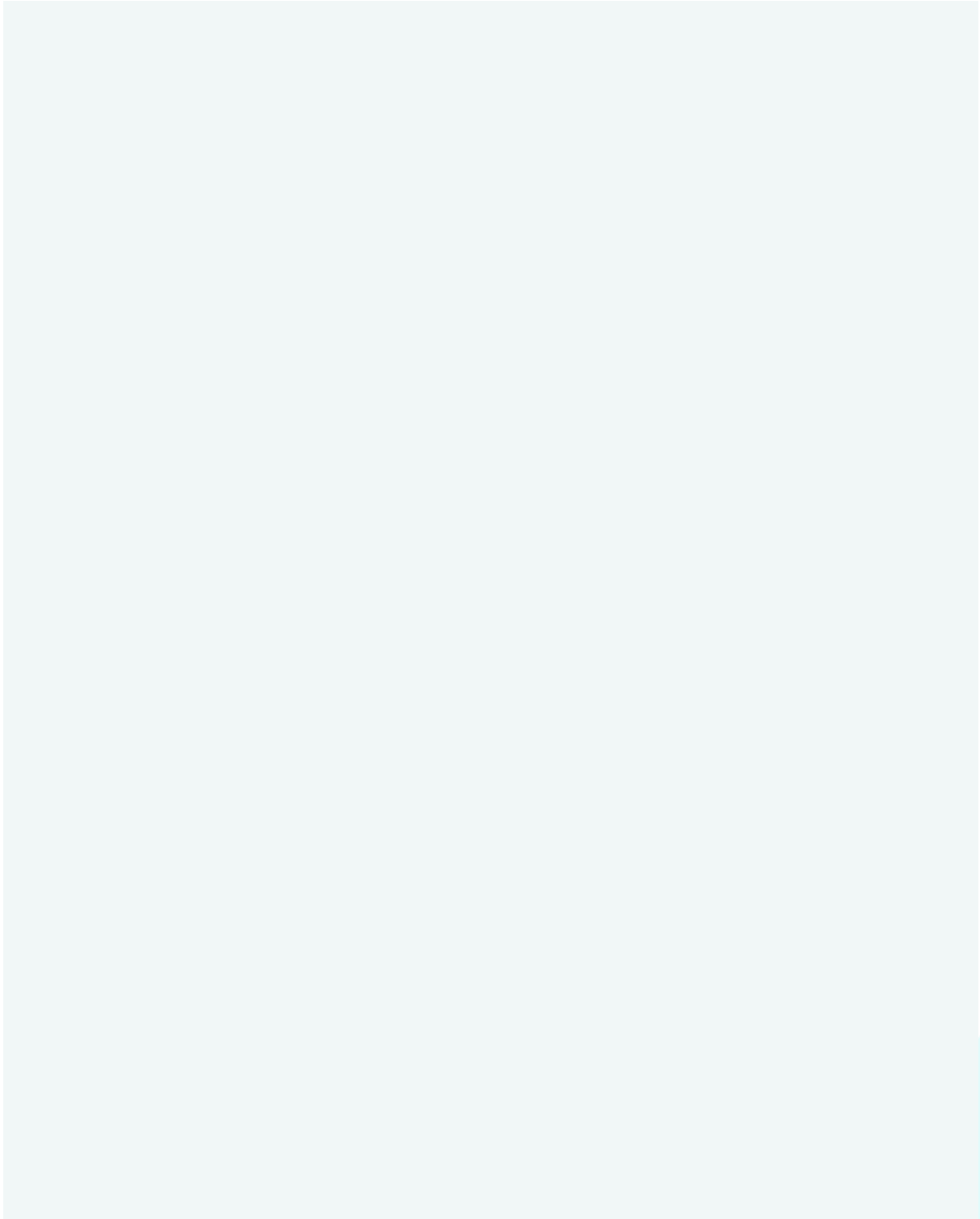


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OCTOBER



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ONE LIFE
JOURNAL

October

1

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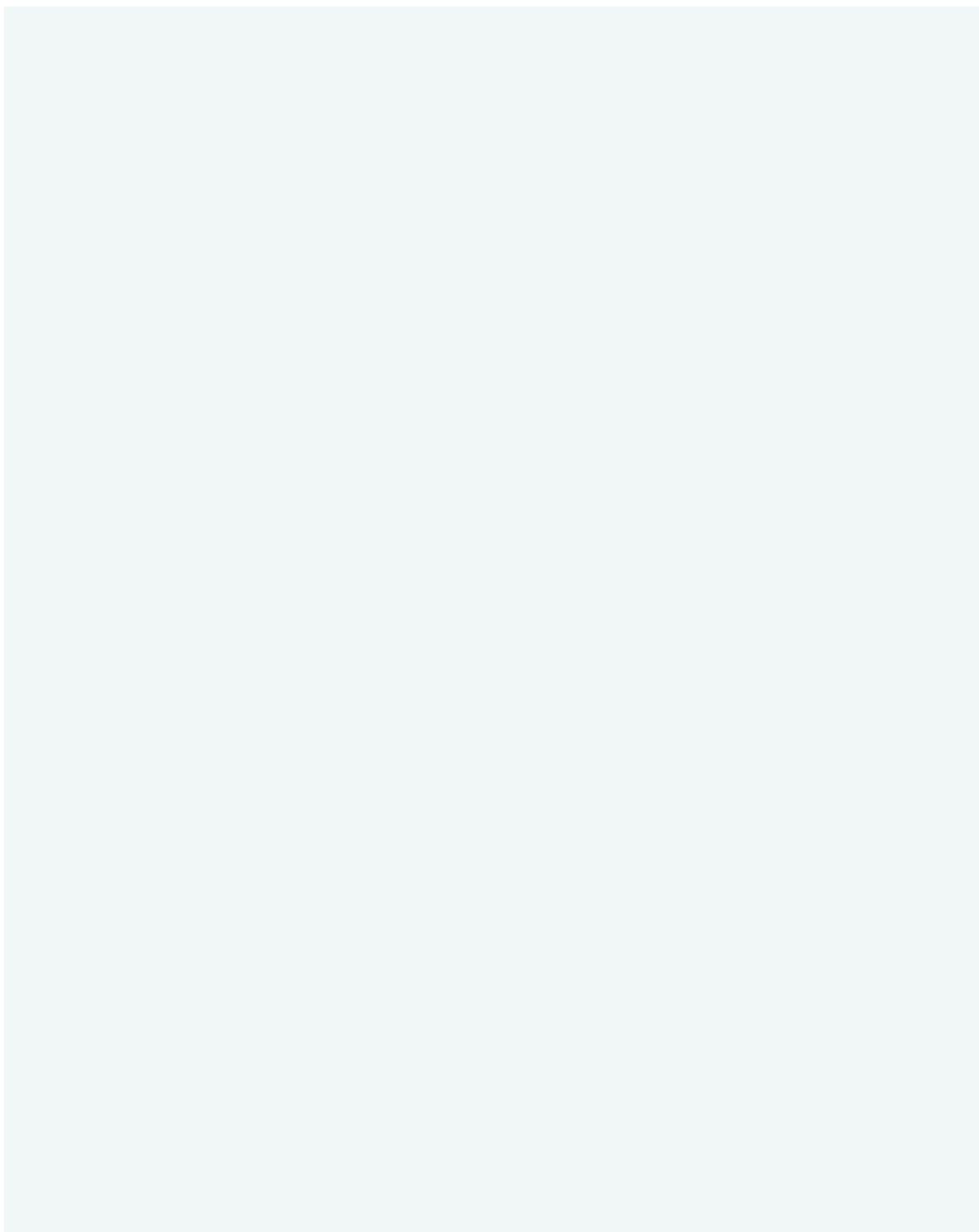


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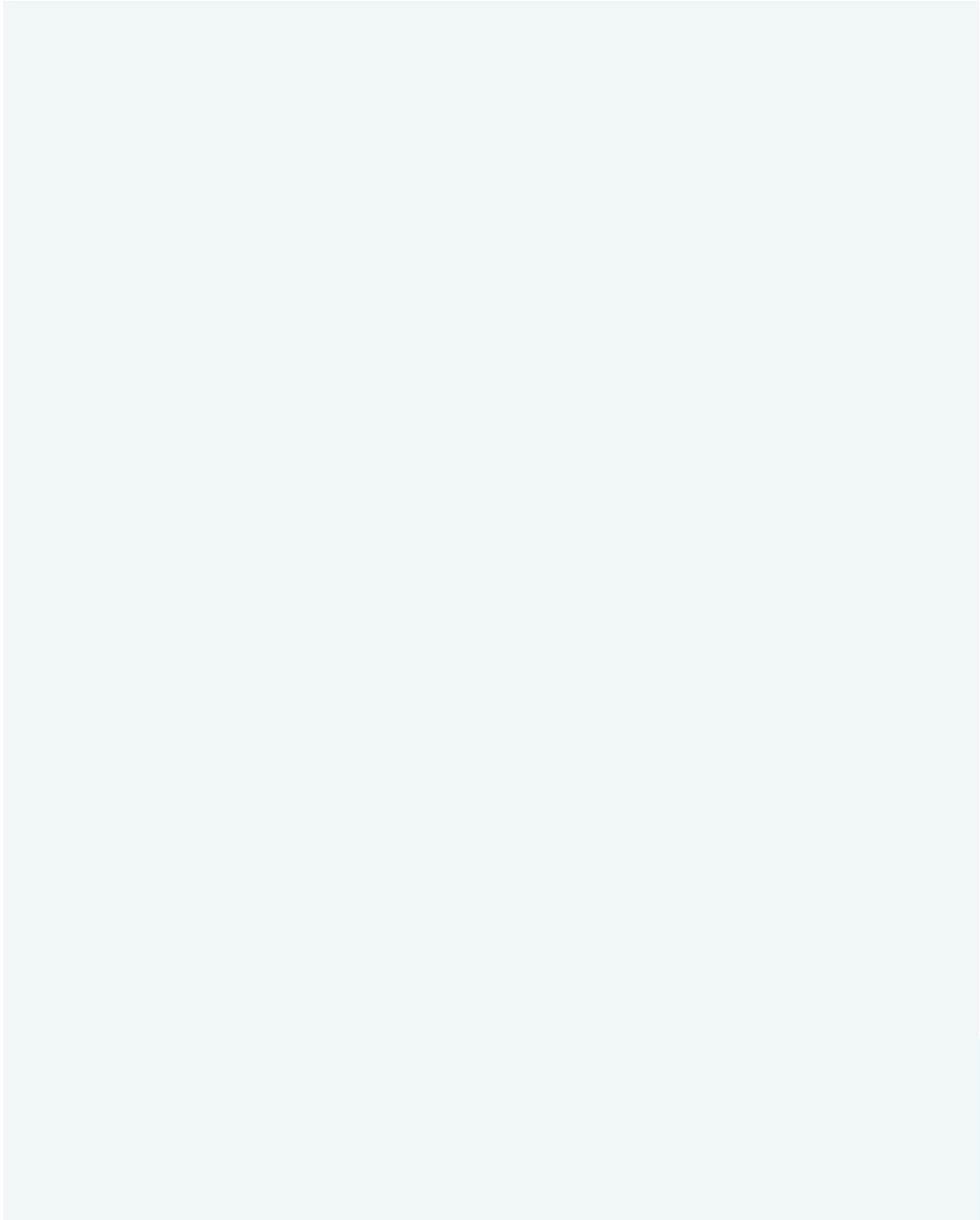


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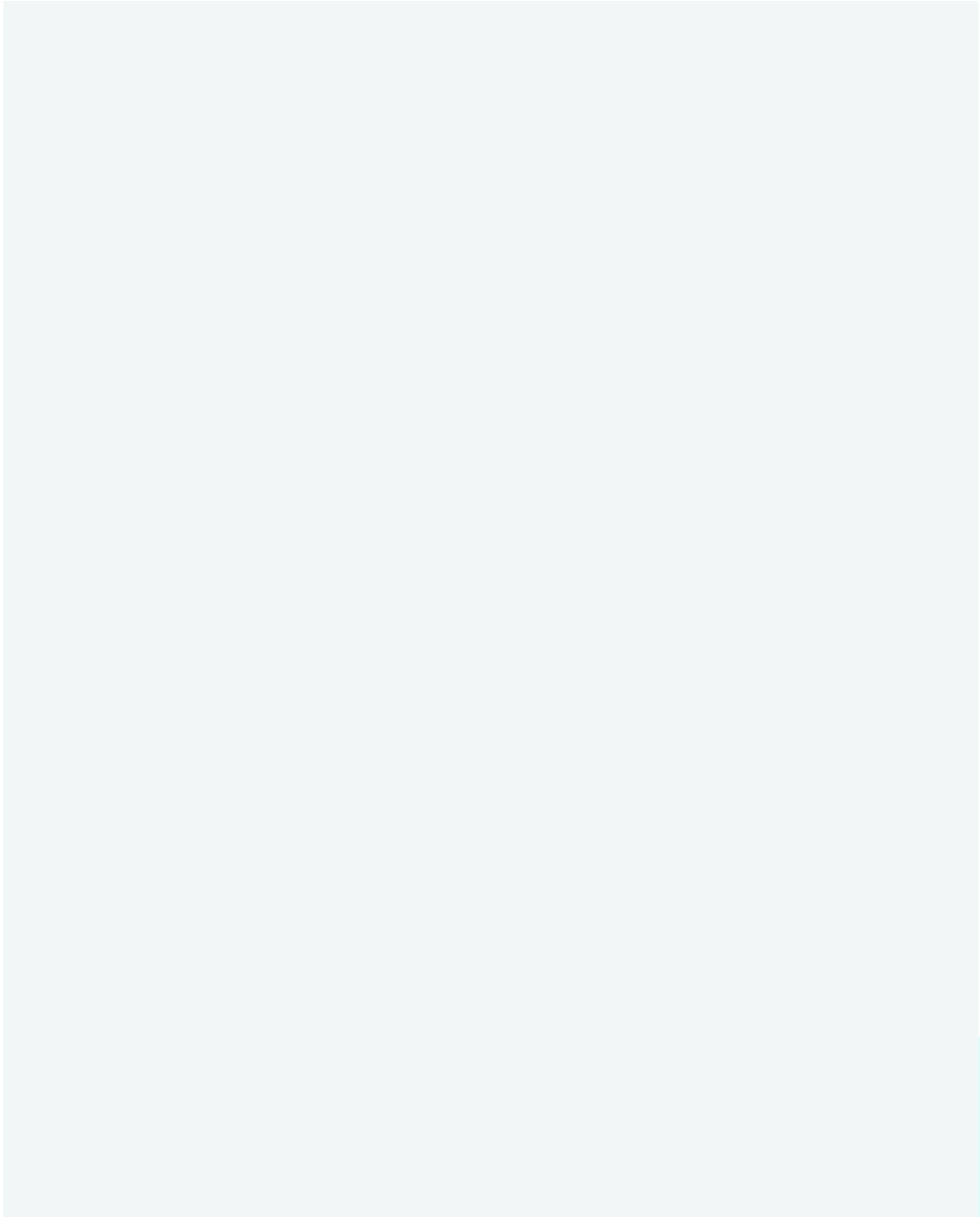


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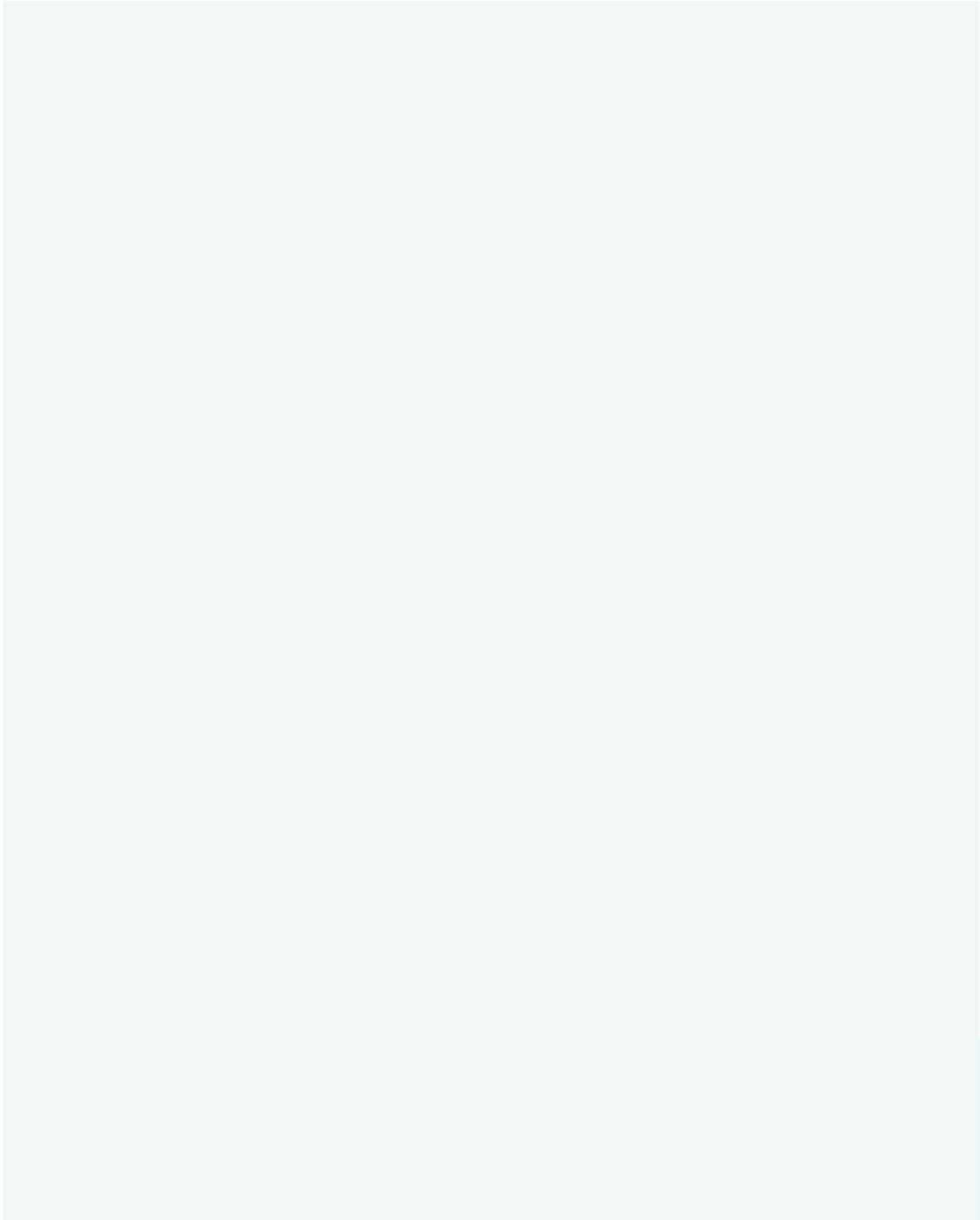


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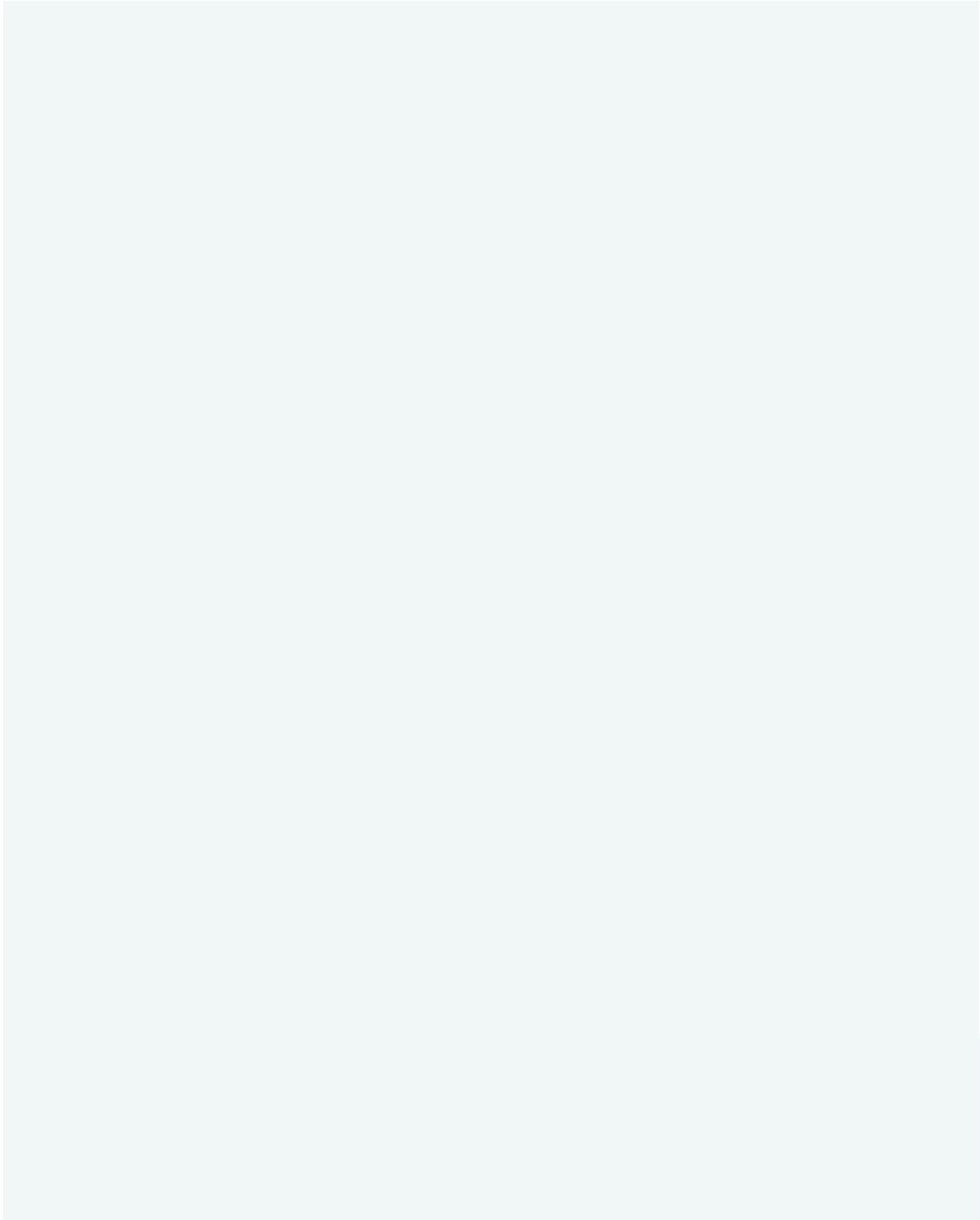


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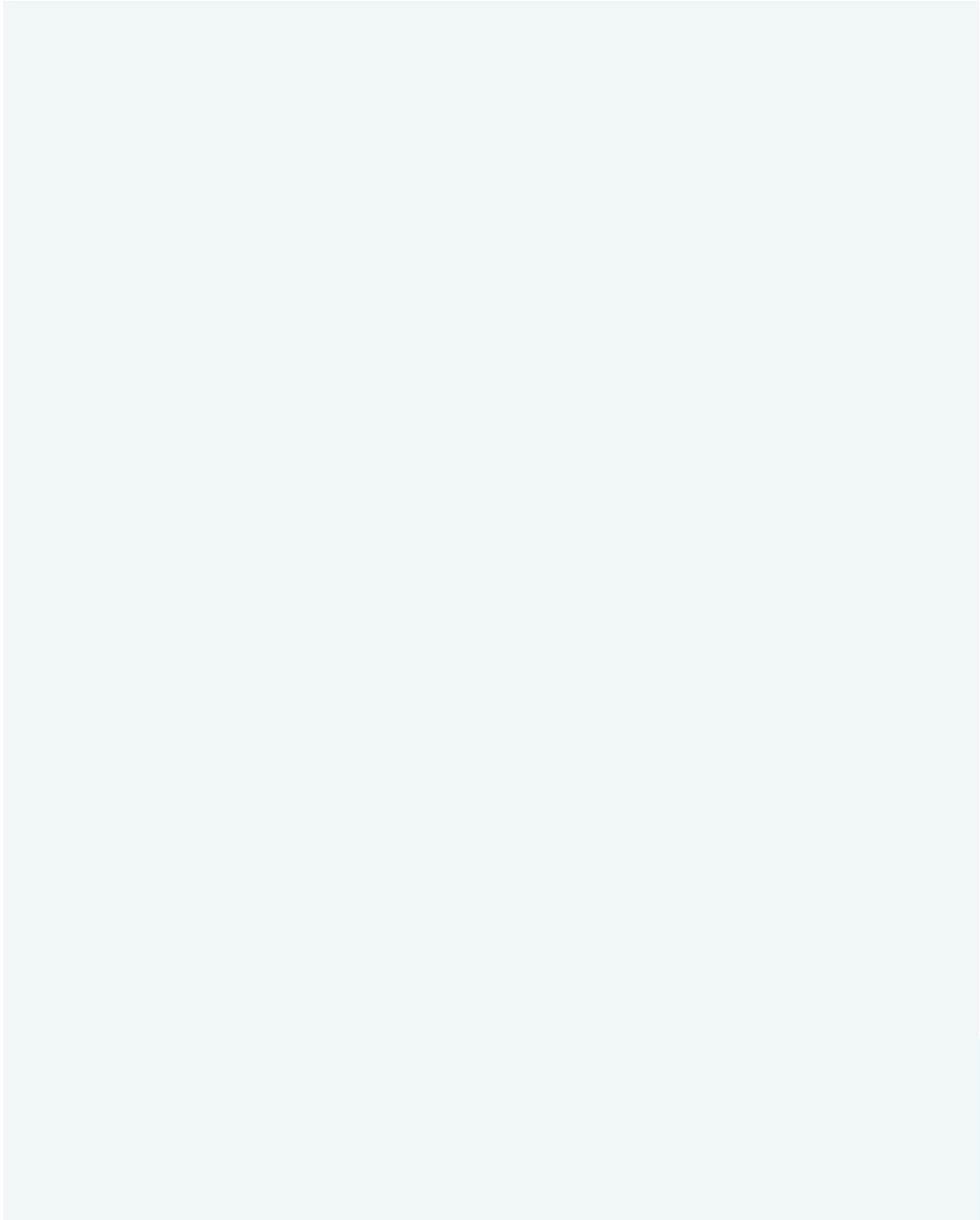


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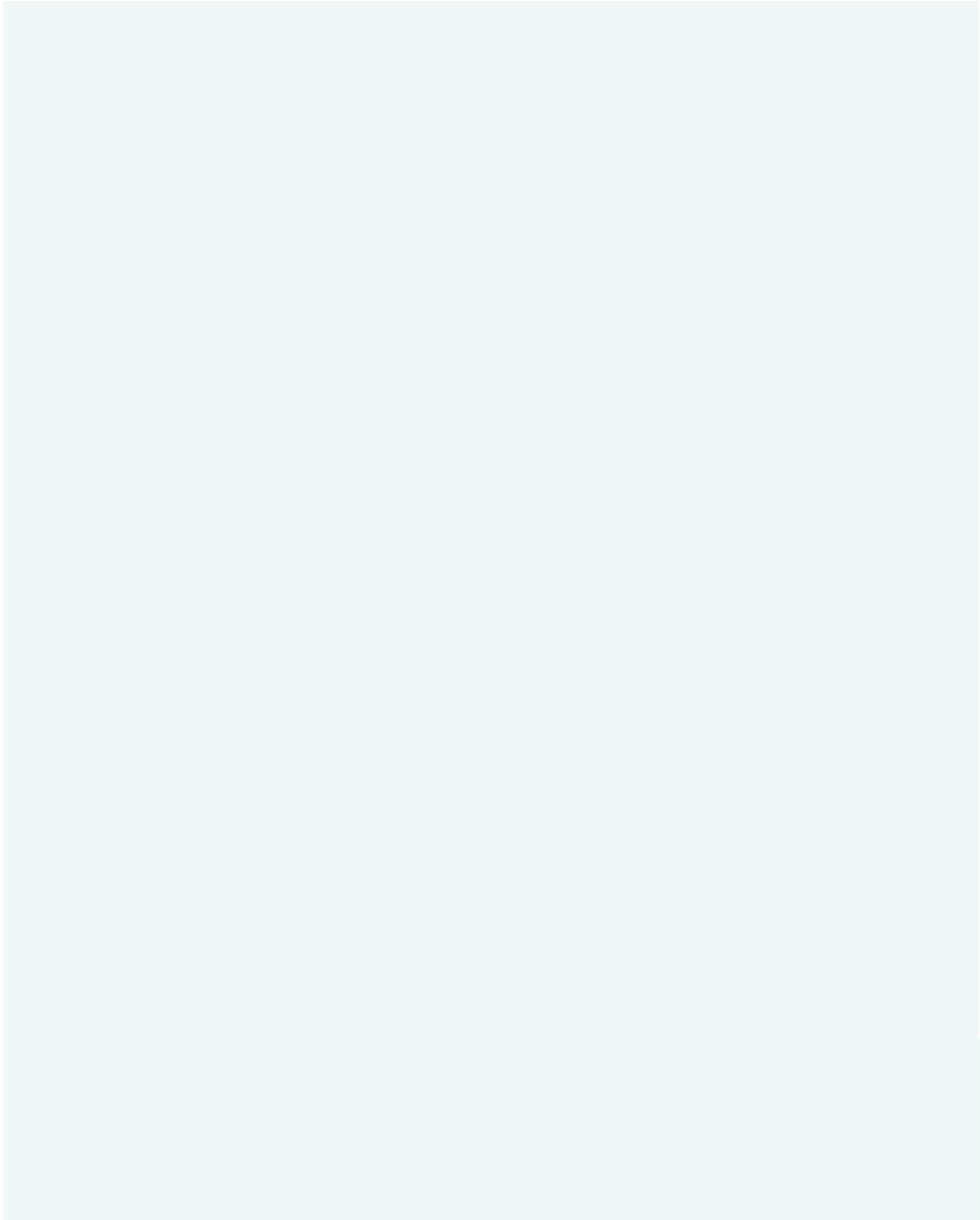


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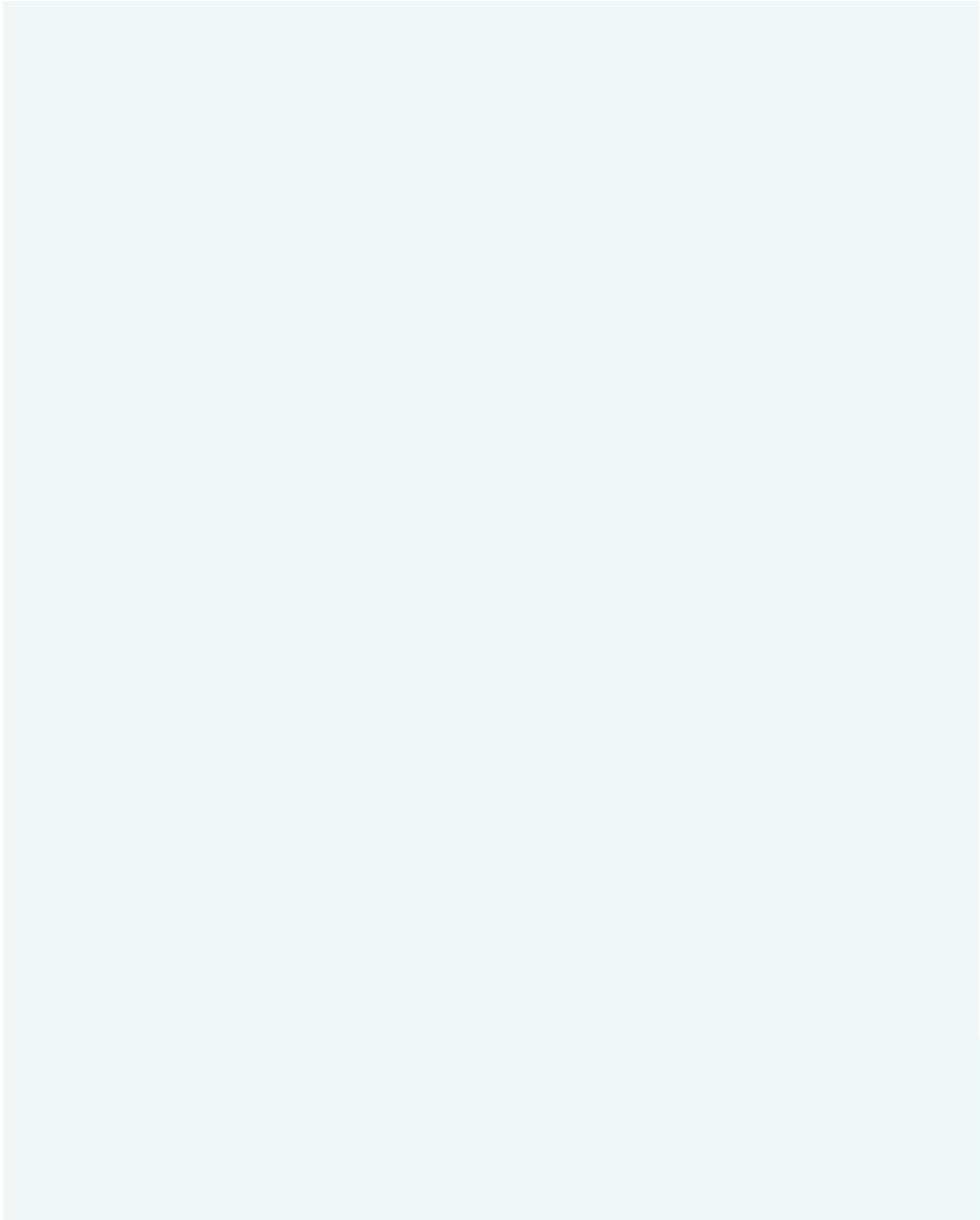


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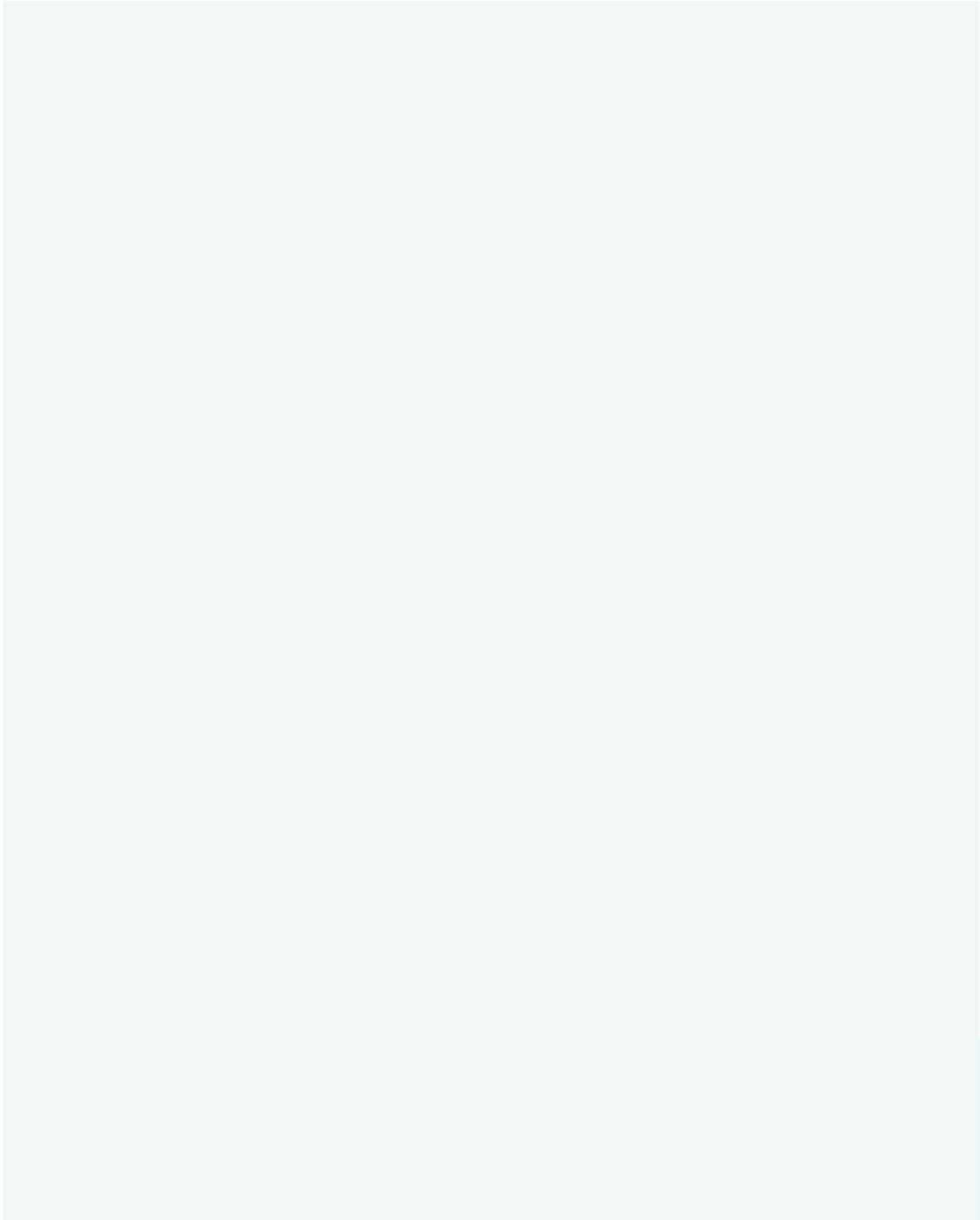


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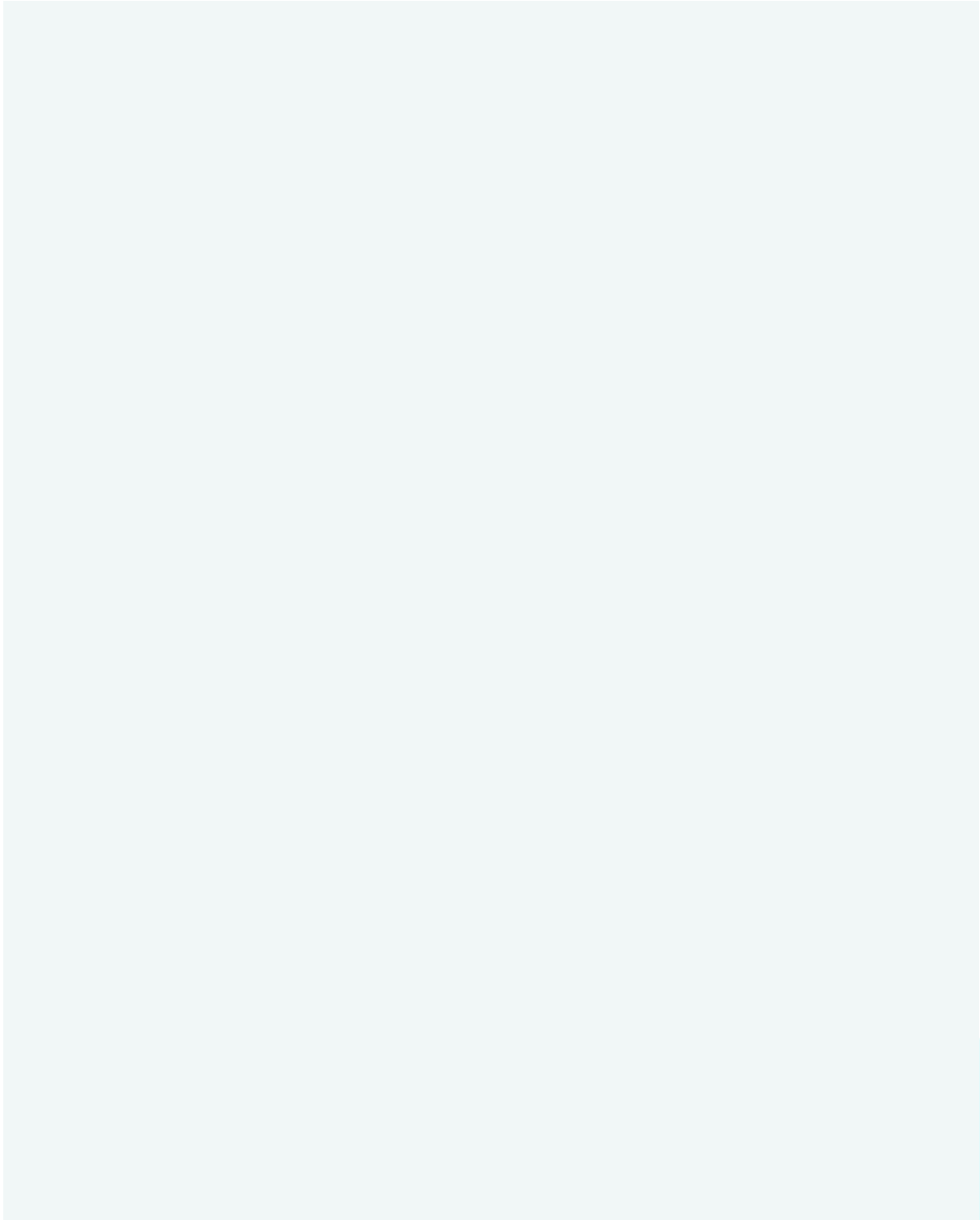


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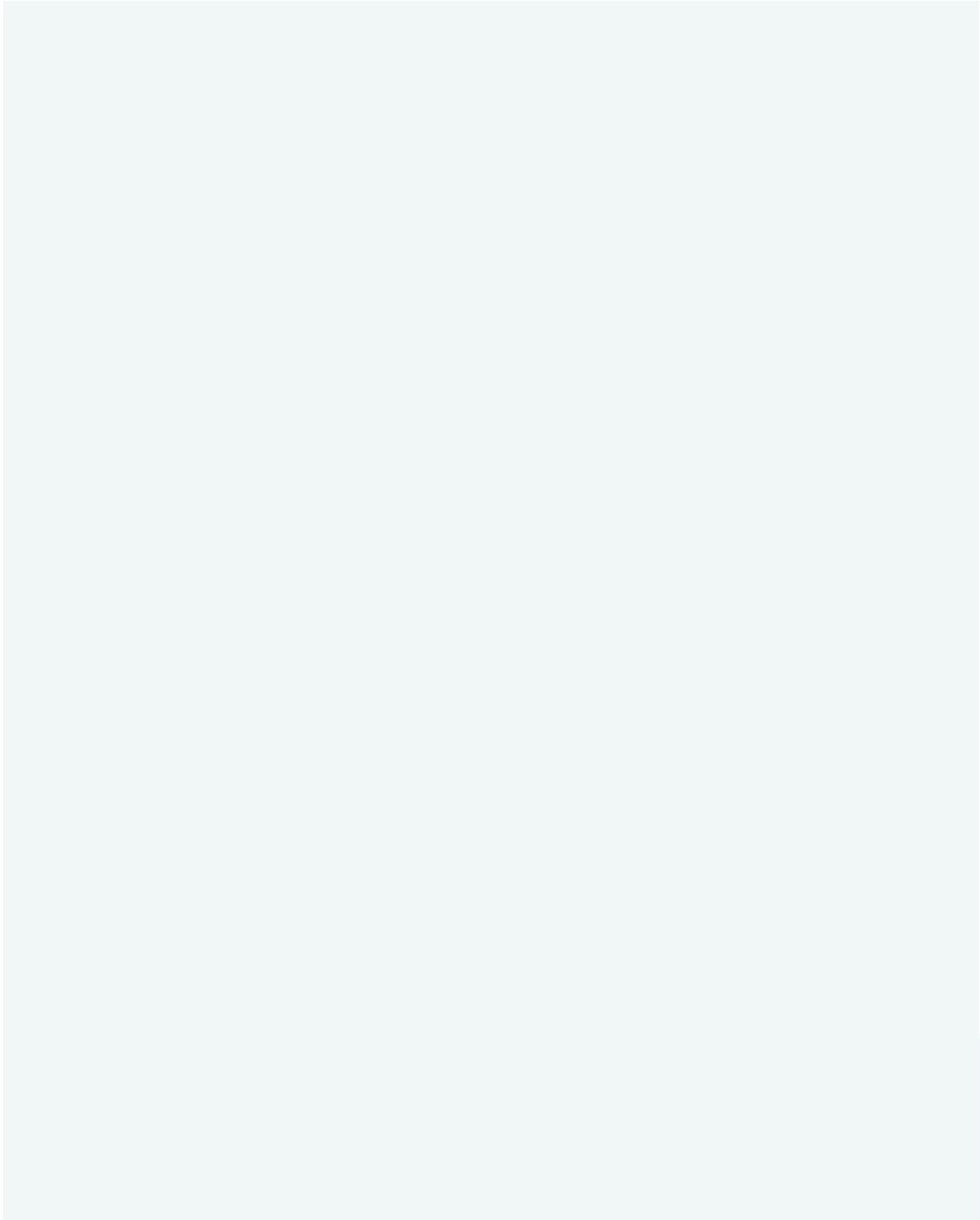


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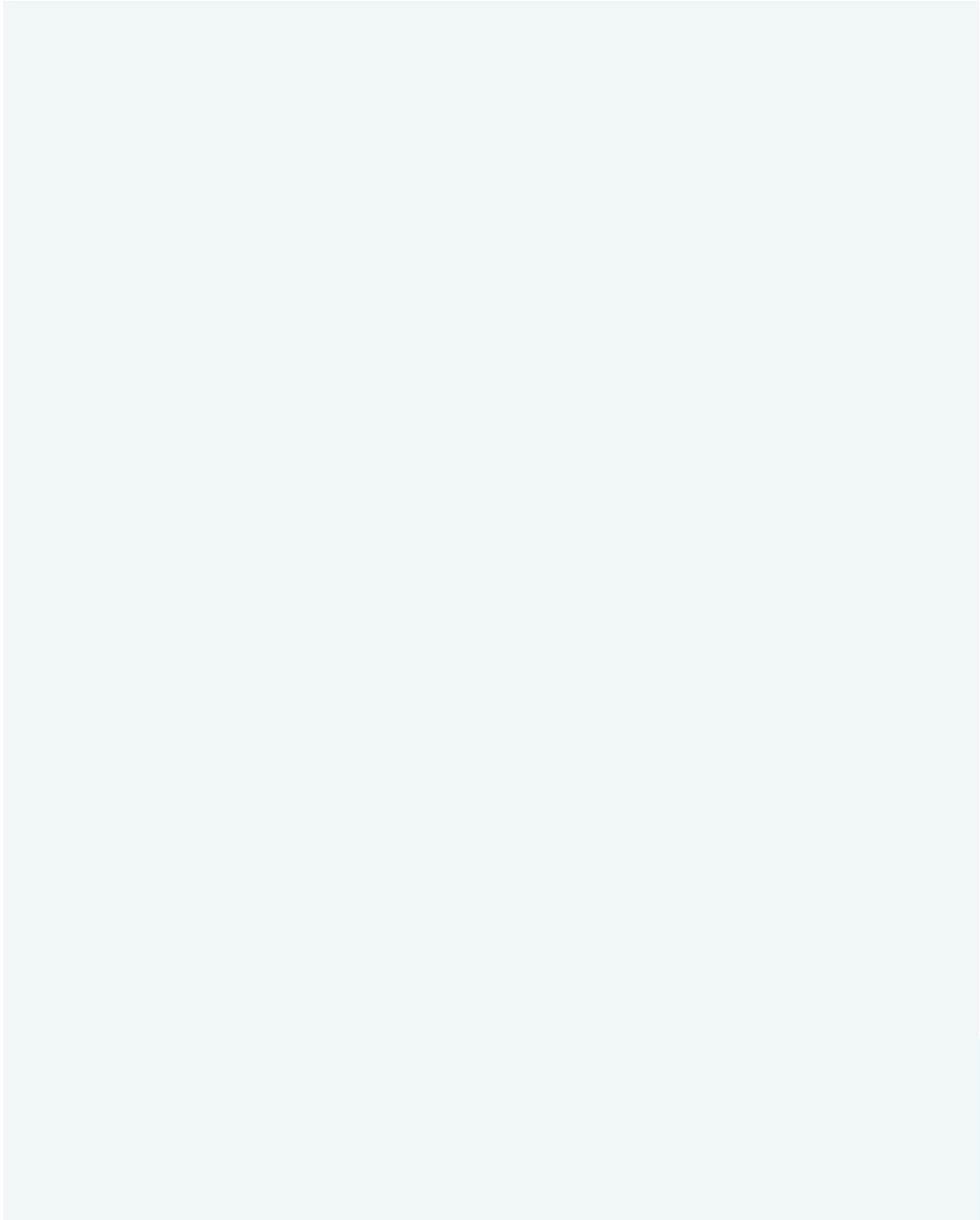


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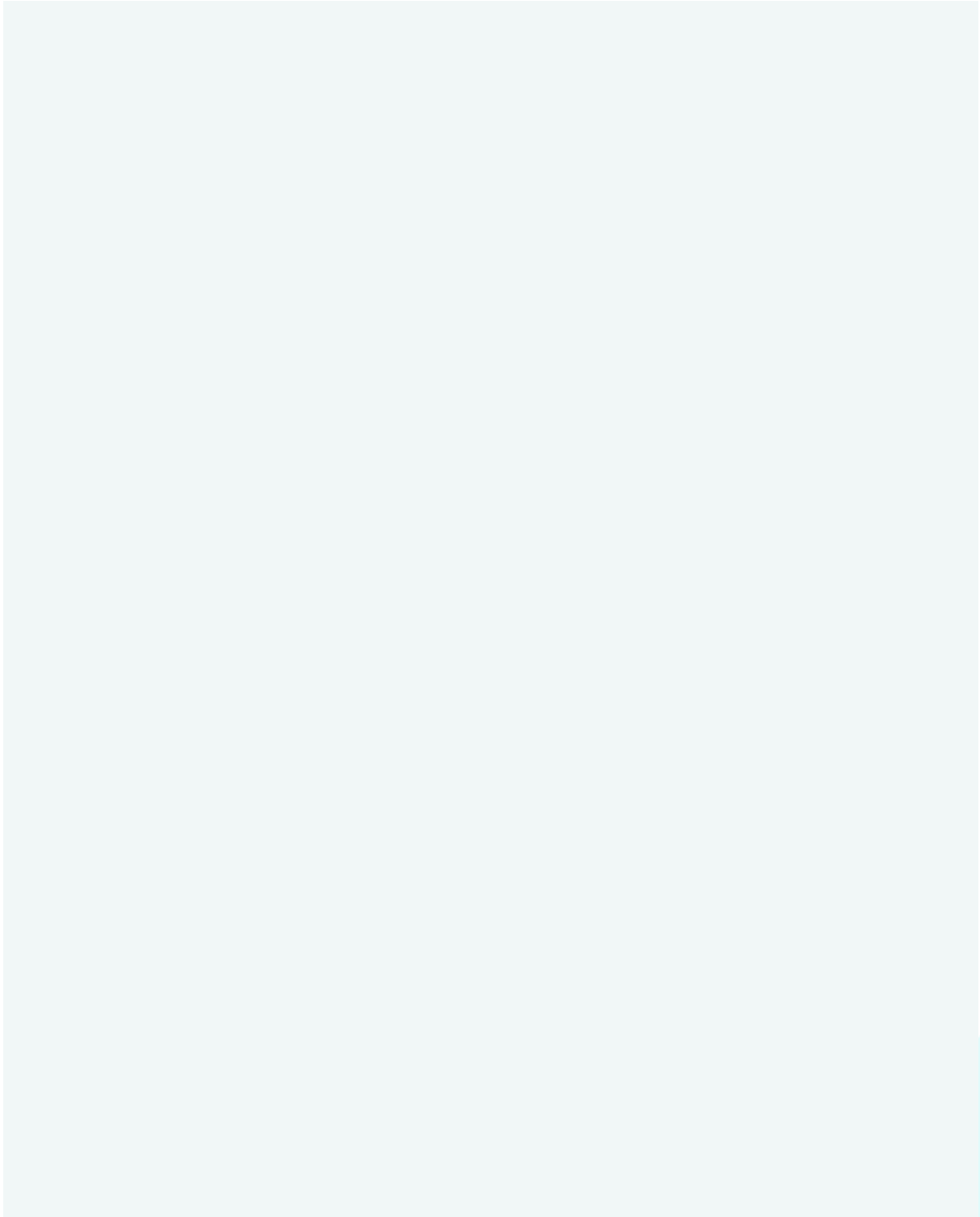


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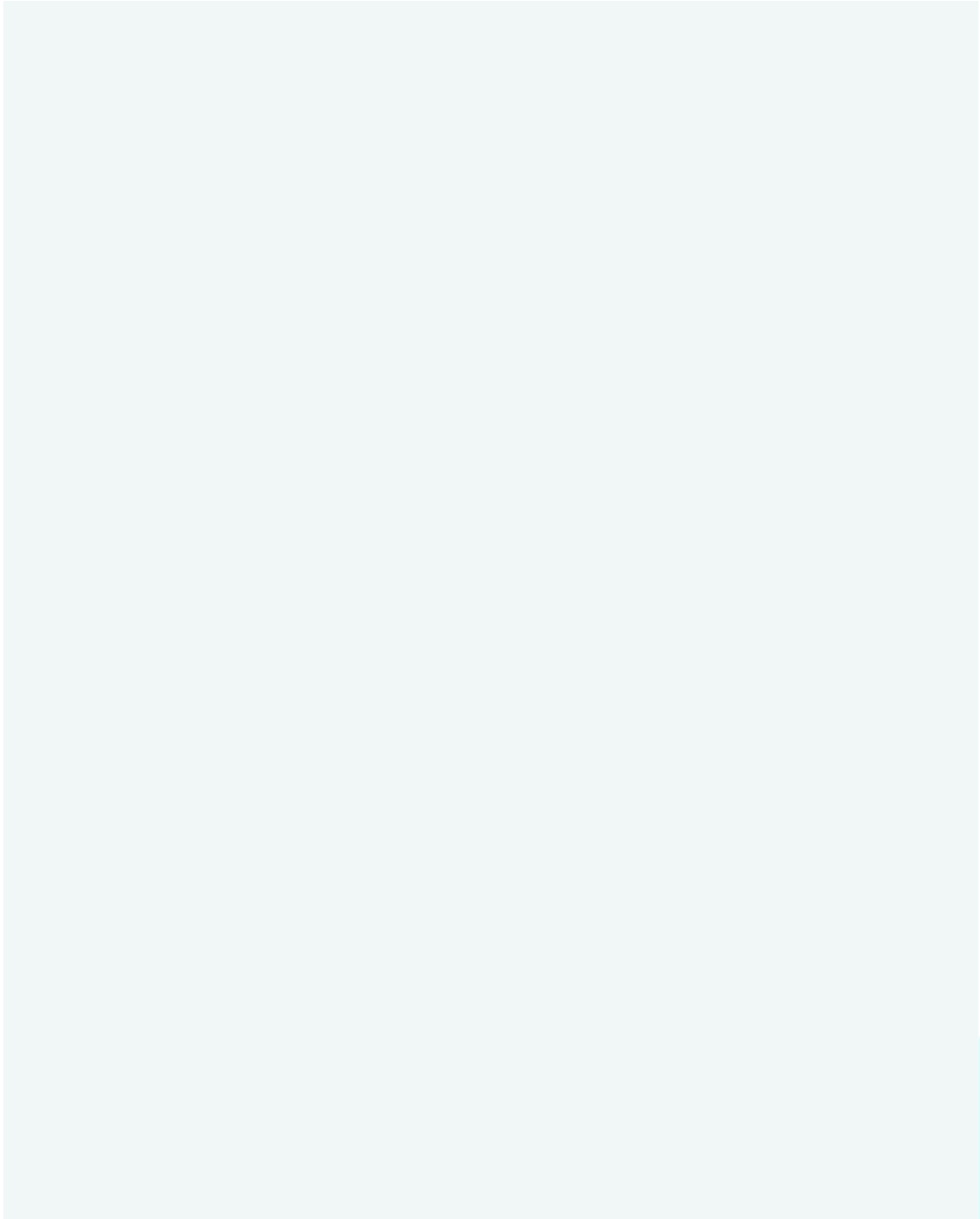
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NOVEMBER



November



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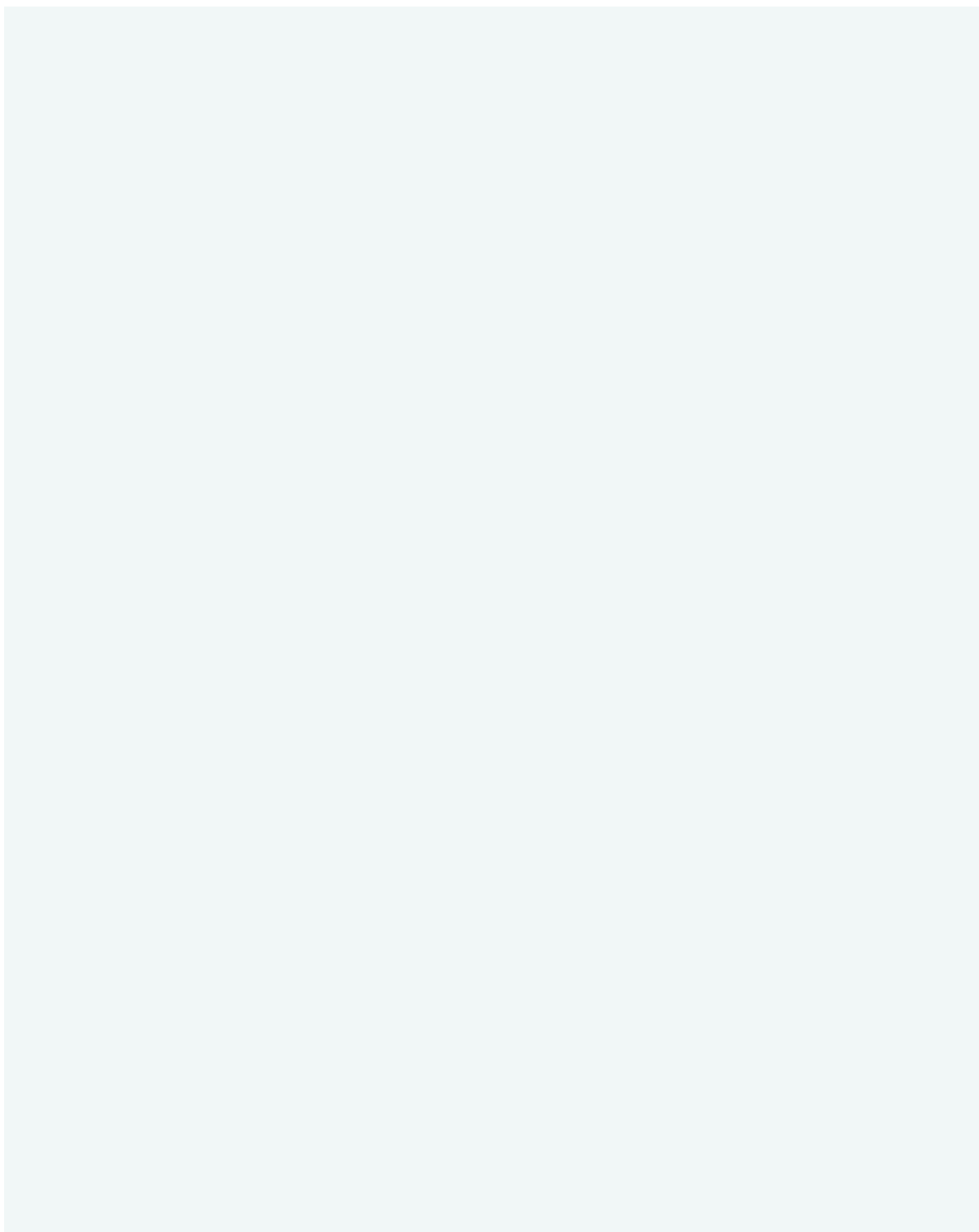
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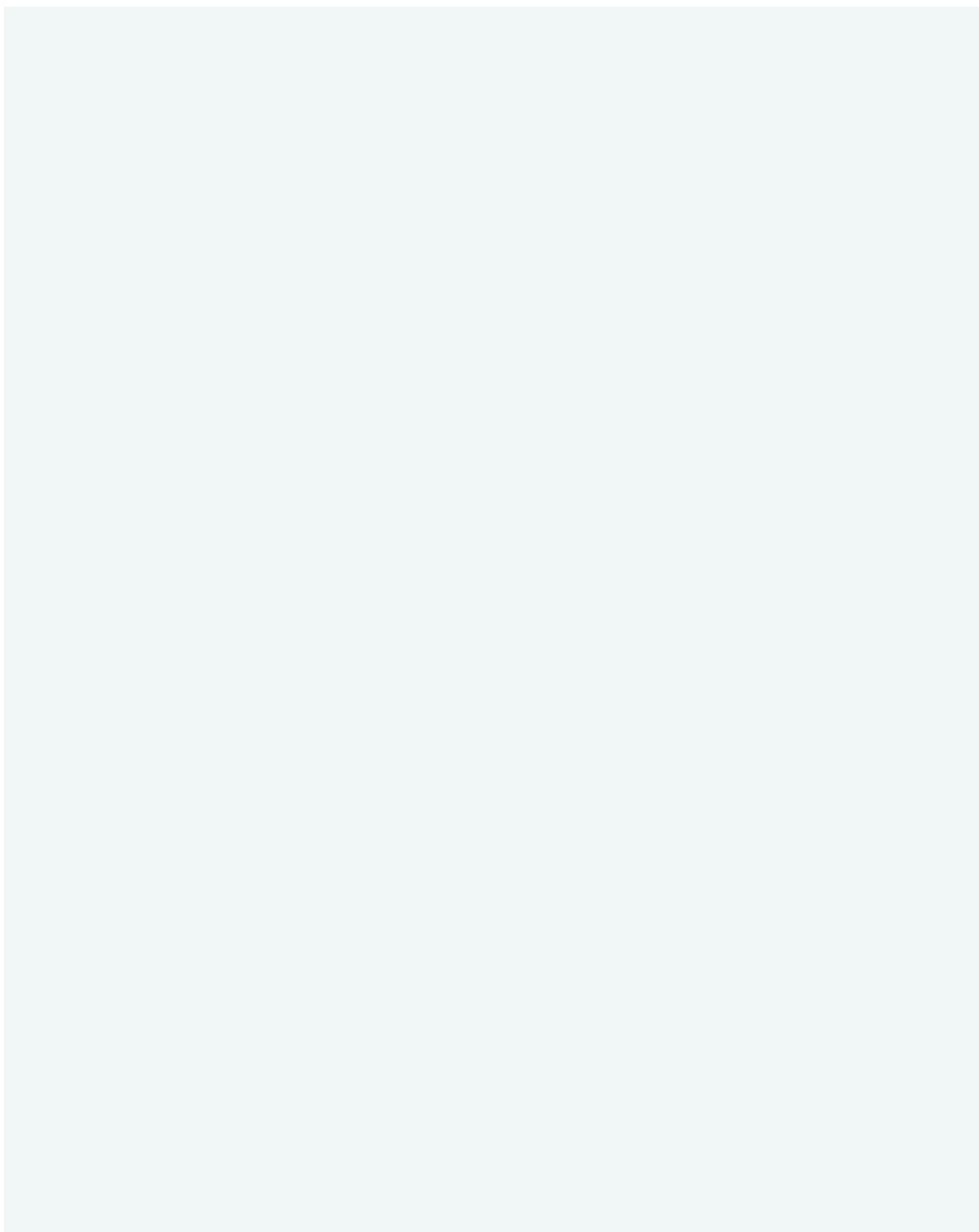


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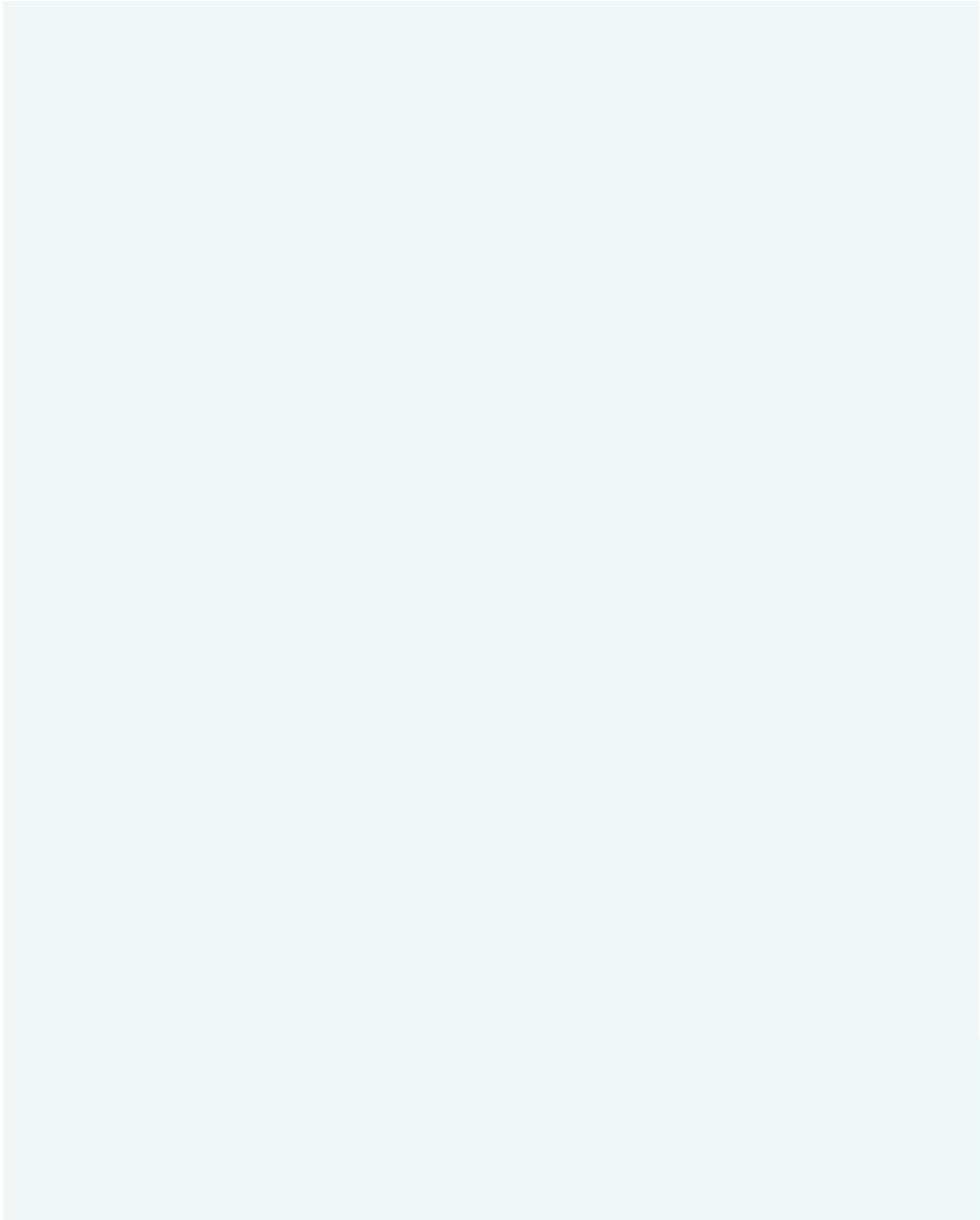


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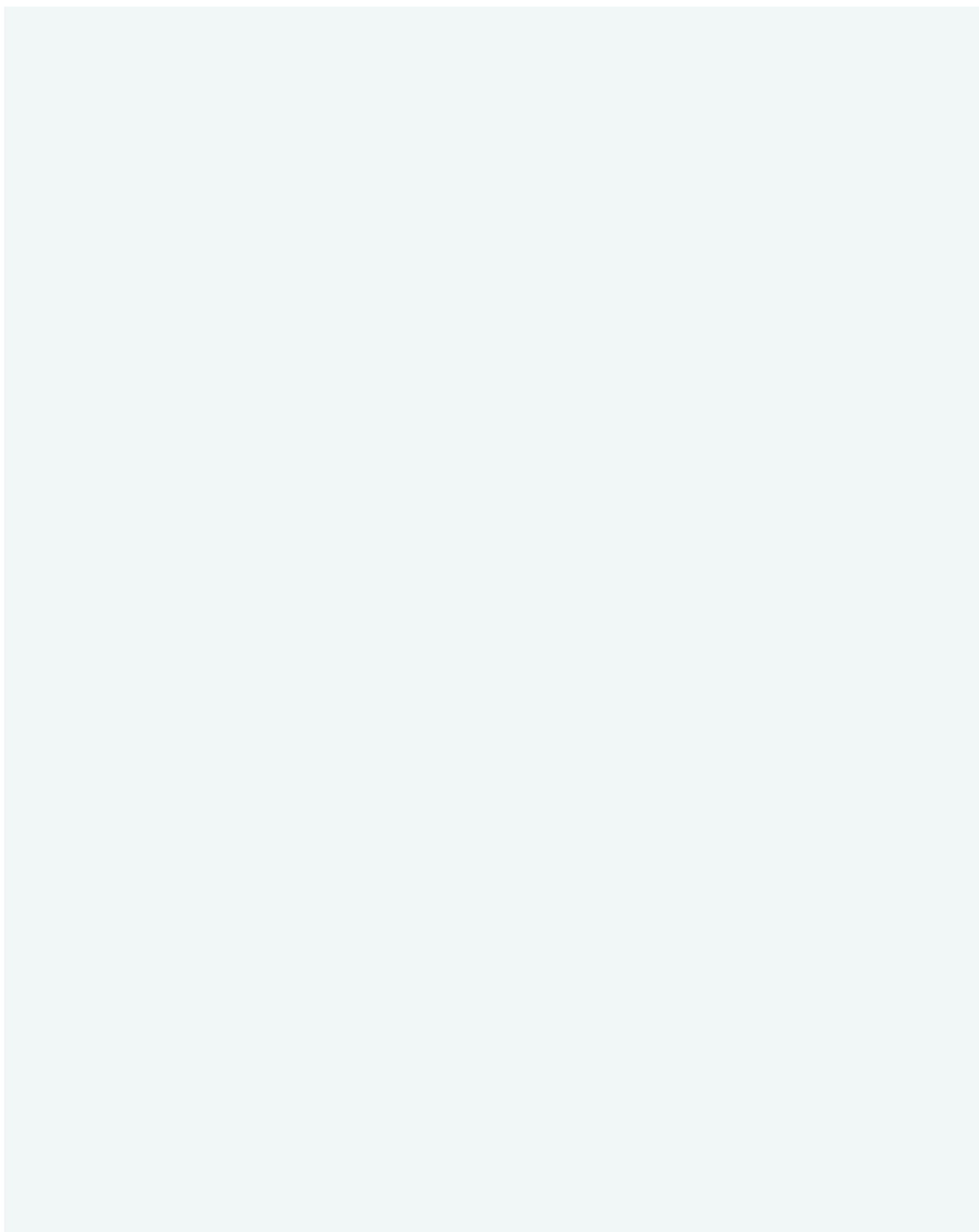


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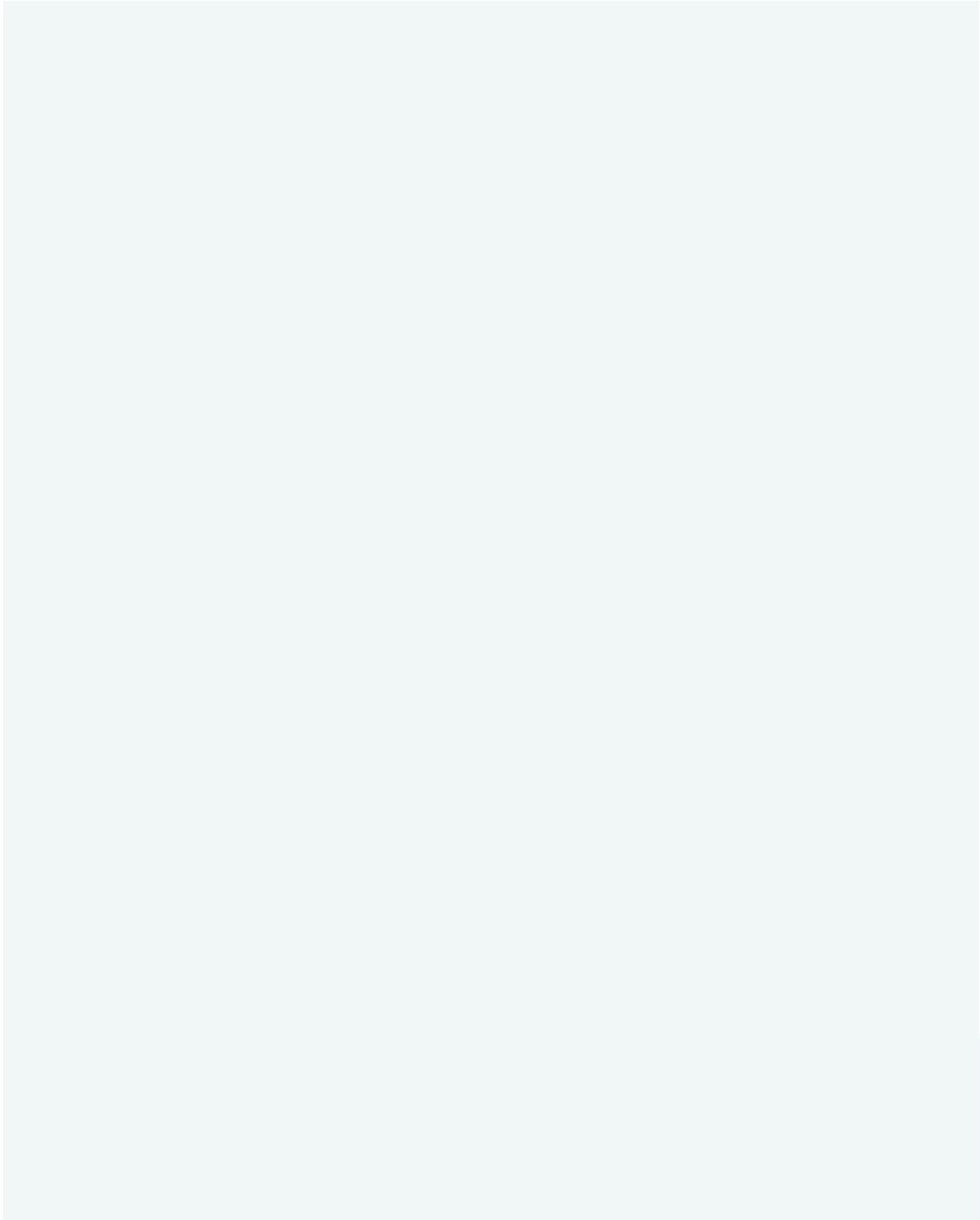


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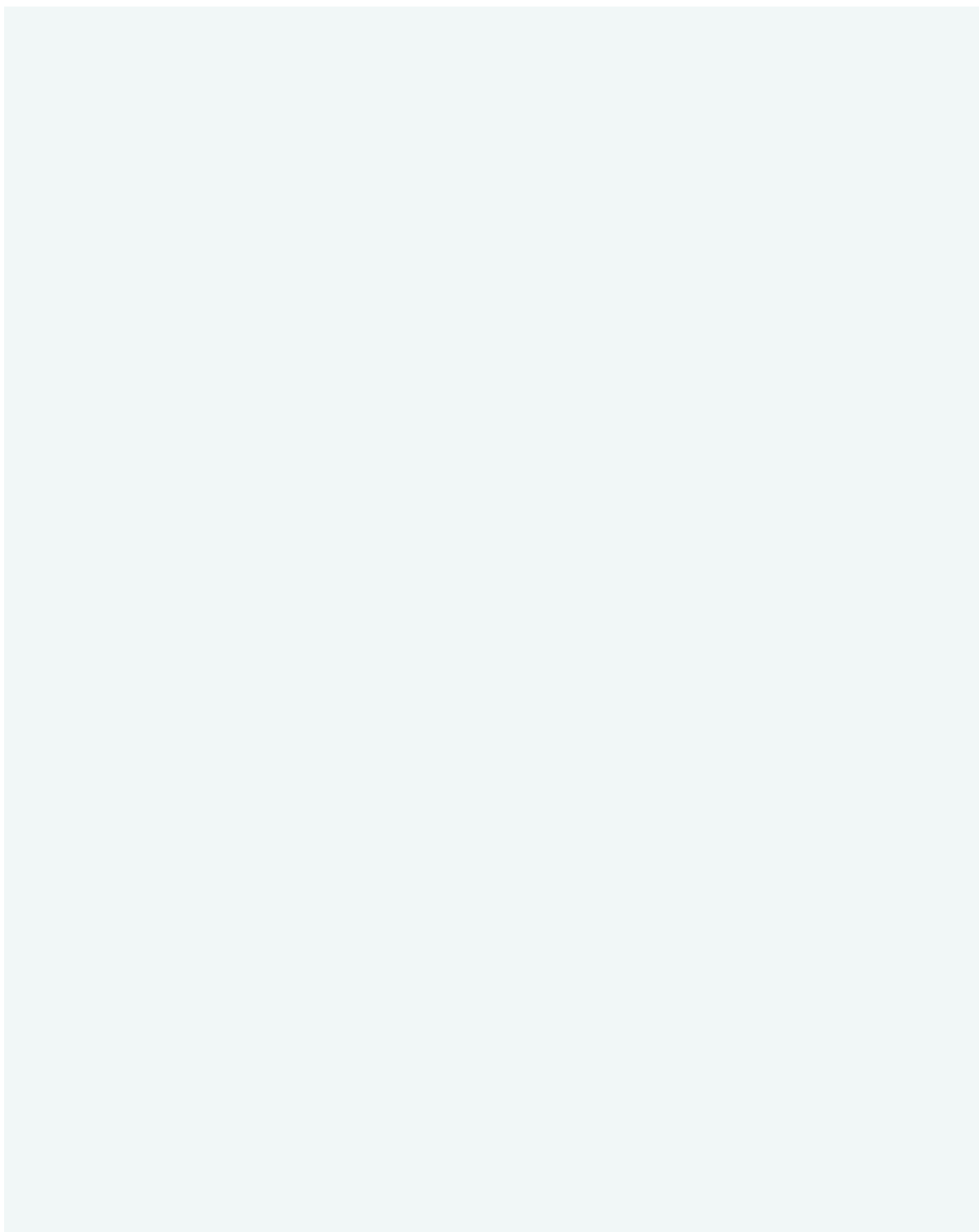


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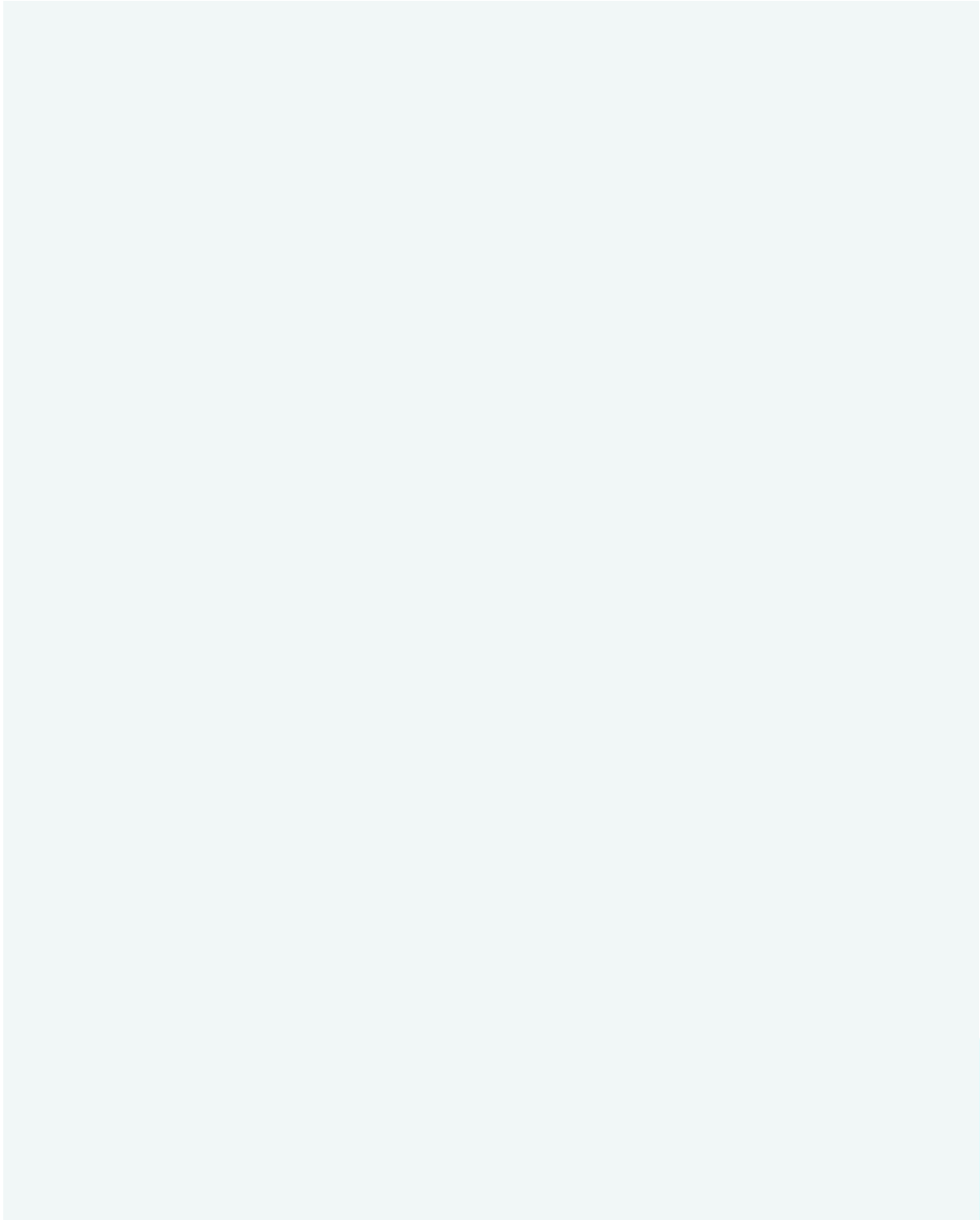


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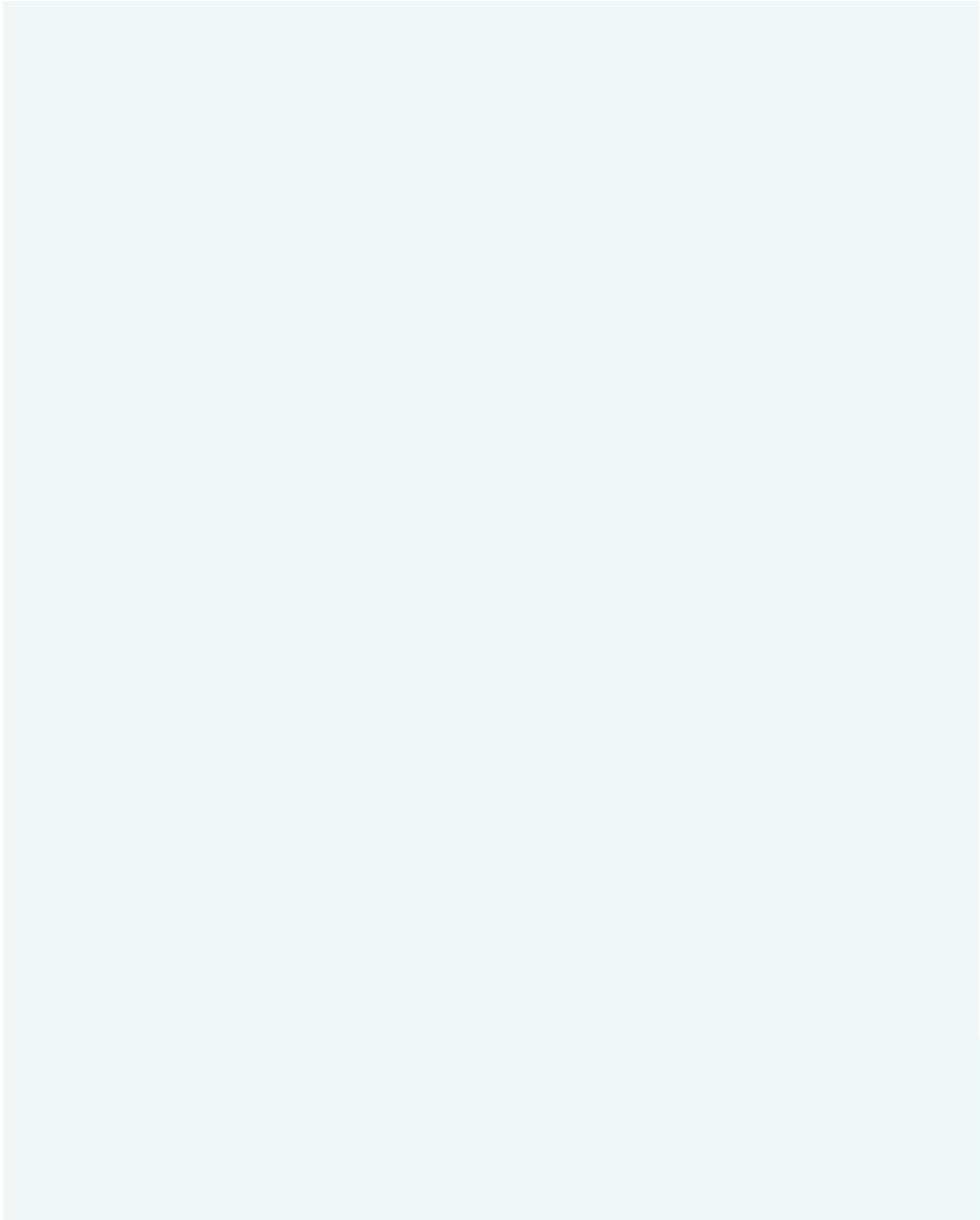


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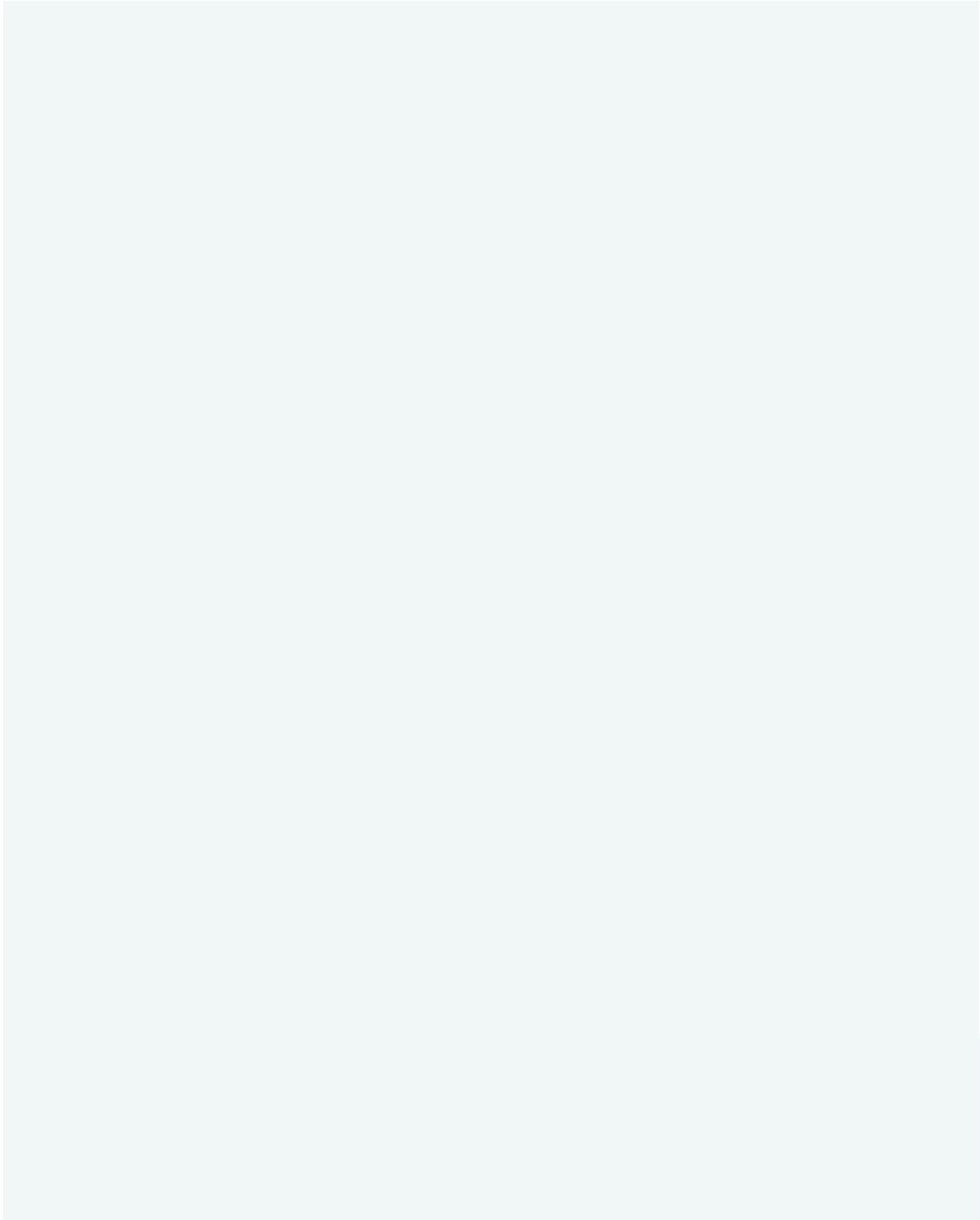


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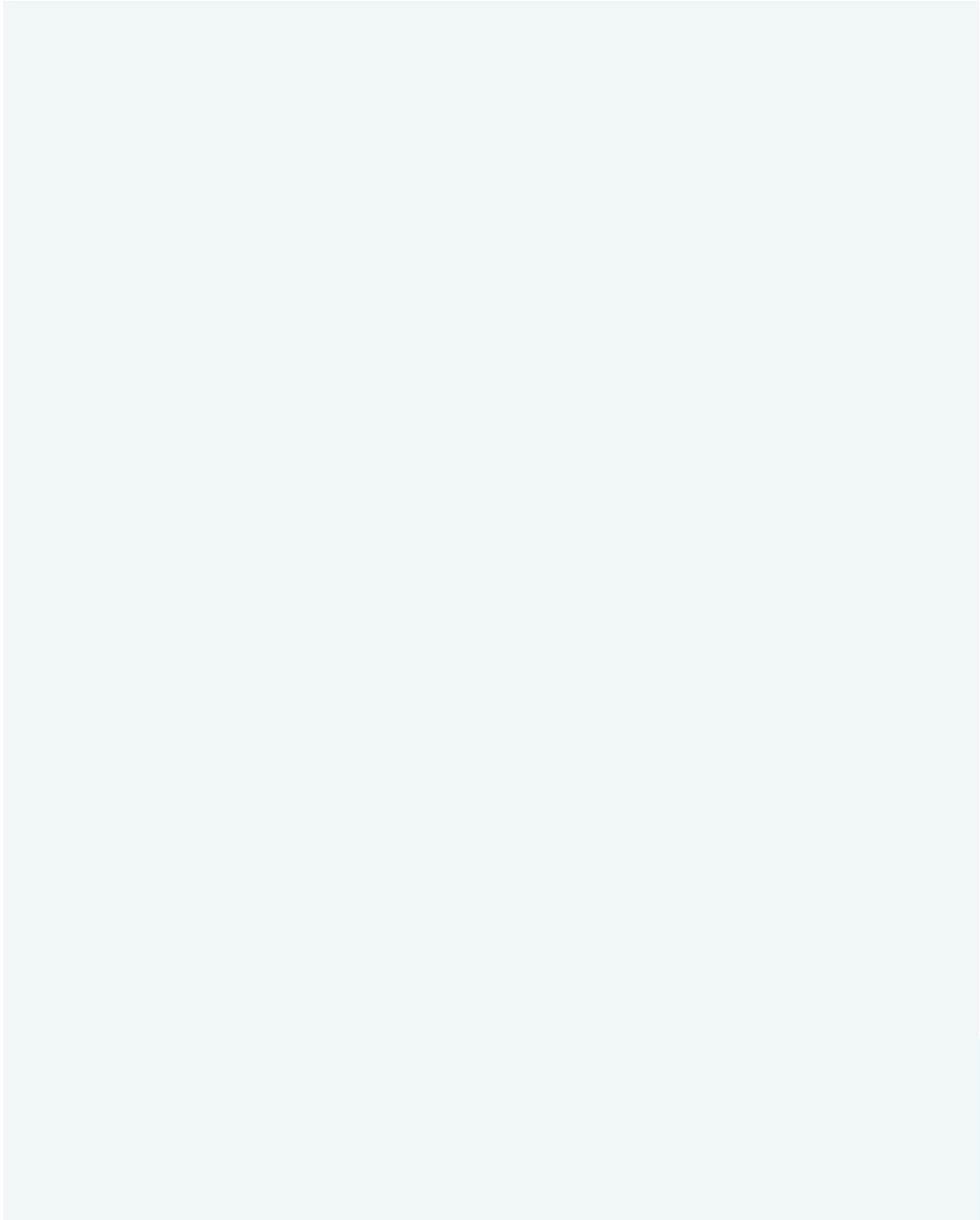


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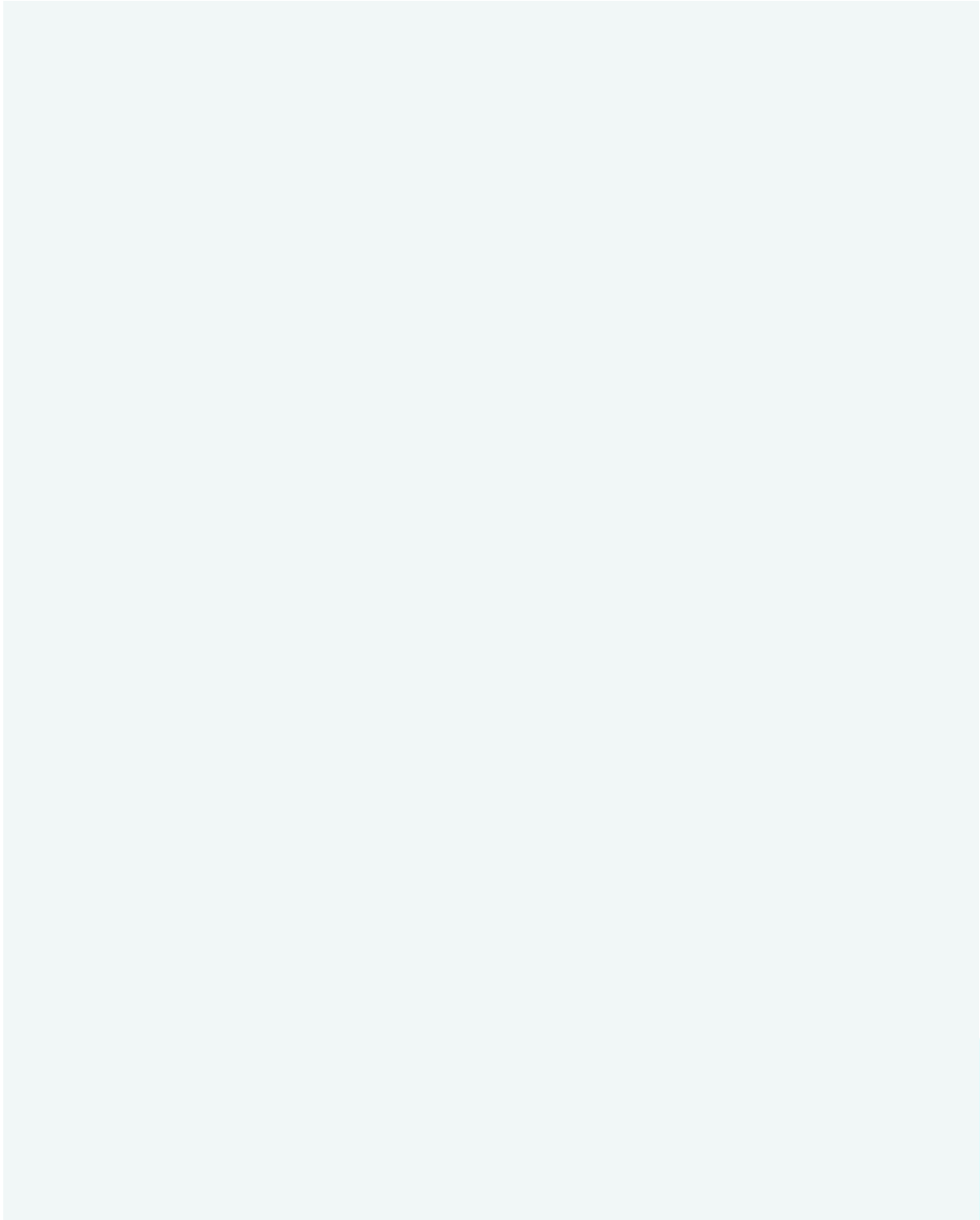


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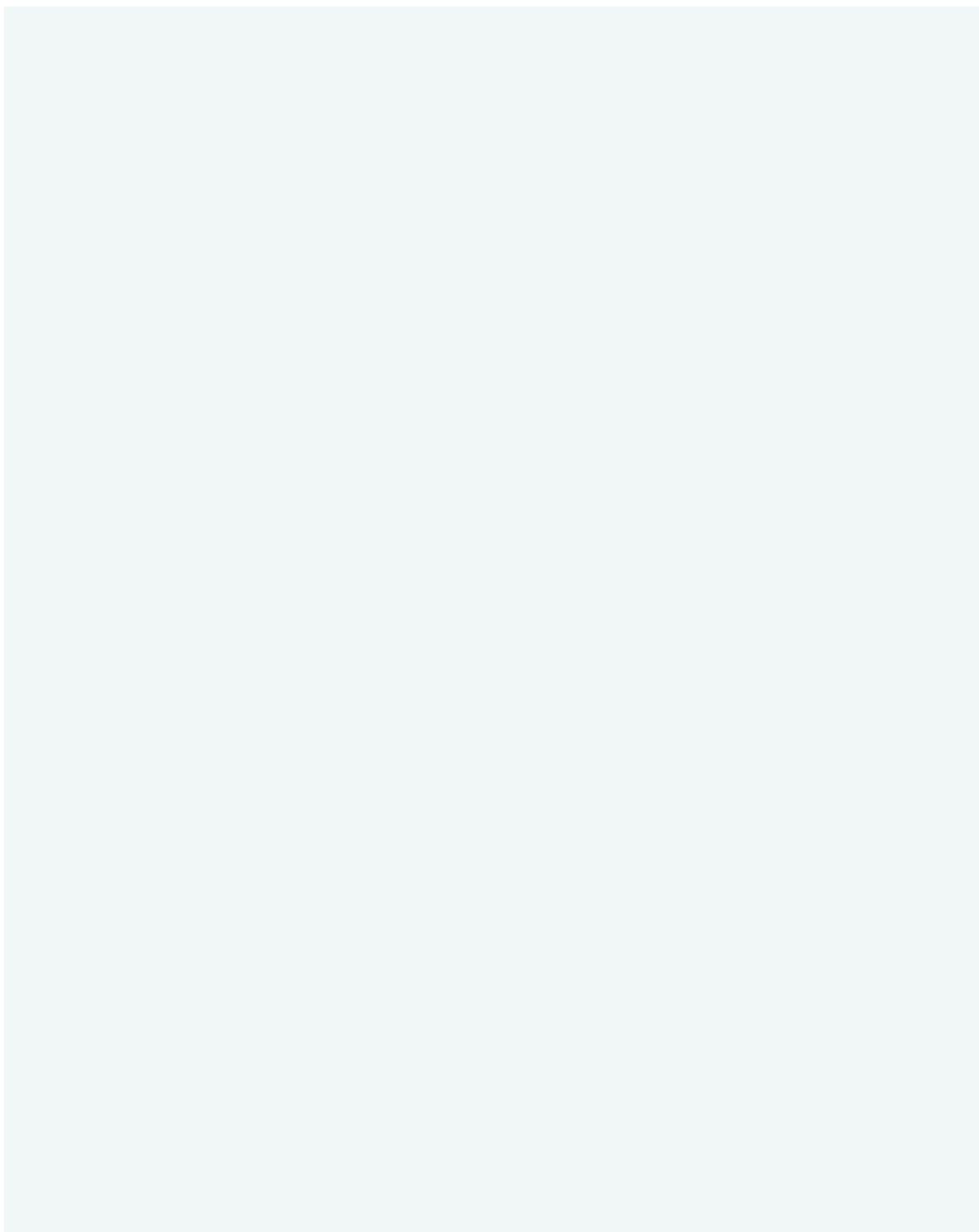


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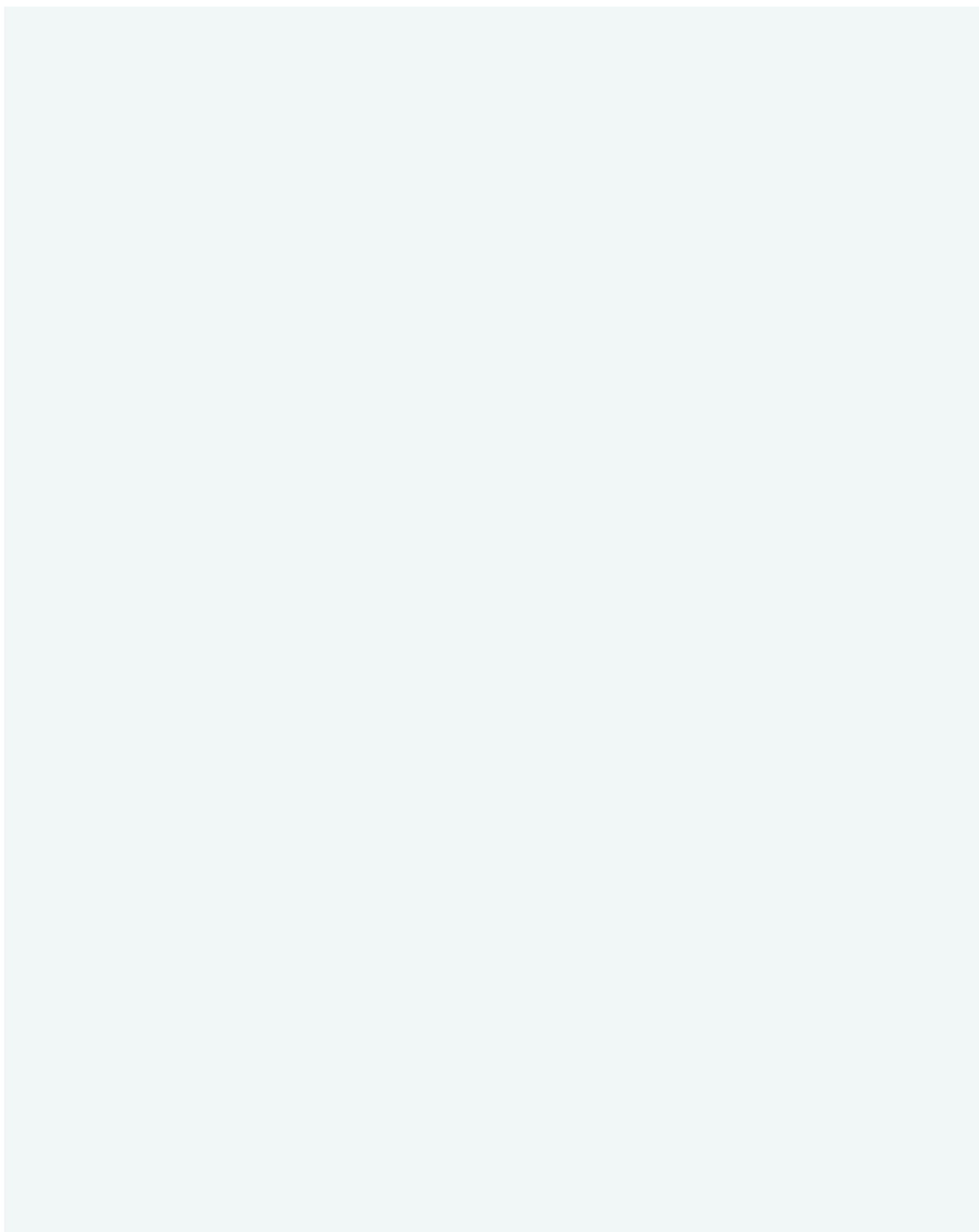


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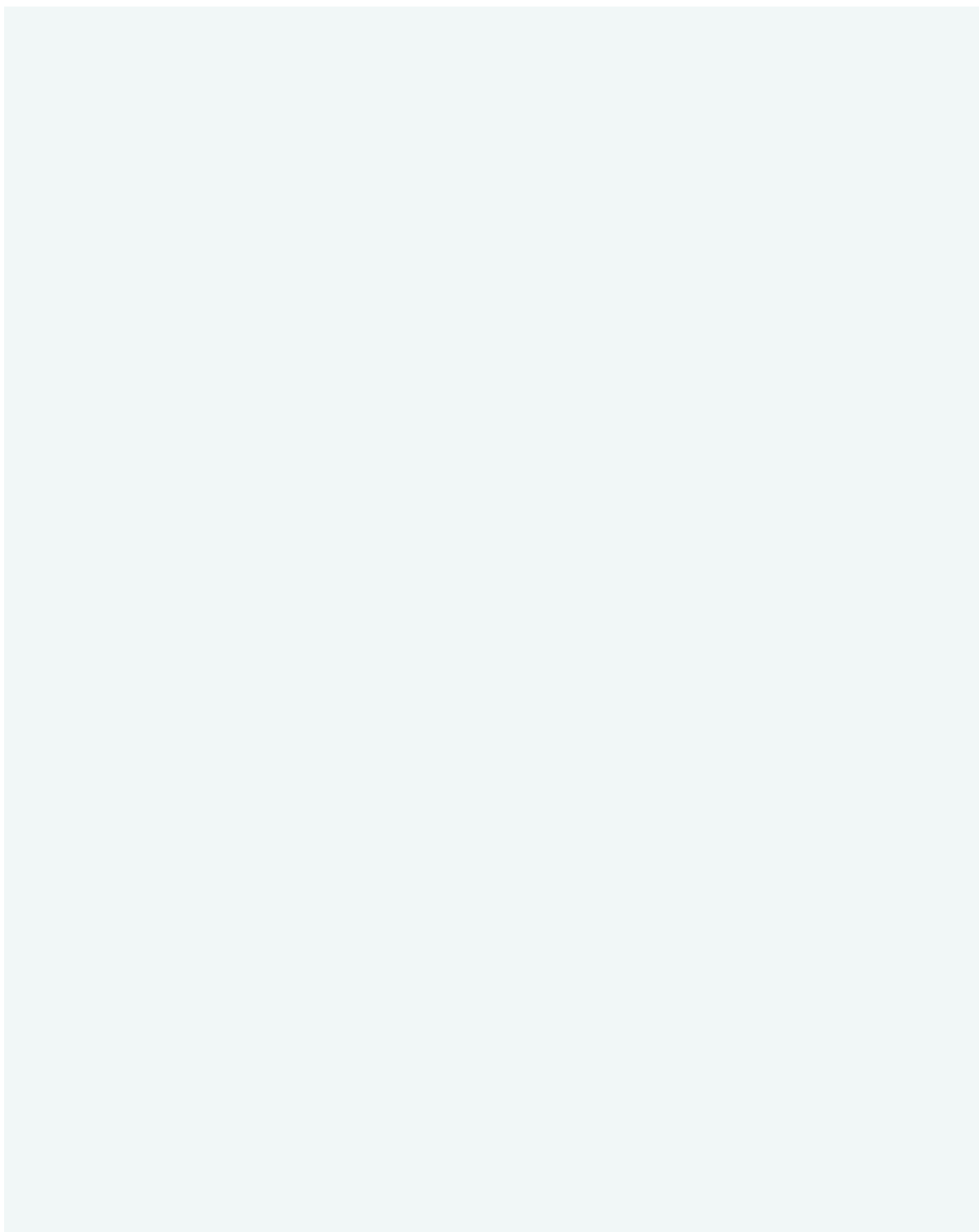


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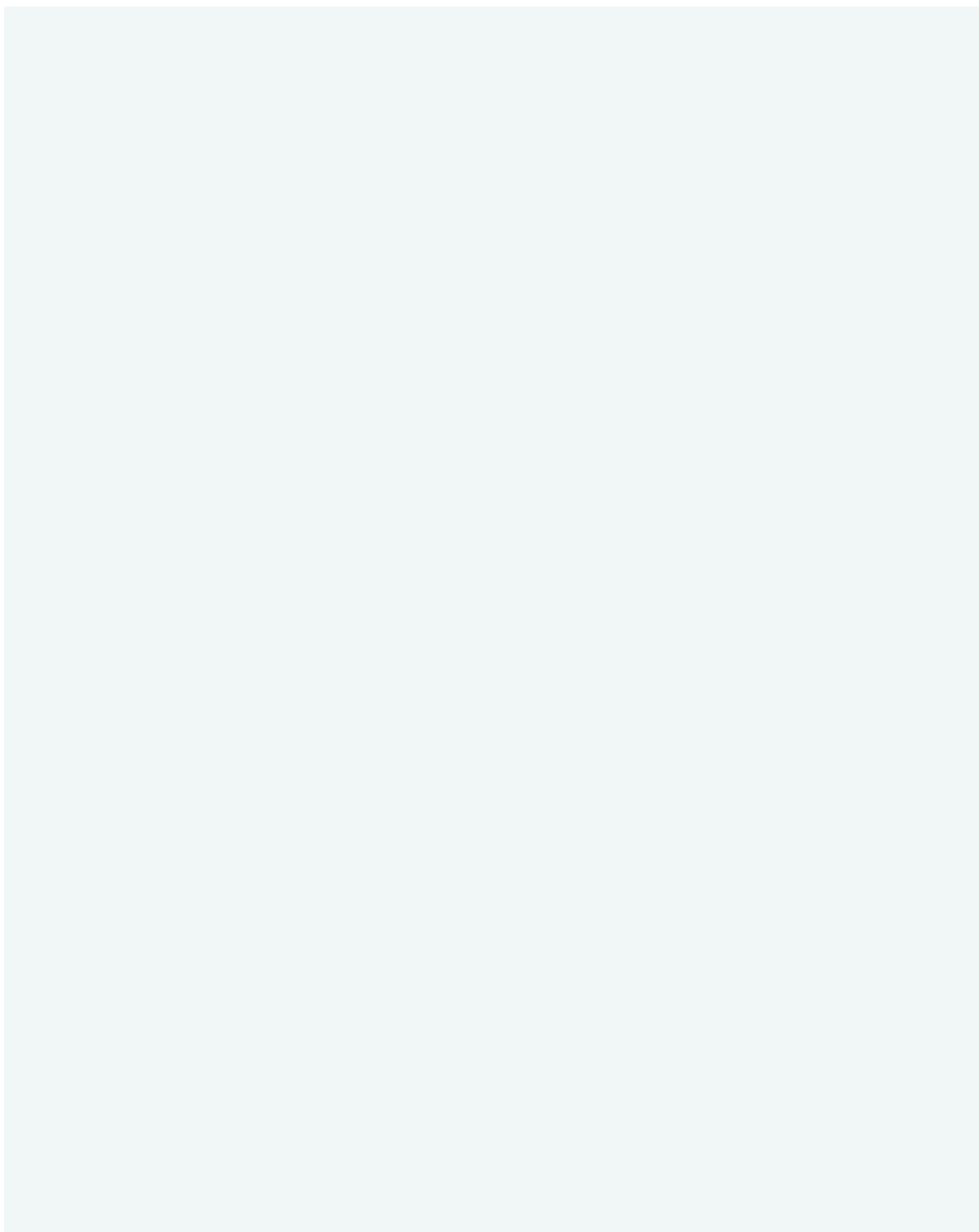


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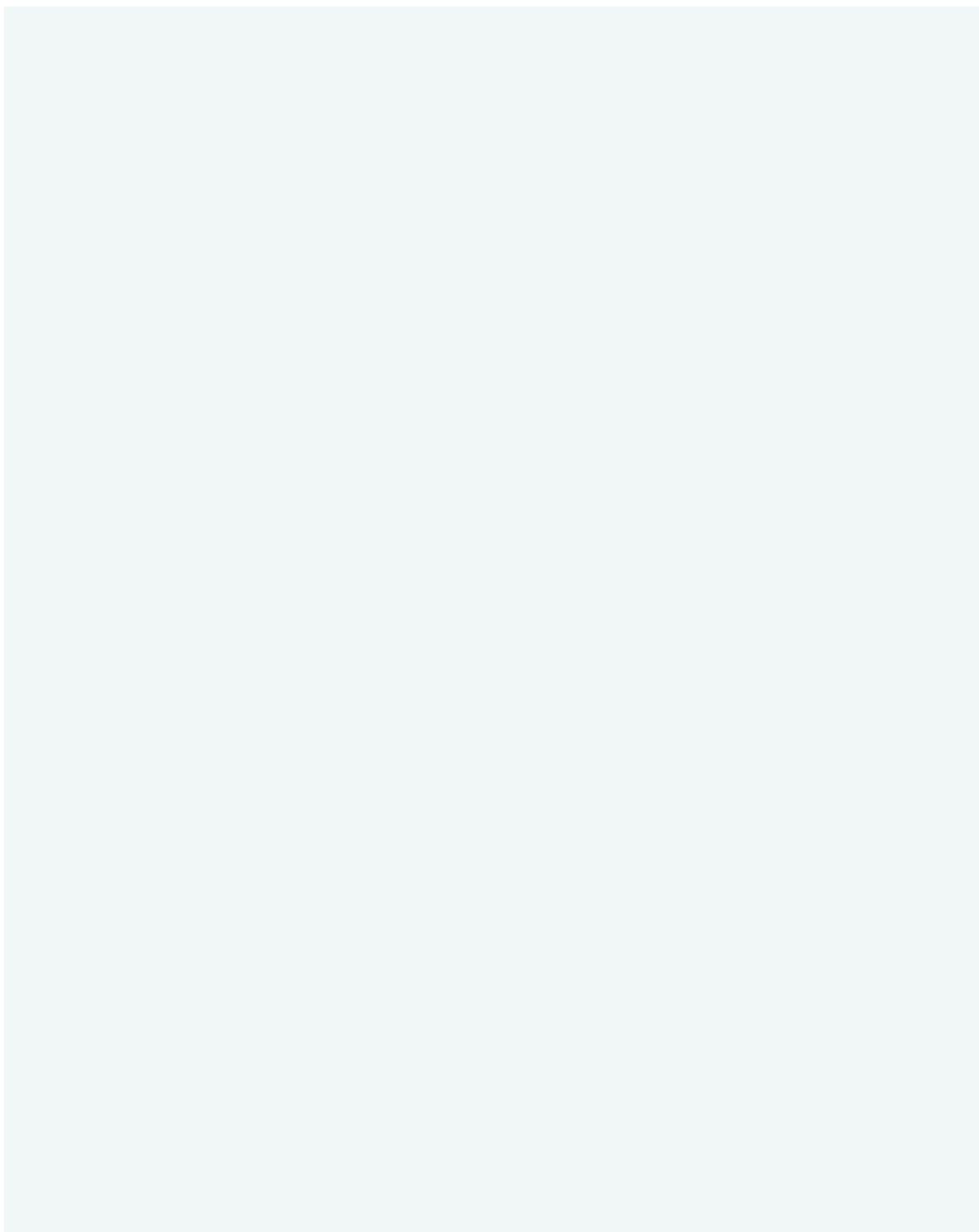


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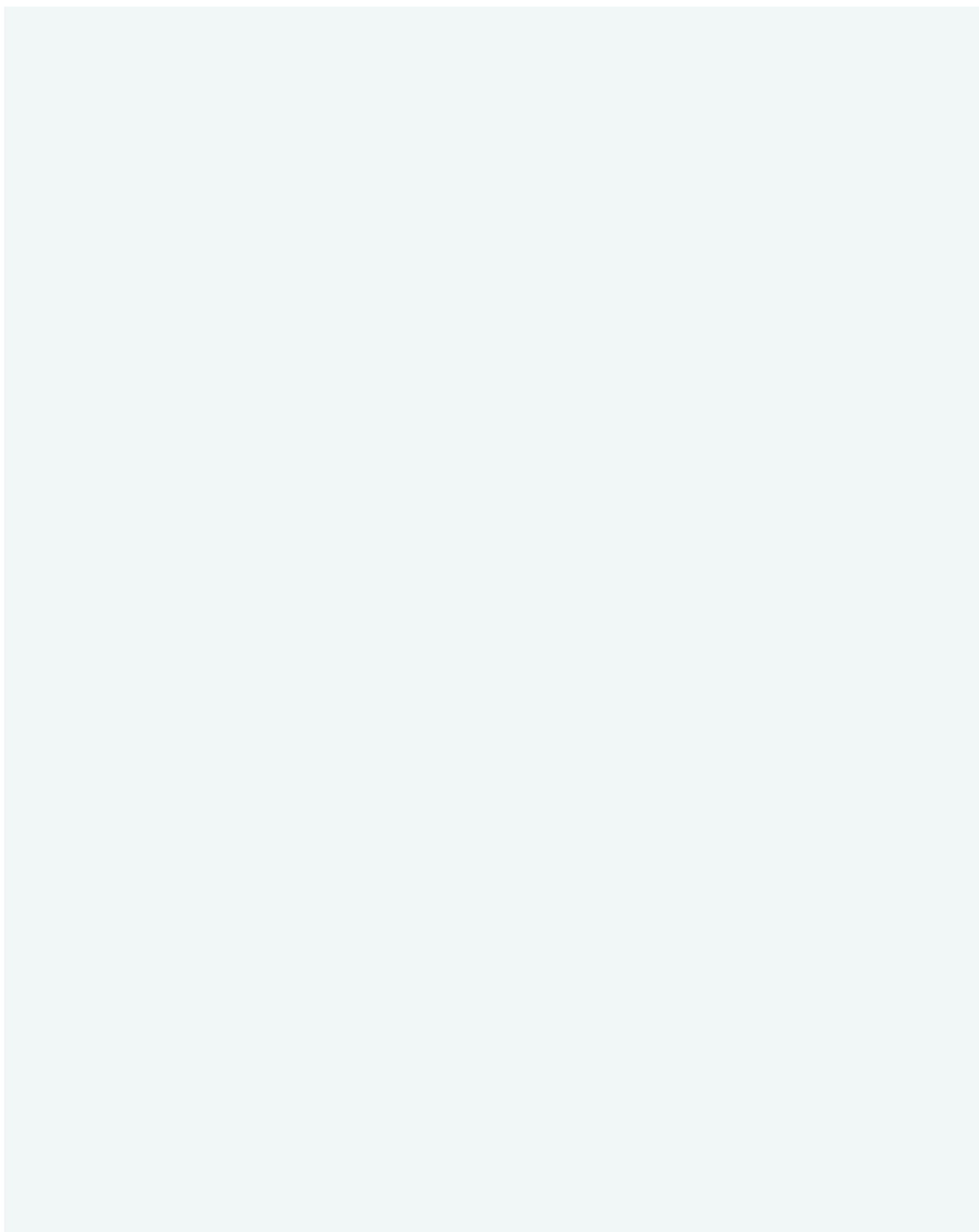


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DECEMBER



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December



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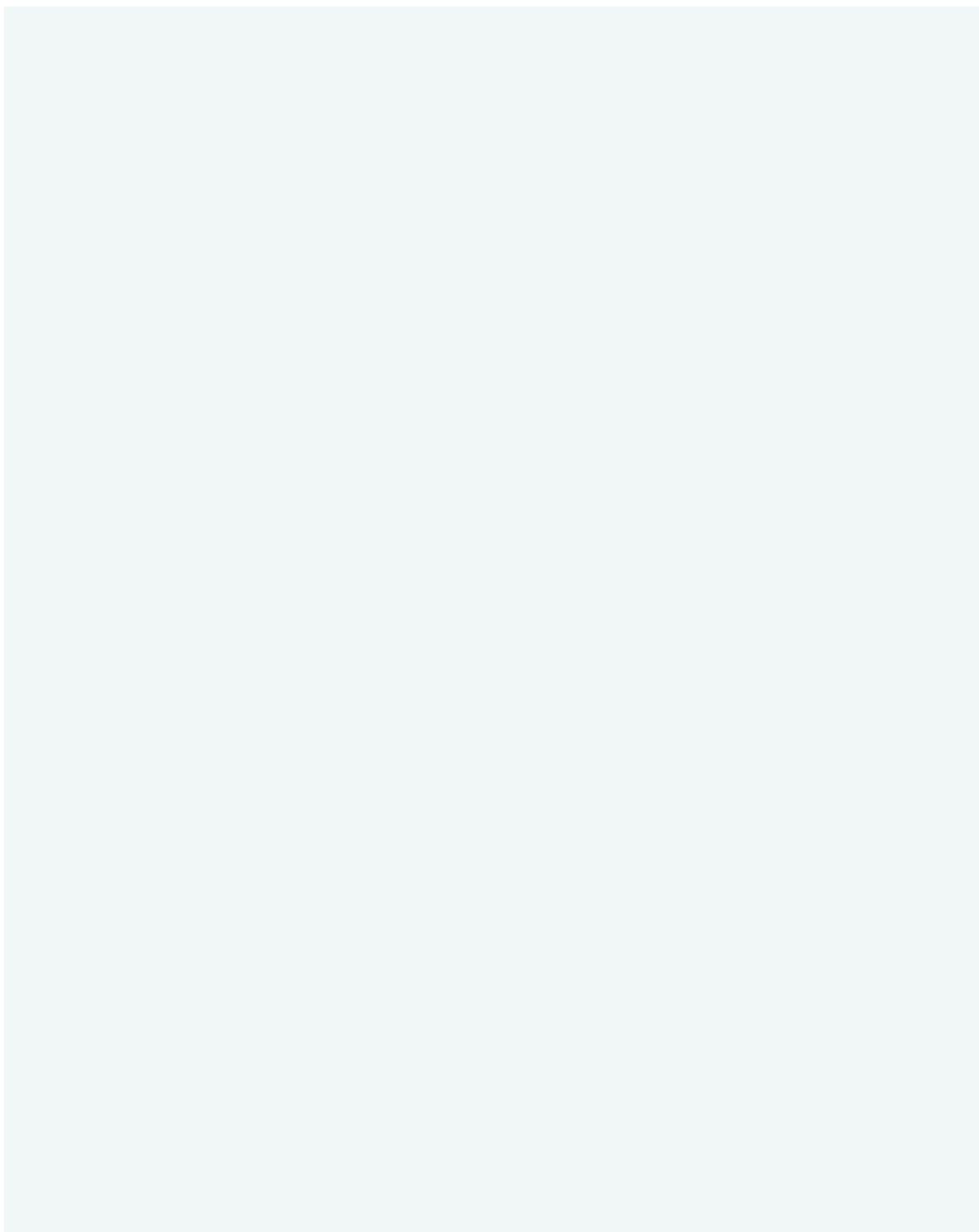


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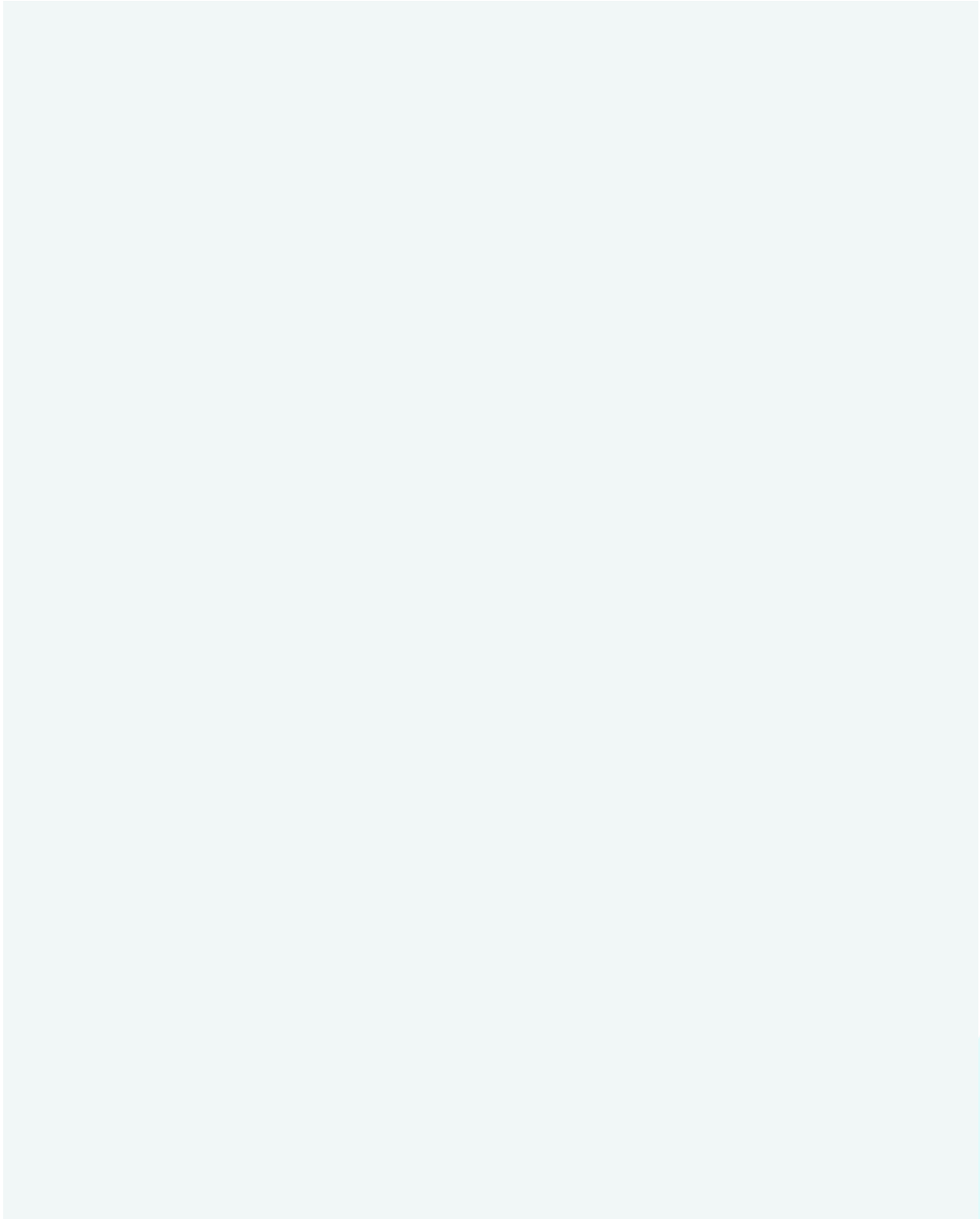


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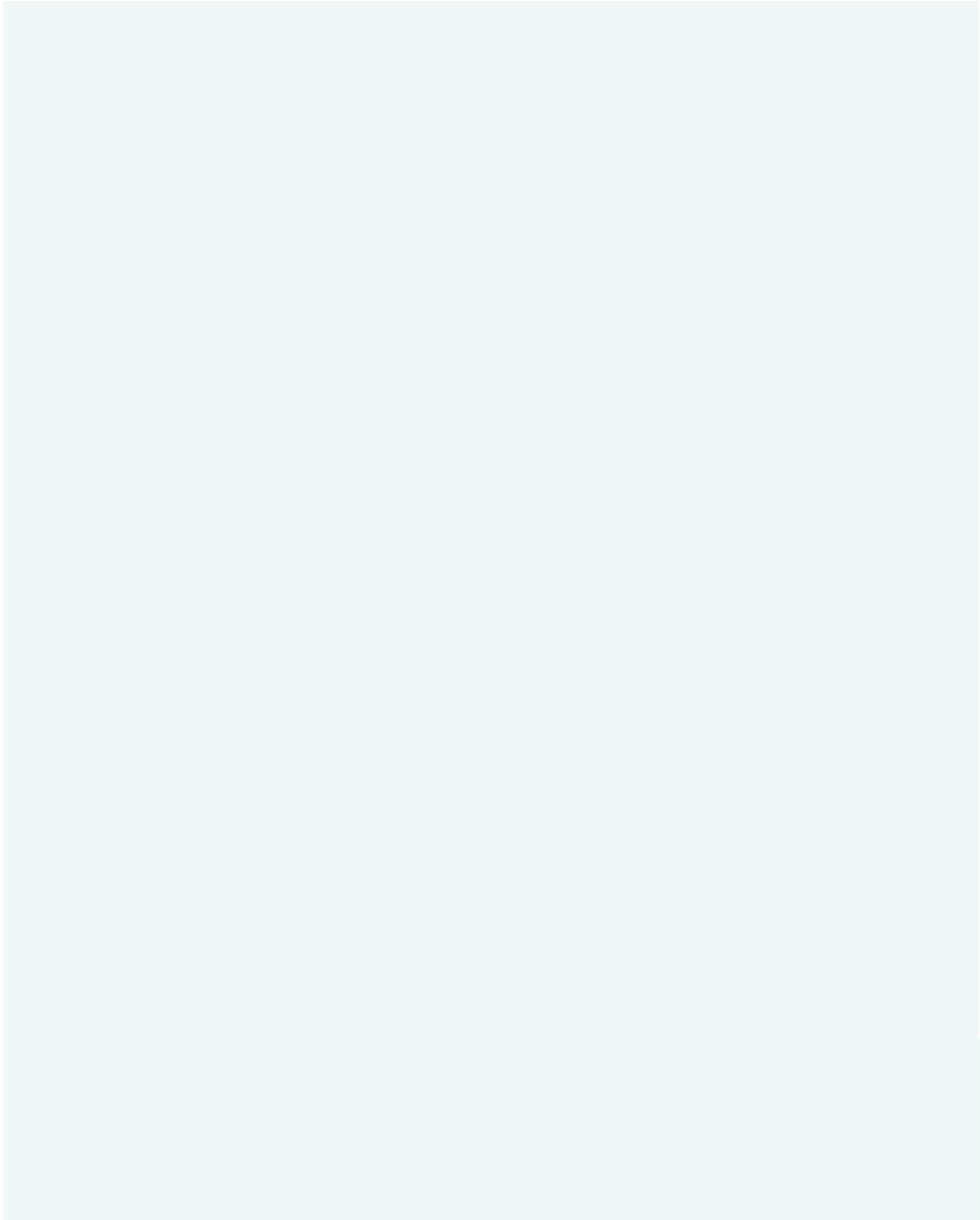


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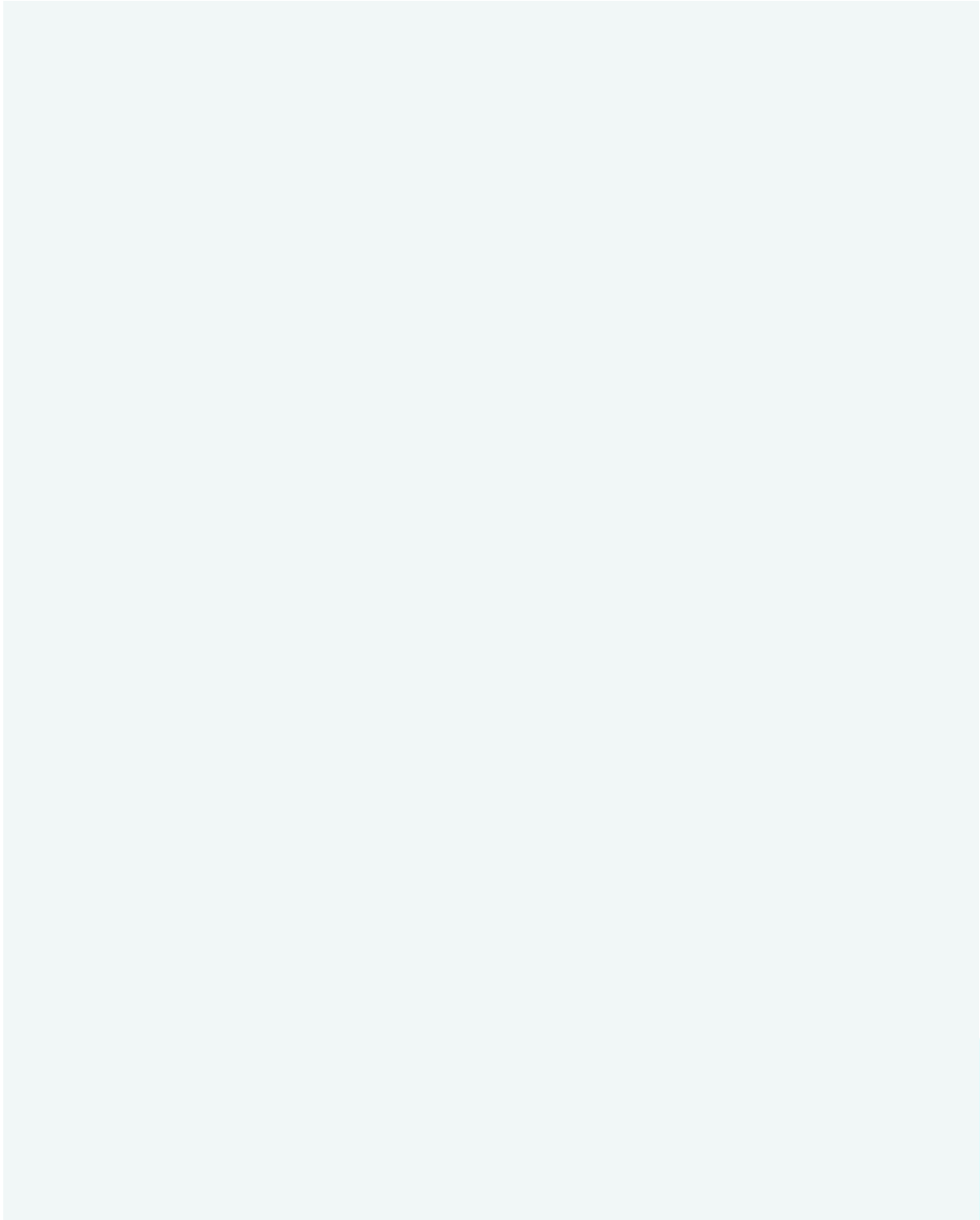


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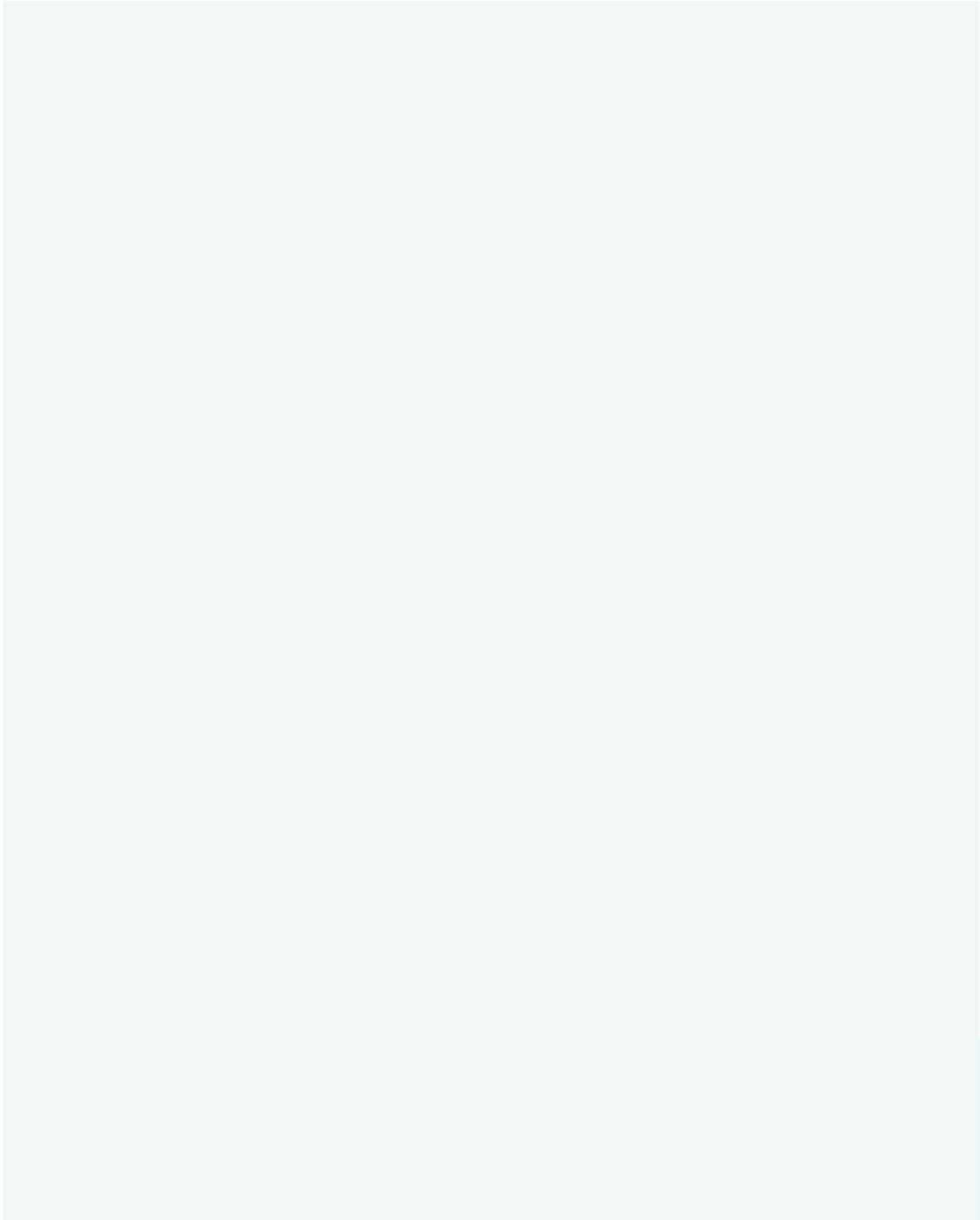


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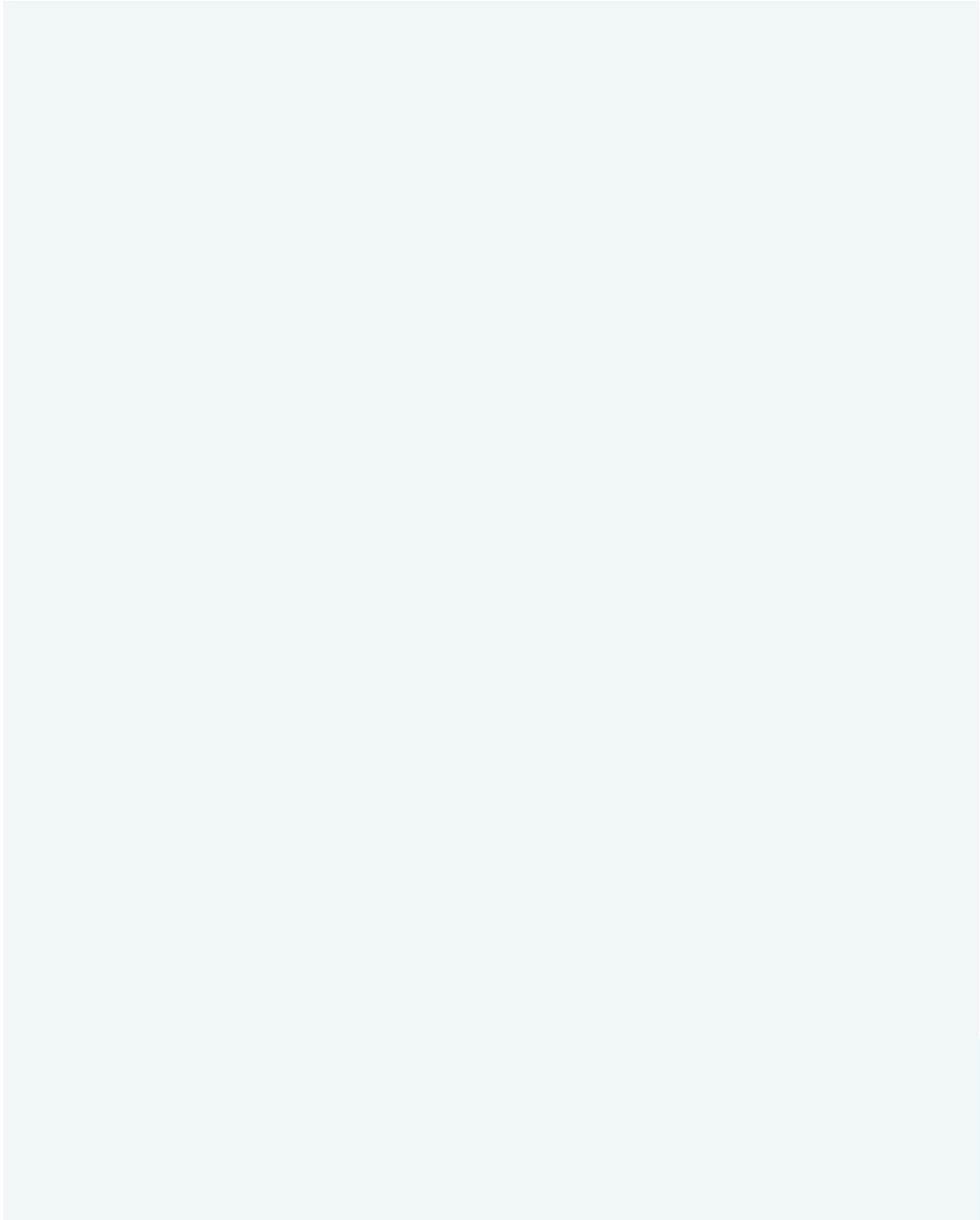


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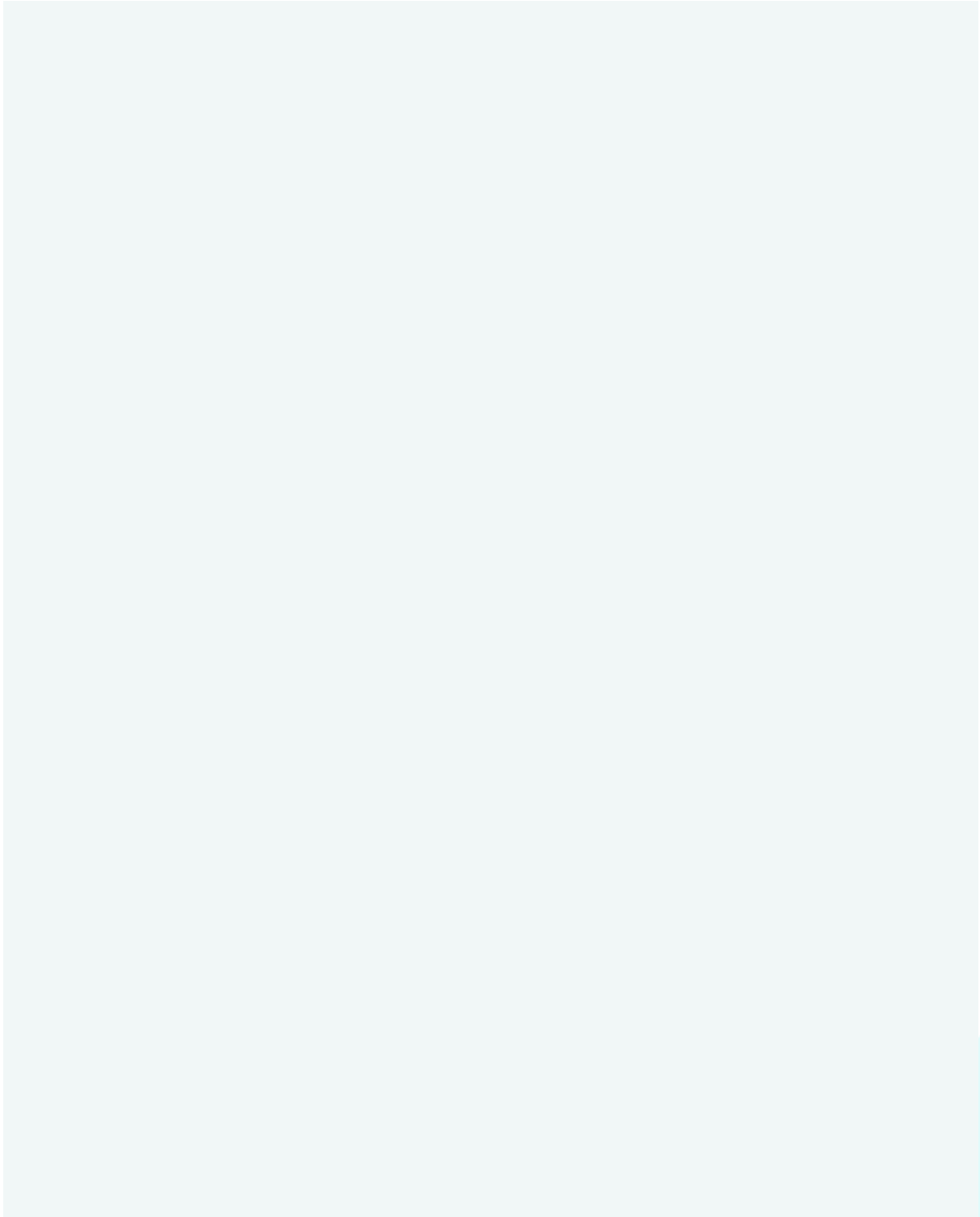


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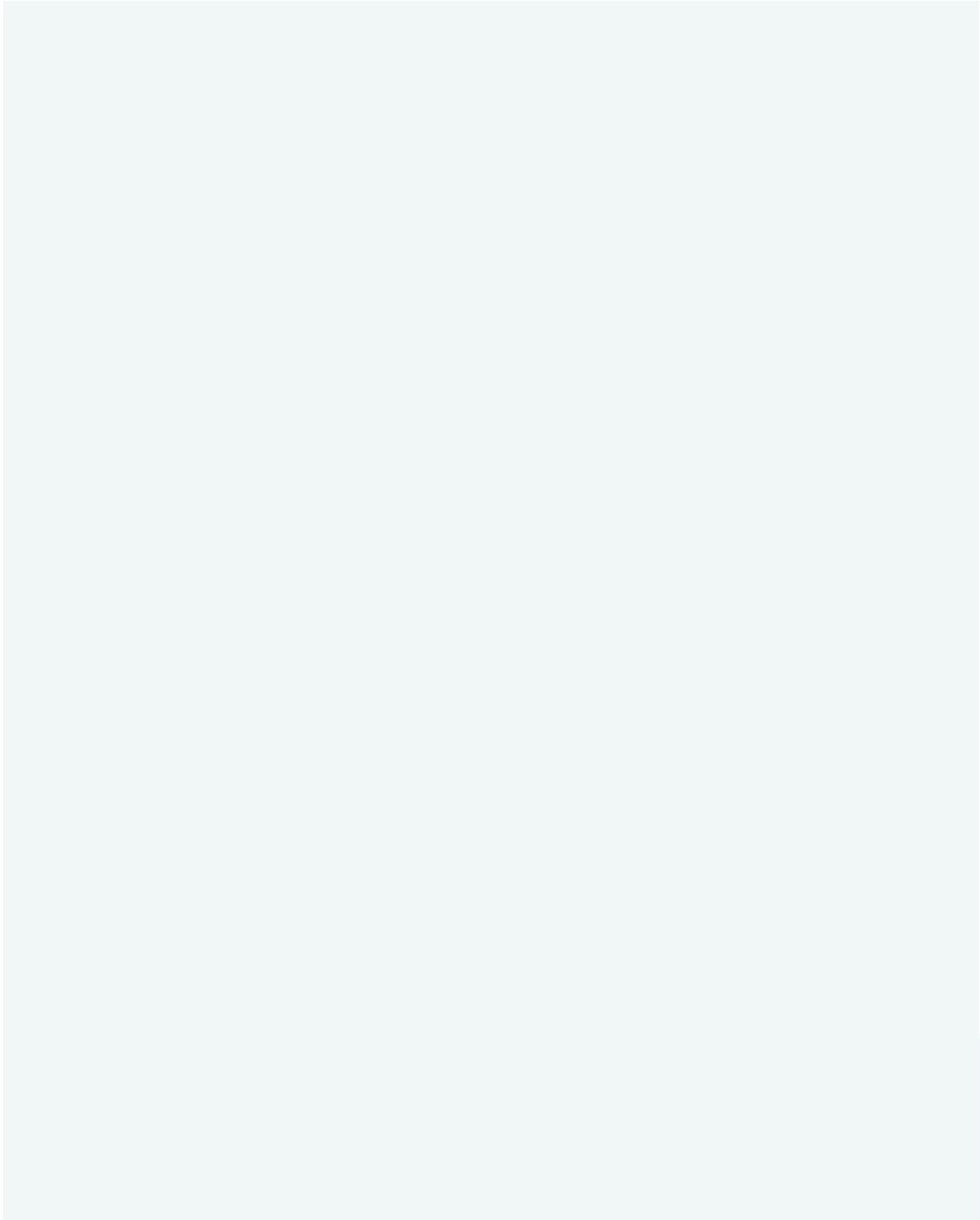


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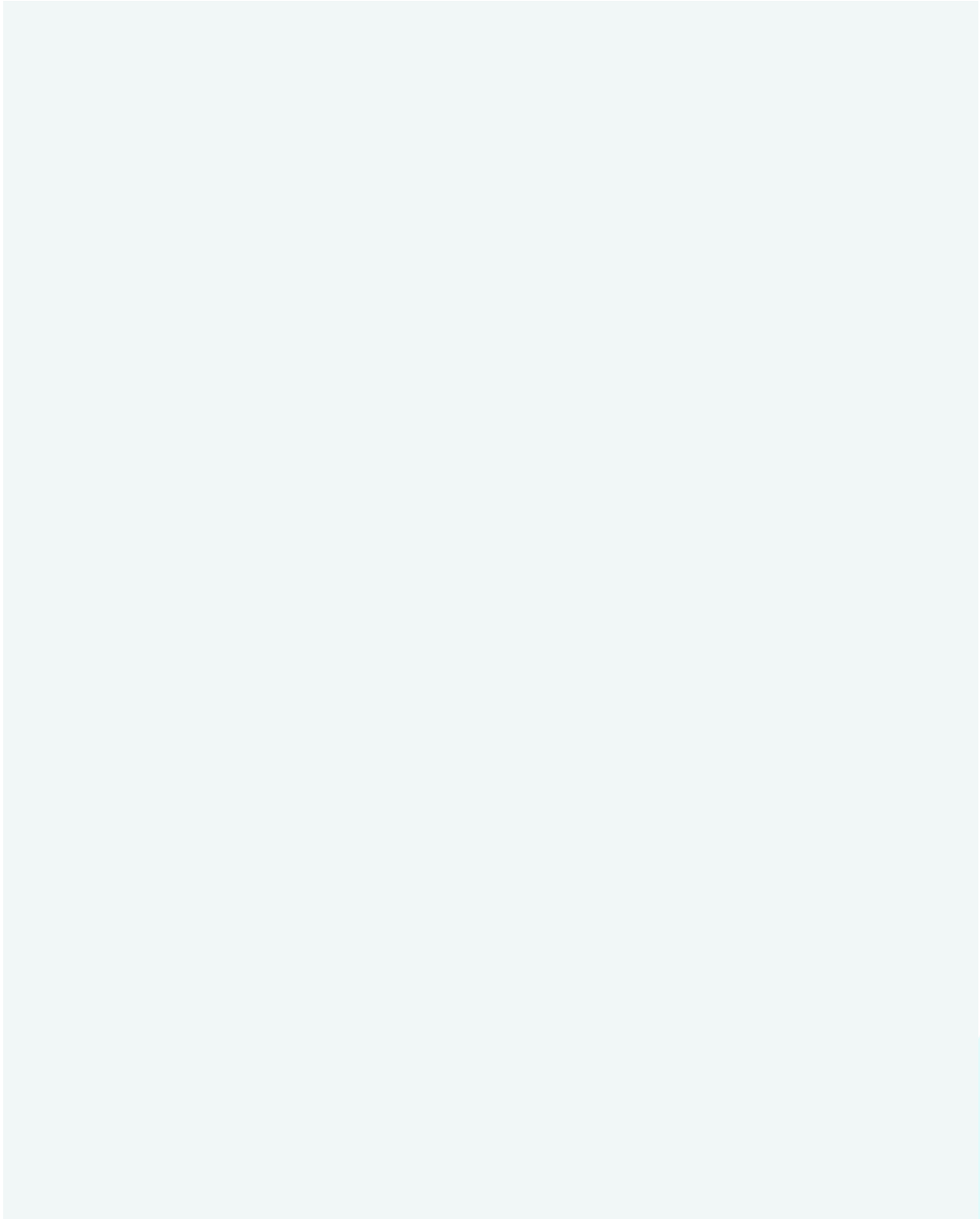


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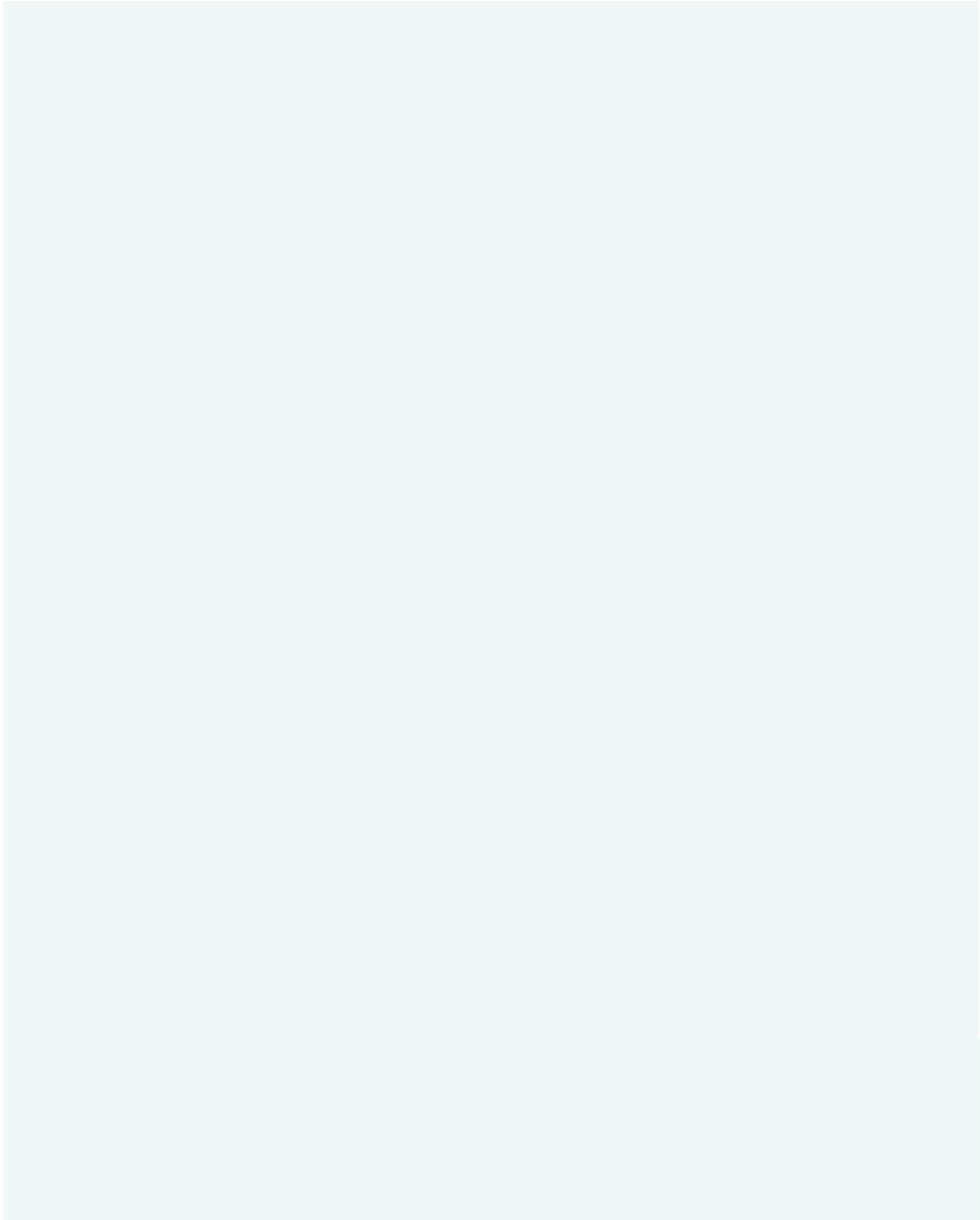


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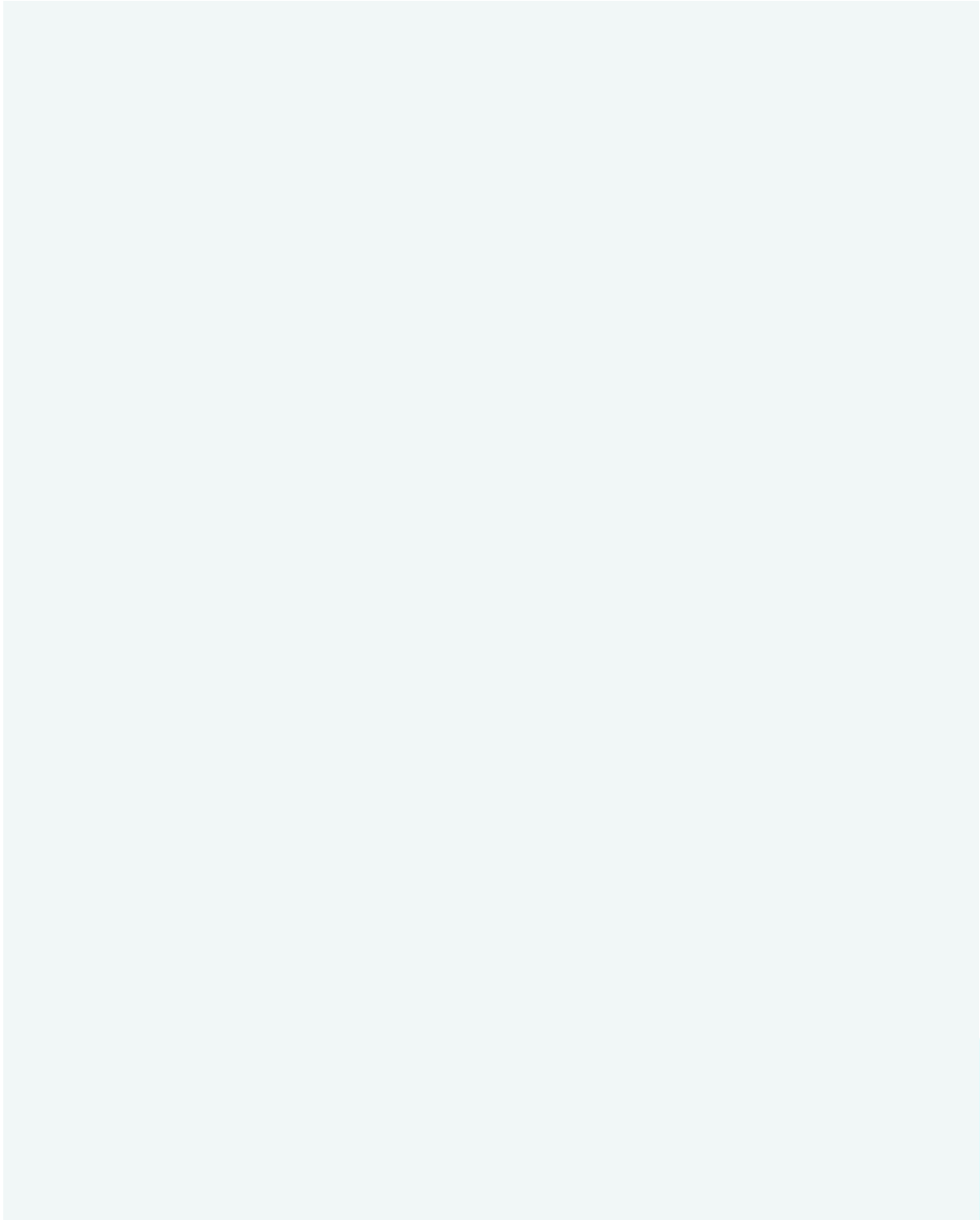


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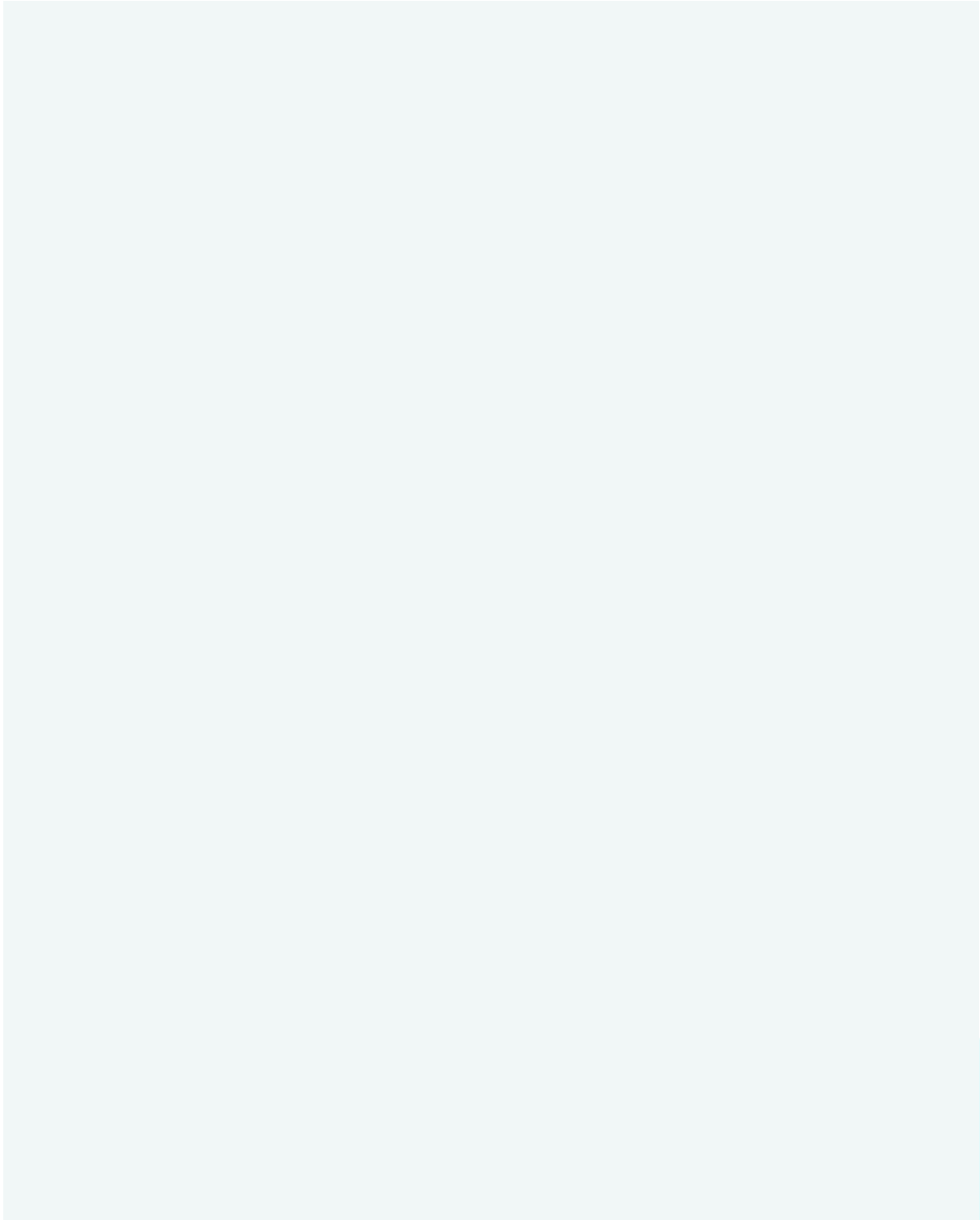


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FOLLOW THAT DREAM

Gigi's Beach

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