

Journal into Animal Wisdom



A Journal to Connect You Deeply
with the Wisdom of the Animal Kingdom



Mystic Mouse Journal Into Animal Wisdom

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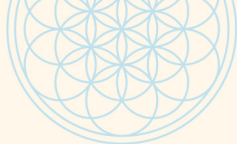
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www.mysticmouse.com

Design by Lorenzo Guescini

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Welcome to your new journal!

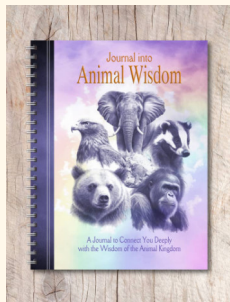
Here at Mystic Mouse, we love animals - as you may have noticed from many of our creations - so adding a journal that can assist in forging a deeper connection with our animal friends was an easy decision.

The aim of this journal is to bring you closer to the animal kingdom on the physical, energetic, and symbolic levels. By making time to contemplate and record our experiences, it is possible to uncover profound insights that can offer guidance, not only to us as individuals but, also, to humanity as a whole, especially in these times. As you work through these pages, we hope you enjoy the images and find the prompts thought-provoking & revealing, and that this journal becomes an invaluable tool which assists you in improving your mental, spiritual and emotional wellbeing.

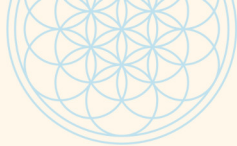
Animals are known for their unconditional love and the ability to bring us joy, comfort and wisdom, so it is our wish that you will experience all these things and more as you capture your thoughts & feelings, along with the insights you receive from our beautiful animal allies.

With much love and many blessings

Sharon & Lorenzo
www.mysticmouse.com



Journal into Animal Wisdom
www.mysticmouse.com



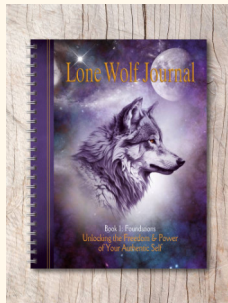
What is journaling and why is it so useful?

Journaling is simply the act of writing down your thoughts, feelings and experiences in a dedicated notebook or journal. There are many potential benefits to journaling, for example :-

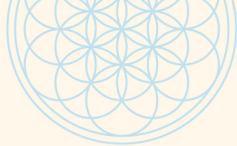
- ☯ **Increased Self-awareness** - as you write about your thoughts and feelings, you should gain a greater understanding of yourself, your passions and what motivates or inspires you
- ☯ **Expanded Consciousness** - the more you journal, the deeper insights you will gain, not only into yourself but also your environment, your interactions and the multi layered and multidimensional world we live in
- ☯ **Improved memory** - by writing about your observations and experiences, you might find that you are better able to recall information, insights and details
- ☯ **Stress relief** - journaling has been found to reduce symptoms of anxiety, stress and even depression. The act of writing can be a calming and relaxing activity, helping you to unwind and de-stress at any time

Overall, journaling is a therapeutic and introspective practice that allows you to reflect on your life, clarify your thoughts & emotions, and possibly even set intentions for how you would like life to be. It can be a powerful tool for personal development, spiritual growth and wellbeing. Whether you're looking to improve your mental or emotional health, have better relationships, set goals, or simply take some time out, journaling can be a very insightful and rewarding practice.

This particular journal concentrates on how deeper connections with the animals in our world can bring you joy, strength, guidance and comfort.



The Lone Wolf Journal
www.lonewolfpath.com



How to get the best from this journal

As we set about designing a journal for you, we are always looking for ways to help and inspire you to get the most from each journaling session. On the pages of this journal you will find a place to write the date and a box to say what animal(s) you connected with that day. This doesn't have to be the animal pictured on the page, it can be any animal you encounter or choose to connect with through any means (e.g. in meditation, a picture in a book or card deck, through drawing or painting etc).

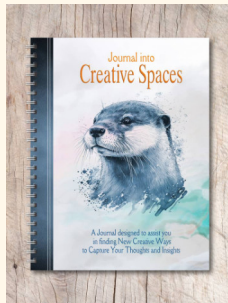
Additionally, you will notice that in the sidebar there are sections where you can note:

- ☯ a significant direction - perhaps the direction the animal came from or where they headed as they departed
- ☯ any relevant number(s) - perhaps you saw more than one of this particular animal, or you saw them more than once, or you might have noted the number of spots on a ladybird for example

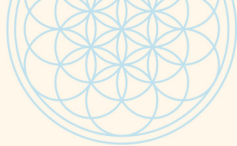
You'll also notice there's a set of 4 symbols. A sun, cloud, leaf, and wavy lines. These might represent the four elements of fire, air, earth and water respectively, or you might interpret them as the weather for the day (sun, cloud, wind, rain), or perhaps the leaf represents a woodland setting and the wavy lines a river.

Each of these things can add to the meaning of the experience and the more you can become aware of these 'additional' factors when you link with an animal, the deeper your insights will be.

Once again, these are just here as prompts. Consider them an invitation to get creative with your journaling and deepen your inquiry as to the meaning of the animal you are connecting with. Don't get overly hung up with these things, you don't need to record everything for every encounter, simply record the things that feel relevant to you.



Journal into Creative Spaces
www.mysticmouse.com



Working with Directions

There's many schools of thought around what the four directions represent. Each 'tradition' or way of life has its own perspective and assigns a different meaning to each. Rather than try to encompass them all here we're just going to share some of our personal thoughts and observations.

EAST - we think of East as representing new beginnings due to the fact that this is the direction in which the sun rises. For this reason it is often associated with the colour yellow and can symbolise hope and optimism. Having an animal appear in the East could represent the need to rise above it all, have a different perspective or see new opportunities. The East is often thought of as relating to the mind & thought - the Mental Body.

WEST - we usually think of the West as the direction of rest and introspection, as this is where the sun sets, and for that reason we think of it as representing the night sky or sleep. Having an animal appear in the West might indicate that it's a good time to 'go within', conserve your energy and emerge when the time is right. The West is often thought of as relating to emotions & feelings - the Emotional Body.

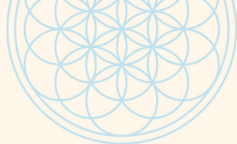
NORTH - we often think of the North as being chilly, windy or snowy so for us this direction can represent 'the winds of change' and purity. If an animal shows up in the North it can be asking us to connect with our spirituality, divinity and ancestral wisdom. The North is often thought of as relating to spirit & the ethereal - the Spiritual Body.

SOUTH - The South usually feels warmer, with more vitality, so we think of this as representing groundedness and physical energy. It's the direction of manifestation and action. If an animal shows up in the South it could be here to bring you stamina, strength and passion. The South is often thought of as relating to touch & tangibility - the Physical Body.



Raven Notebook

www.mysticmouse.com



Connection, Relevance, and Usefulness.

Our interactions with the natural world provide an amazing opportunity to be fully present and reconnect with the profound wisdom & resources that are always available to us but, all too often, are hidden by the haze of modern life. Whenever we have an animal encounter that creates a 'sense of knowing', we can use this as a doorway to deeper exploration. By examining the nature and value of the information we have been given, we can start to recognise and trust this deeper wisdom.

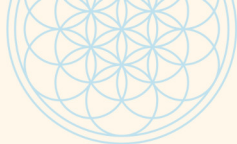
On each journal page, you can monitor three key indicators that can assist you in developing this kind of discernment:

- ☸ **Connection:** Reflect on how deeply you felt connected to the animal. Did it feel like genuine communication, or did the thoughts simply pop into your mind? It's important to recognise that everyone's experiences will vary, and the nature of your connection may evolve over time.
- ☸ **Relevance:** Assess how relevant the communication appeared to be. Did it seem to address something currently or recently on your mind? Alternatively, did it come across as more generic or even cryptic? Sometimes the full significance of a message only becomes clear with hindsight. This is another reason why maintaining a journal can be so important.
- ☸ **Usefulness:** Evaluate the practicality of the information you received. Could you immediately apply it, or did it only become relevant later on? Did you decide to follow any guidance or not? Recording your experiences will enable you to track the value of these encounters, and foster trust in the guidance you receive.

For each encounter, record the extent to which these three aspects applied on the scale provided. Over time, you can observe patterns and pinpoint when your connection is strongest. Additionally, you'll gain a deeper appreciation for the benefits of nurturing this connection.



Fox Notebook
www.mysticmouse.com



Some Final Tips

As with any journaling, there are no rules. It is simply a way of capturing and recording those things that feel important or relevant to you. Not only is this a great way of tracking your 'progress' through life but it can be a source of thoughts and ideas to contemplate, reflect upon, or get creative with. All of which can bring great insights that can assist and guide you.

There's many ways in which you can use this journal. Below are just a few ideas, but if you're drawn to use it in an entirely different way, then do that!

- ☯ If you encounter a certain animal every day, for example a dog, cat or horse, you might make this journal all about your connections and experiences with that particular animal
- ☯ You might like to set an intention in the morning to connect with a specific animal that day and then see what thoughts come to you throughout the day and then write them down
- ☯ If you are someone who meditates every day then you could meditate with the animal pictured at the top of a page and find out what wisdom they would like to share with you
- ☯ You could also simply ask the Animal Kingdom "what animal ally is with me to assist me today". This can be especially helpful if you're having any sort of 'tough time'
- ☯ If you have a particular goal in mind, you might like to ask (or tune in to) which power animal(s) might best assist you with that. For example, would calling on the strength and courage of a lion or the speed and agility of a falcon be helpful for your project

These are just some of our ideas, you might be drawn to use a mix of these throughout your journaling journey, or none of them. This is your journal. Your journey. Your connections. So use it your way. Any way you choose will be perfect!



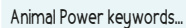
Heron Notebook
www.mysticmouse.com

Index

To make it quicker for you to navigate your new journal, we've divided it into convenient sections, each represented by an animal. You don't have to wait until you see a kangaroo before using that section (unless you want to) - your animal helpers are simply here to make finding your way around a little easier.

 A Alpaca	 B Badger	 C Cat	 D Dog	 E Elephant	 F Fox
 G Giraffe	 H Horse	 I Impala	 J Jaguar	 K Kangaroo	 L Lemur
 M Meerkat	 N Nightingale	 O Owl	 P Panda	 Q Quokka	 R Rabbit
 S Squirrel	 T Tiger	 U Vole	 W Wolf	 Y Yak	Z

Click above to jump to a section



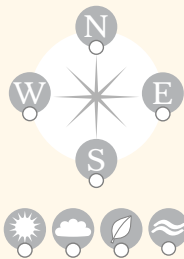
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Date...

This is how we interacted...

These were the insights and wisdom I received...

Significant number(s)...



Connection:



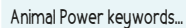
Relevance:



Usefulness:



My biggest takeaways...



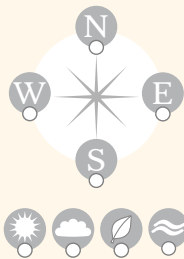
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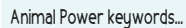
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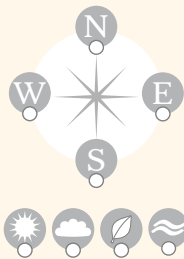
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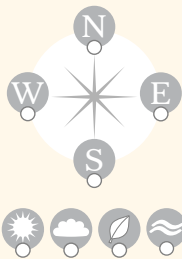


Usefulness:



My biggest takeaways...

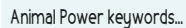
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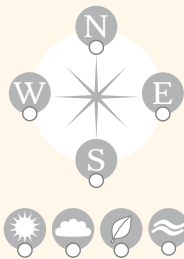
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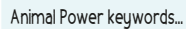
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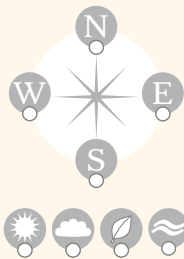
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Usefulness:



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Animal Power keywords...

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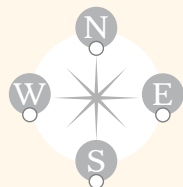
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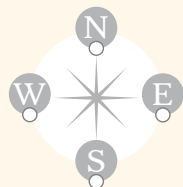
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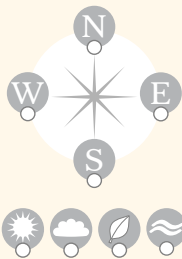


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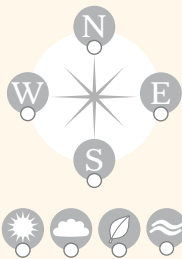


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
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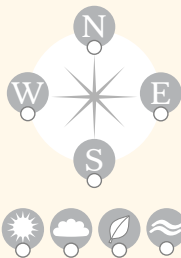
Relevance:  low high



Usefulness:  low high



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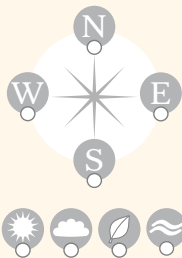


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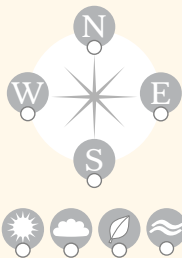


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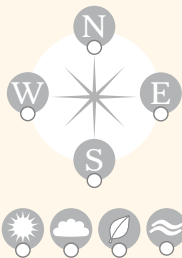


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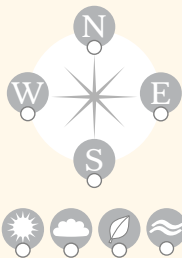


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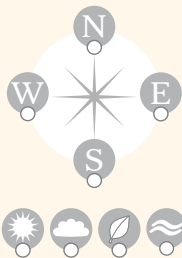


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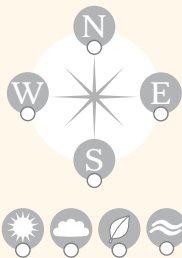


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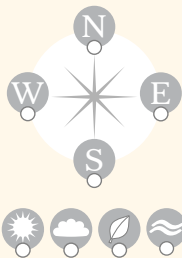


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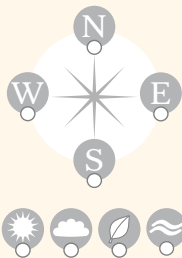


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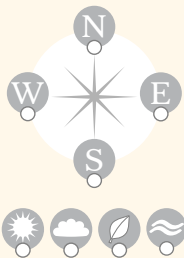


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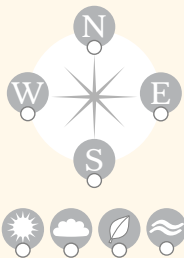


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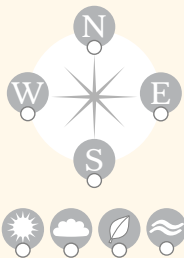


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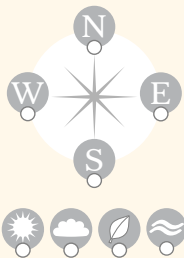
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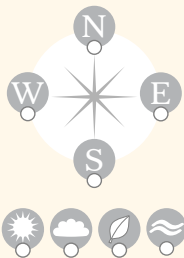
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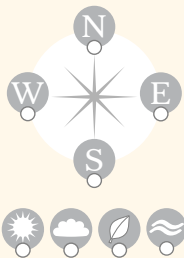


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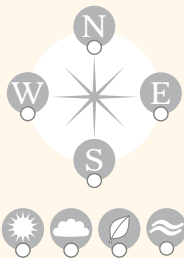
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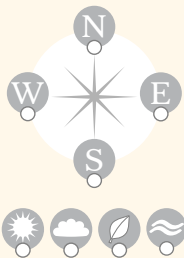


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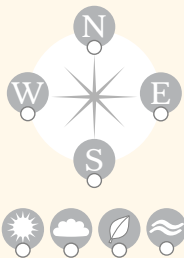
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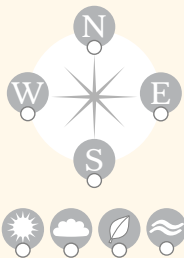
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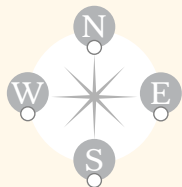
My biggest takeaways...



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Relevance:



Usefulness:



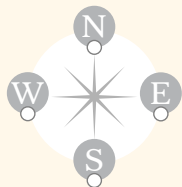
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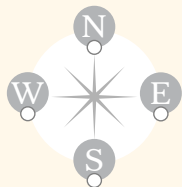
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My biggest takeaways...

Connection:



Relevance:

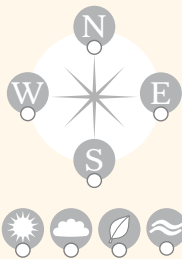


Usefulness:



i

Significant number(s)...



Date...

These were the insights and wisdom I received...

My biggest takeaways...



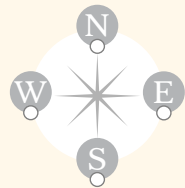
E

Animal Power keywords...

Handwriting practice lines for Animal Power keywords.

Significant number(s)...

i



Today I interacted with...

Date...

This is how we interacted...

Handwriting practice lines for 'This is how we interacted...' with a background image of a bear, eagle, and elephant.

i

These were the insights and wisdom I received...

Handwriting practice lines for 'These were the insights and wisdom I received...' with a background image of a badger and a gorilla.

My biggest takeaways...

Handwriting practice lines for 'My biggest takeaways...'.

Connection:



Relevance:



Usefulness:





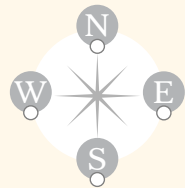
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Animal Power keywords...

Handwriting practice lines for Animal Power keywords.

Significant number(s)...

i



Today I interacted with...

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These were the insights and wisdom I received...

Handwriting practice lines for 'These were the insights and wisdom I received...' with a background image of a badger and a gorilla.

My biggest takeaways...

Handwriting practice lines for 'My biggest takeaways...'.

Connection:



Relevance:



Usefulness:





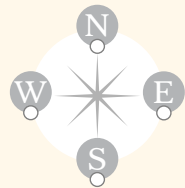
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Animal Power keywords...

Handwriting practice lines for Animal Power keywords.

Significant number(s)...

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My biggest takeaways...

Handwriting practice lines for 'My biggest takeaways...'.

Connection:



Relevance:



Usefulness:





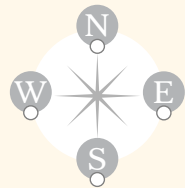
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Animal Power keywords...

Handwriting practice lines for Animal Power keywords.

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My biggest takeaways...

Handwriting practice lines for 'My biggest takeaways...'.

Connection:



Relevance:



Usefulness:





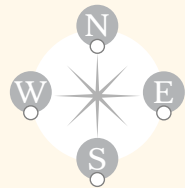
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Animal Power keywords...

Handwriting practice lines for Animal Power keywords.

Significant number(s)...

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Today I interacted with...

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i

These were the insights and wisdom I received...

Handwriting practice lines for 'These were the insights and wisdom I received...' with a background image of a badger and a gorilla.

My biggest takeaways...

Handwriting practice lines for 'My biggest takeaways...'.

Connection:



Relevance:



Usefulness:

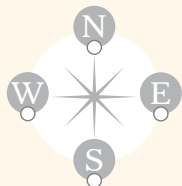




E

Animal Power keywords...

Significant number(s)...



i

Today I interacted with...

Date...

This is how we interacted...

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i

Connection:



Relevance:



Usefulness:



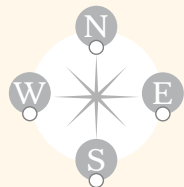
My biggest takeaways...



F

Animal Power keywords...

Significant number(s)...



i

Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

i

Connection:



Relevance:



Usefulness:



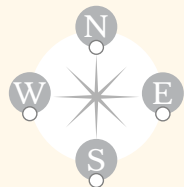
My biggest takeaways...



F

Animal Power keywords...

Significant number(s)...



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Date...

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Connection:



Relevance:



Usefulness:



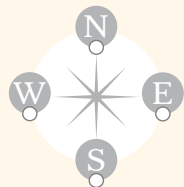
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Animal Power keywords...

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Connection:



Relevance:



Usefulness:



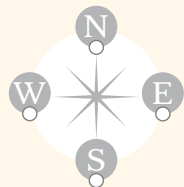
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Relevance:



Usefulness:



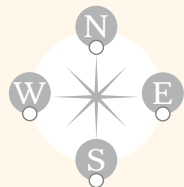
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Connection:



Relevance:



Usefulness:



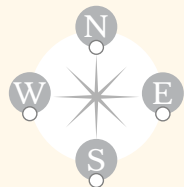
My biggest takeaways...



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Animal Power keywords...

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i

Connection:



Relevance:



Usefulness:



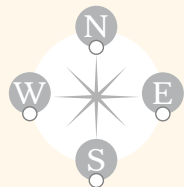
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Connection:



Relevance:



Usefulness:



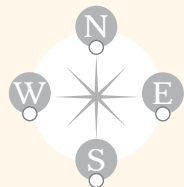
My biggest takeaways...



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Animal Power keywords...

Significant number(s)...



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Relevance:



Usefulness:



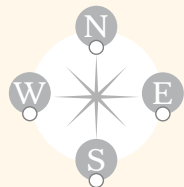
My biggest takeaways...



F

Animal Power keywords...

Significant number(s)...



i

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Date...

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These were the insights and wisdom I received...

i

Connection:



Relevance:



Usefulness:



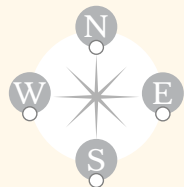
My biggest takeaways...



F

Animal Power keywords...

Significant number(s)...



i

Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

i

Connection:



Relevance:



Usefulness:



My biggest takeaways...

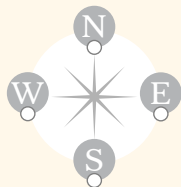


G

Animal Power keywords...

Significant number(s)...

i



Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



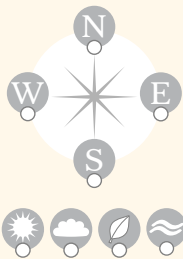
Relevance:



Usefulness:



Significant number(s)...



Date...

These were the insights and wisdom I received...

My biggest takeaways...

Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



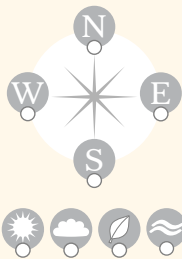
Relevance:



Usefulness:



Significant number(s)...

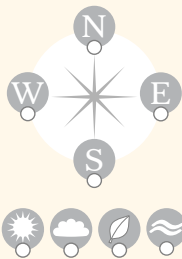


Date...

These were the insights and wisdom I received...

My biggest takeaways...

Significant number(s)...

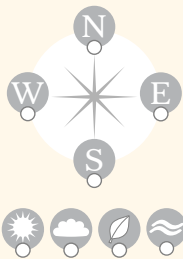


Date...

These were the insights and wisdom I received...

My biggest takeaways...

Significant number(s)...



Date...

These were the insights and wisdom I received...

My biggest takeaways...

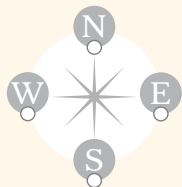


G

Animal Power keywords...

Significant number(s)...

i



Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

i

Connection:



Relevance:



Usefulness:



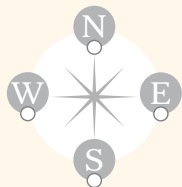
My biggest takeaways...



G

Animal Power keywords...

Significant number(s)...



i

Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



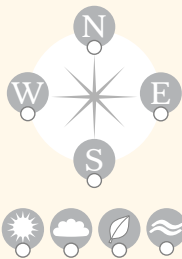
Relevance:



Usefulness:



Significant number(s)...



Date...

These were the insights and wisdom I received...

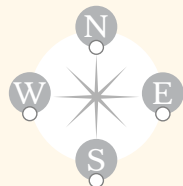
My biggest takeaways...



G

Animal Power keywords...

Significant number(s)...



i

Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

i

Connection:



Relevance:



Usefulness:



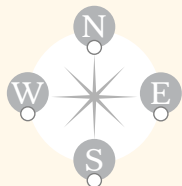
My biggest takeaways...



H

Animal Power keywords...

Significant number(s)...



i

Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:



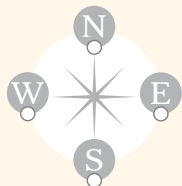
i



H

Animal Power keywords...

Significant number(s)...



i

Today I interacted with...

Date...

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These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:



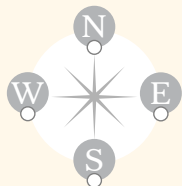
i



H

Animal Power keywords...

Significant number(s)...



i

Today I interacted with...

Date...

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These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:



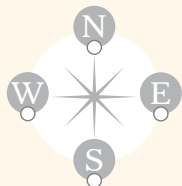
i



H

Animal Power keywords...

Significant number(s)...



i

Today I interacted with...

Date...

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These were the insights and wisdom I received...

i

Connection:



Relevance:

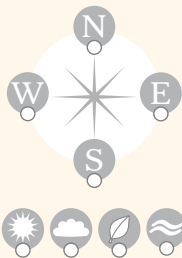


Usefulness:



My biggest takeaways...

Significant number(s)...



Date...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:

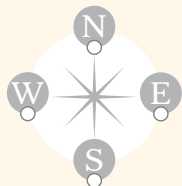




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Animal Power keywords...

Significant number(s)...



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My biggest takeaways...

Connection:



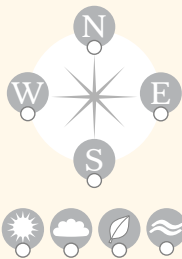
Relevance:



Usefulness:



Significant number(s)...



Date...

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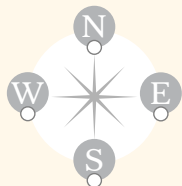
My biggest takeaways...



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Animal Power keywords...

Significant number(s)...



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My biggest takeaways...

Connection:



Relevance:



Usefulness:

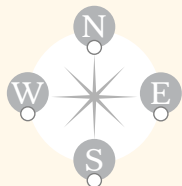




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Animal Power keywords...

Significant number(s)...



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My biggest takeaways...

Connection:



Relevance:



Usefulness:



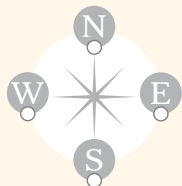
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Animal Power keywords...

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My biggest takeaways...

Connection:



Relevance:



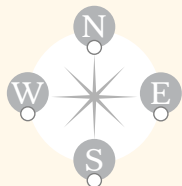
Usefulness:





Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

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My biggest takeaways...

Connection:



Relevance:



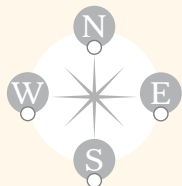
Usefulness:





Animal Power keywords...

Significant number(s)...



Today I interacted with...

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My biggest takeaways...

Connection:



Relevance:



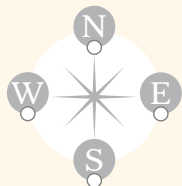
Usefulness:





Animal Power keywords...

Significant number(s)...



Today I interacted with...

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Connection:



Relevance:



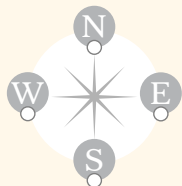
Usefulness:





Animal Power keywords...

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Relevance:



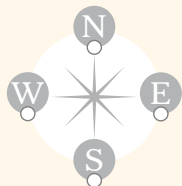
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Relevance:



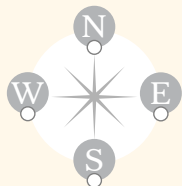
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Animal Power keywords...

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Relevance:



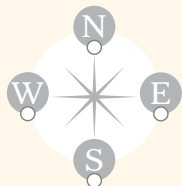
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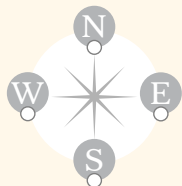
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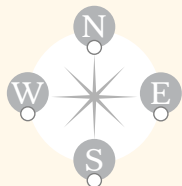
Usefulness:





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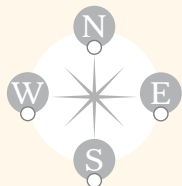
Usefulness:





Animal Power keywords...

Significant number(s)...



Today I interacted with...

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My biggest takeaways...

Connection:



Relevance:



Usefulness:

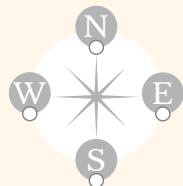




J

Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:

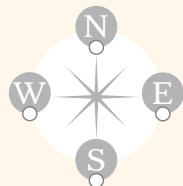




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Animal Power keywords...

Significant number(s)...



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My biggest takeaways...

Connection:



Relevance:



Usefulness:

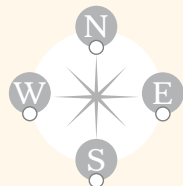




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My biggest takeaways...

Connection:



Relevance:



Usefulness:

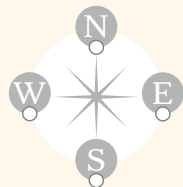




J

Animal Power keywords...

Significant number(s)...



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These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:

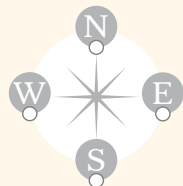




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Relevance:



Usefulness:

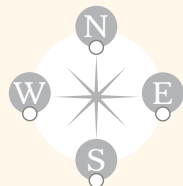




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Date...

This is how we interacted...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:

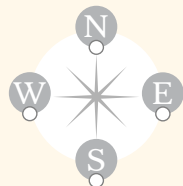




J

Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:

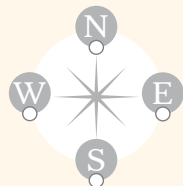




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Animal Power keywords...

Significant number(s)...



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Relevance:



Usefulness:

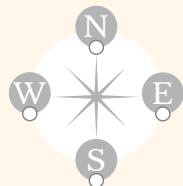




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Animal Power keywords...

Significant number(s)...



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Connection:



Relevance:



Usefulness:

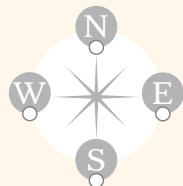




J

Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:



**K**

Animal Power keywords...

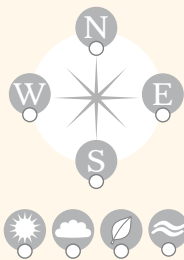
Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

Significant number(s)...

i**i**

Connection:



Relevance:



Usefulness:



My biggest takeaways...

**K**

Animal Power keywords...

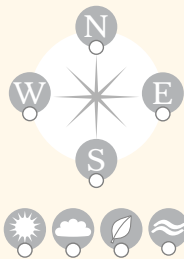
Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

Significant number(s)...

i**i**

Connection:



Relevance:



Usefulness:



My biggest takeaways...

**K**

Animal Power keywords...

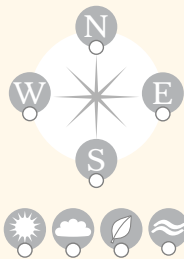
Today I interacted with...

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Significant number(s)...

i**i**

Connection:



Relevance:



Usefulness:



My biggest takeaways...

**K**

Animal Power keywords...

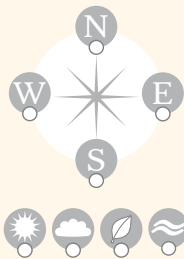
Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

Significant number(s)...

i**i**

Connection:



Relevance:

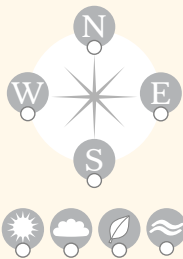


Usefulness:



My biggest takeaways...

Significant number(s)...

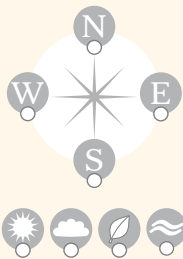


Date...

These were the insights and wisdom I received...

My biggest takeaways...

Significant number(s)...

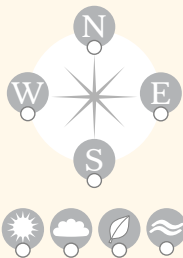


Date...

These were the insights and wisdom I received...

My biggest takeaways...

Significant number(s)...

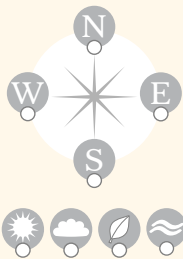


Date...

These were the insights and wisdom I received...

My biggest takeaways...

Significant number(s)...



Date...

These were the insights and wisdom I received...

My biggest takeaways...

Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

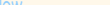
This is how we interacted...



These were the insights and wisdom I received...

My biggest takeaways...



Relevance:  low high



Usefulness:  low high

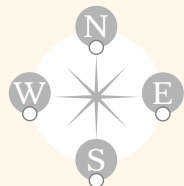




L

Animal Power keywords...

Significant number(s)...



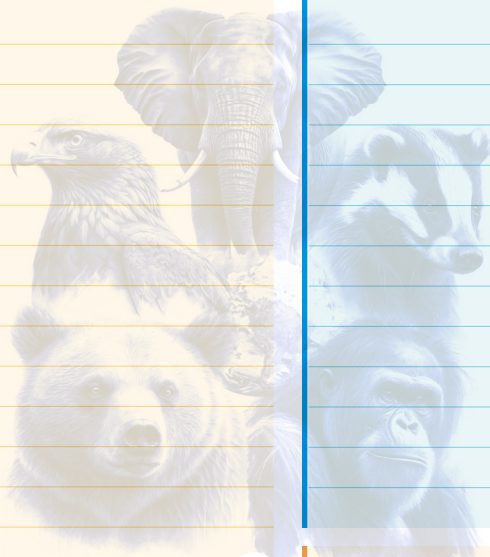
i

Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...



i

Connection:



Relevance:



Usefulness:



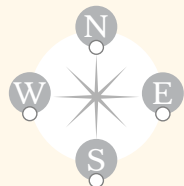
My biggest takeaways...



L

Animal Power keywords...

Significant number(s)...



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Date...

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My biggest takeaways...

Connection:



Relevance:



Usefulness:

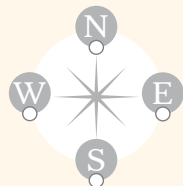




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Animal Power keywords...

Significant number(s)...



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Relevance:



Usefulness:

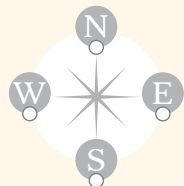




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Connection:



Relevance:



Usefulness:



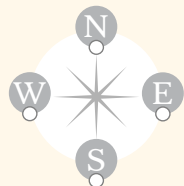
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Animal Power keywords...

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My biggest takeaways...

Connection:



Relevance:



Usefulness:

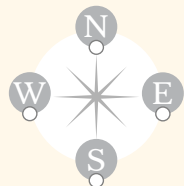




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Animal Power keywords...

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My biggest takeaways...

Connection:



Relevance:



Usefulness:

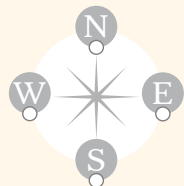




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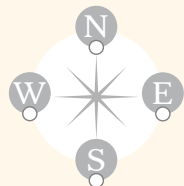
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Animal Power keywords...

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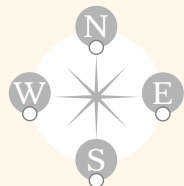
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L

Animal Power keywords...

Significant number(s)...



i

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These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:



i

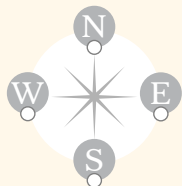


M

Animal Power keywords...

Significant number(s)...

i



Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

i

Connection:



Relevance:



Usefulness:



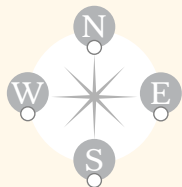
My biggest takeaways...



M

Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

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These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:



Usefulness:

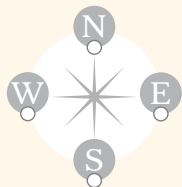




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Animal Power keywords...

Significant number(s)...



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My biggest takeaways...

Connection:



Relevance:



Usefulness:

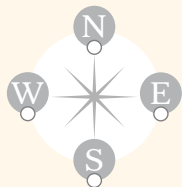




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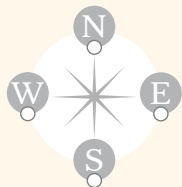


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Relevance:



Usefulness:



i

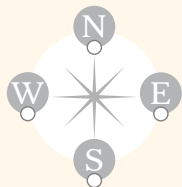


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Animal Power keywords...

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Connection:



Relevance:



Usefulness:



My biggest takeaways...

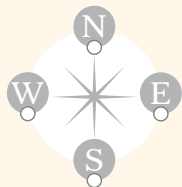


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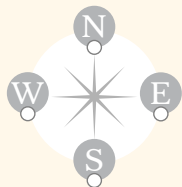


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Relevance:



Usefulness:



My biggest takeaways...

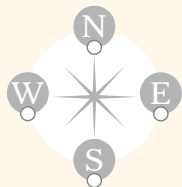


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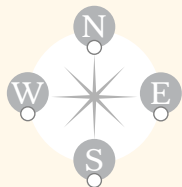


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My biggest takeaways...

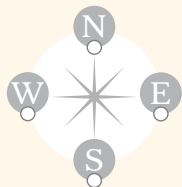


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Animal Power keywords...

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Relevance:



Usefulness:



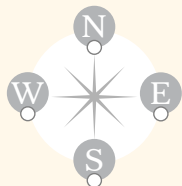


N

Animal Power keywords...

Significant number(s)...

i



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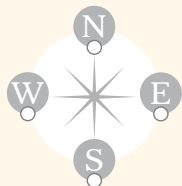


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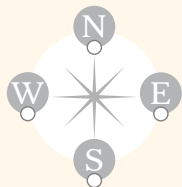


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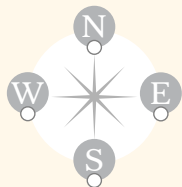
i



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Animal Power keywords...

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Connection:



Relevance:



Usefulness:



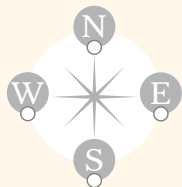
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Animal Power keywords...

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Relevance:



Usefulness:



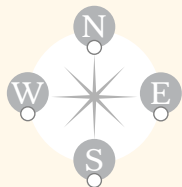
i



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Animal Power keywords...

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My biggest takeaways...

Connection:



Relevance:



Usefulness:



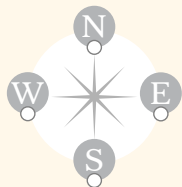
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Animal Power keywords...

Significant number(s)...



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Relevance:



Usefulness:



i

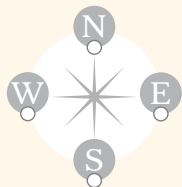


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Relevance:



Usefulness:



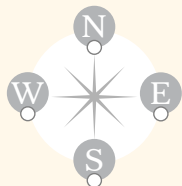


N

Animal Power keywords...

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i



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My biggest takeaways...

Connection:



Relevance:



Usefulness:

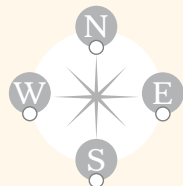




0

Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

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i

Connection:



Relevance:



Usefulness:



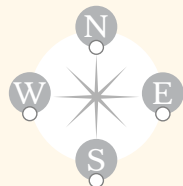
My biggest takeaways...



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Animal Power keywords...

Significant number(s)...



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Connection:



Relevance:



Usefulness:



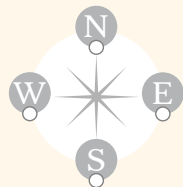
My biggest takeaways...



0

Animal Power keywords...

Significant number(s)...



i

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Connection:



Relevance:



Usefulness:



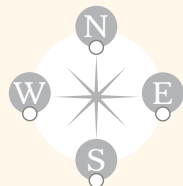
My biggest takeaways...



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Animal Power keywords...

Significant number(s)...



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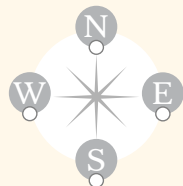
My biggest takeaways...



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Usefulness:



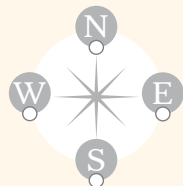
My biggest takeaways...



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Animal Power keywords...

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Relevance:



Usefulness:



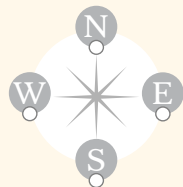
My biggest takeaways...



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Significant number(s)...



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Relevance:



Usefulness:



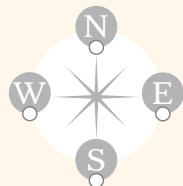
My biggest takeaways...



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Animal Power keywords...

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Relevance:



Usefulness:



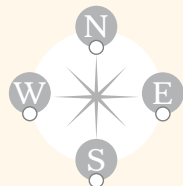
My biggest takeaways...



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Animal Power keywords...

Significant number(s)...



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Connection:



Relevance:



Usefulness:



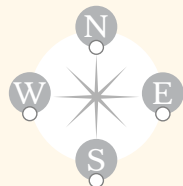
My biggest takeaways...



0

Animal Power keywords...

Significant number(s)...



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Connection:



Relevance:



Usefulness:



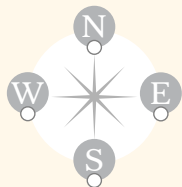
My biggest takeaways...



P

Animal Power keywords...

Significant number(s)...



i

Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

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Connection:



Relevance:



Usefulness:



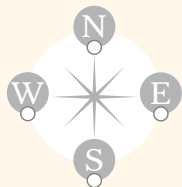
My biggest takeaways...



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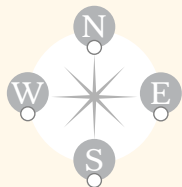
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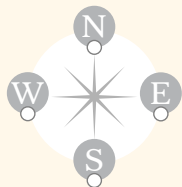
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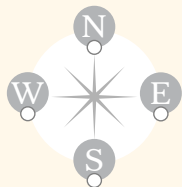
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Connection:



Relevance:



Usefulness:



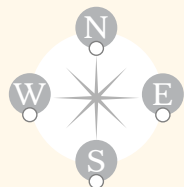
My biggest takeaways...



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Relevance:



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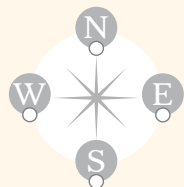
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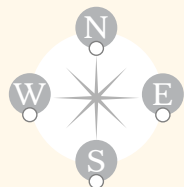
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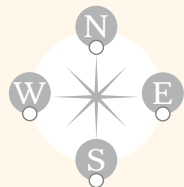
My biggest takeaways...



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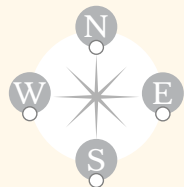
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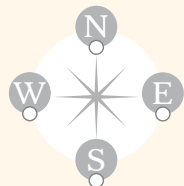


Q

Animal Power keywords...

Significant number(s)...

i



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My biggest takeaways...

Connection:



Relevance:



Usefulness:



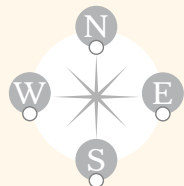


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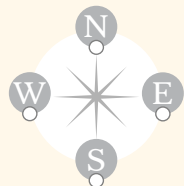


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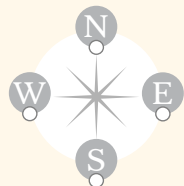


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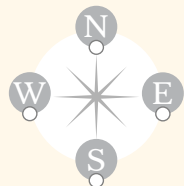


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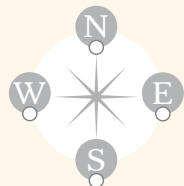


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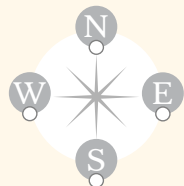


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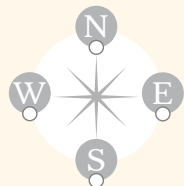


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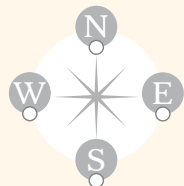


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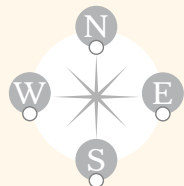


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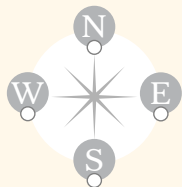




R

Animal Power keywords...

Significant number(s)...



i

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Connection:



Relevance:



Usefulness:



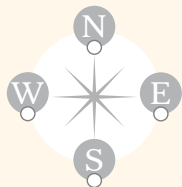
My biggest takeaways...



R

Animal Power keywords...

Significant number(s)...



i

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i

Connection:



Relevance:



Usefulness:



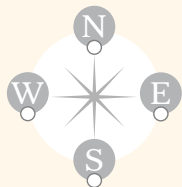
My biggest takeaways...



R

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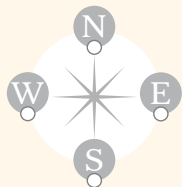
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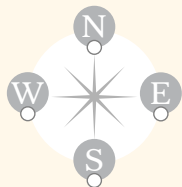
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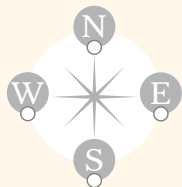
My biggest takeaways...



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Animal Power keywords...

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Relevance:

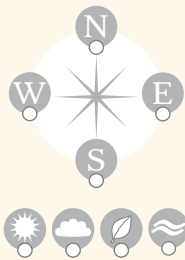


Usefulness:



My biggest takeaways...

Significant number(s)...



Date...

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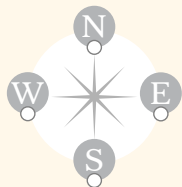
My biggest takeaways...



R

Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

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My biggest takeaways...

Connection:



Relevance:



Usefulness:

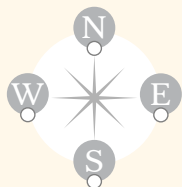




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Animal Power keywords...

Significant number(s)...



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My biggest takeaways...

Connection:



Relevance:



Usefulness:



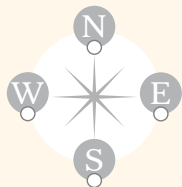
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Animal Power keywords...

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Relevance:



Usefulness:



i

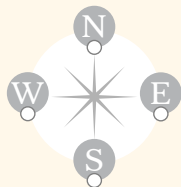


S

Animal Power keywords...

Significant number(s)...

i



Today I interacted with...

Date...

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i

Connection:



Relevance:

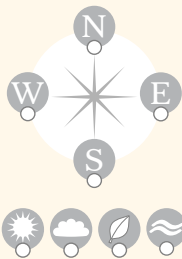


Usefulness:



My biggest takeaways...

Significant number(s)...

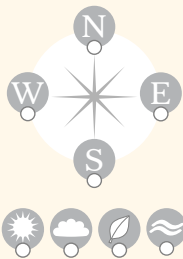


Date...

These were the insights and wisdom I received...

My biggest takeaways...

Significant number(s)...



Date...

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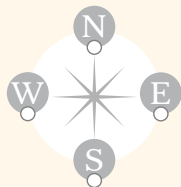


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Animal Power keywords...

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i



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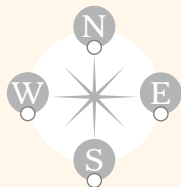


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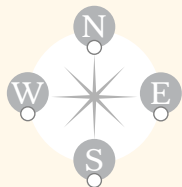


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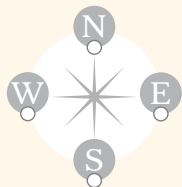


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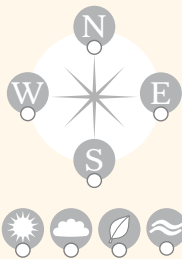


Usefulness:



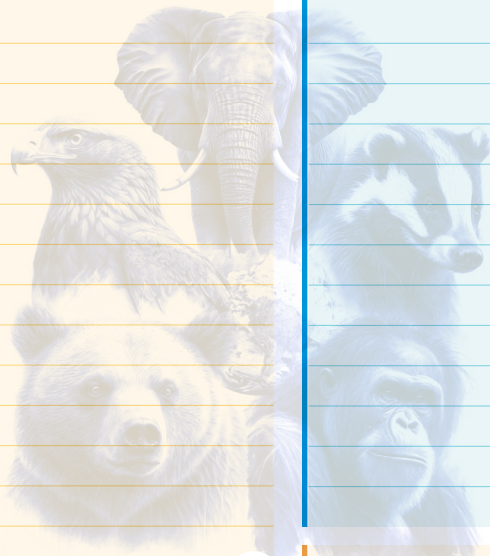
My biggest takeaways...

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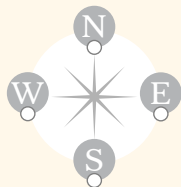


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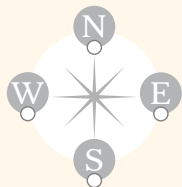


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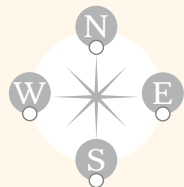




T

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My biggest takeaways...

Connection:



Relevance:



Usefulness:



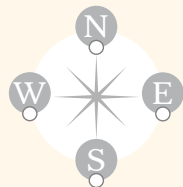
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Animal Power keywords...

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Relevance:



Usefulness:



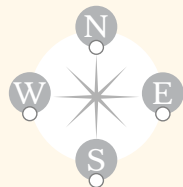
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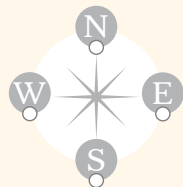
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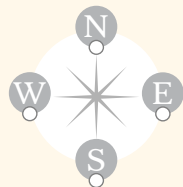
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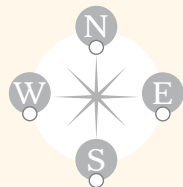
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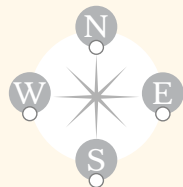
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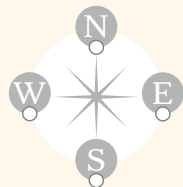
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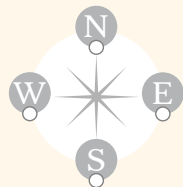
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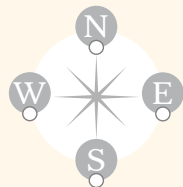
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Relevance:



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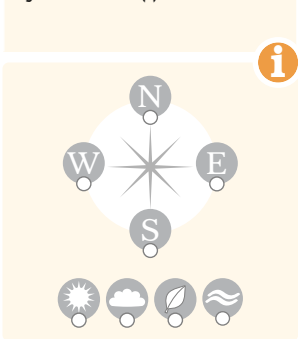


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Animal Power keywords...

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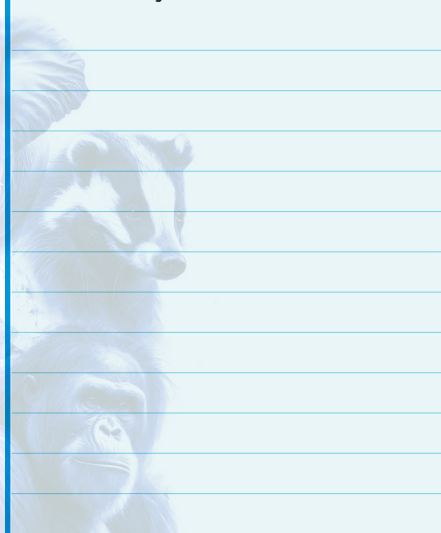
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These were the insights and wisdom I received...



Connection:



Relevance:



Usefulness:

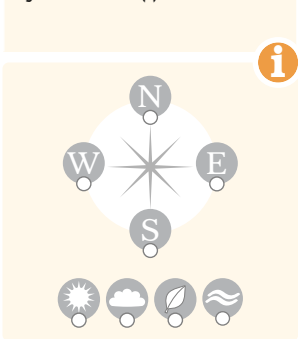


My biggest takeaways...



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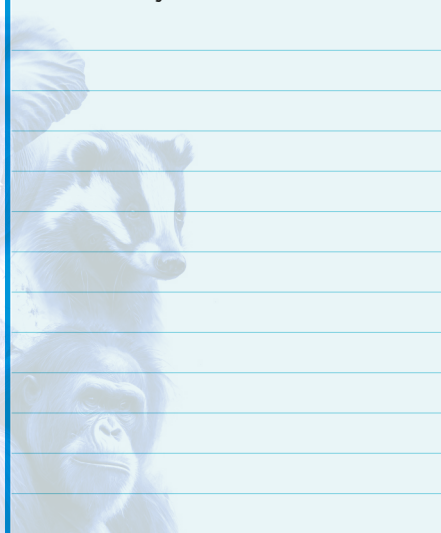
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Relevance:



Usefulness:

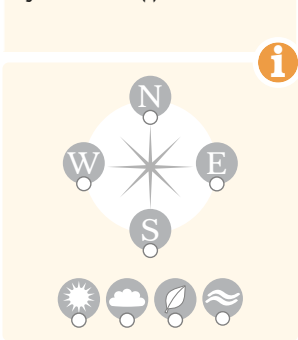


My biggest takeaways...



Animal Power keywords...

Significant number(s)...



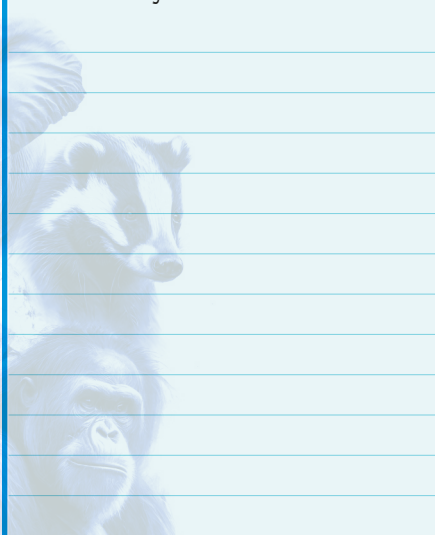
Today I interacted with...

Date...

This is how we interacted...



These were the insights and wisdom I received...



Connection:



Relevance:



Usefulness:



My biggest takeaways...



Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

Animal Power keywords...

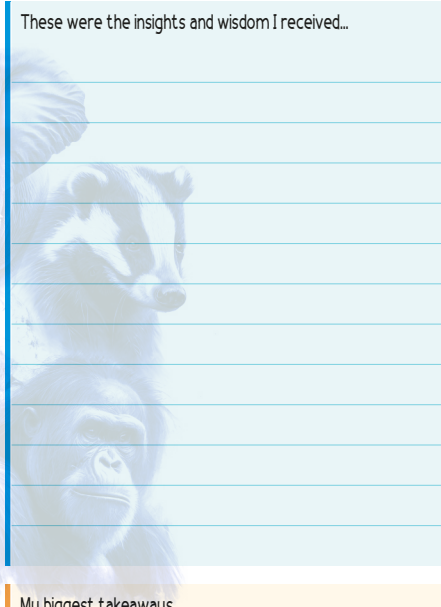
Handwriting practice lines for Animal Power keywords.

Significant number(s)...

Significant number(s)...

i

Compass rose with N, S, E, W and weather icons (sun, cloud, leaf, wave).



Connection:



Relevance:



Usefulness:



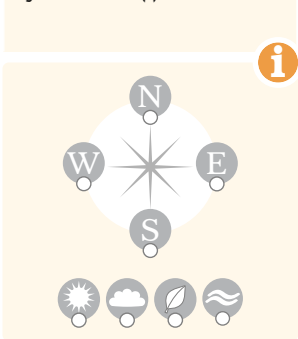
My biggest takeaways...

Handwriting practice lines for My biggest takeaways.



Animal Power keywords...

Significant number(s)...



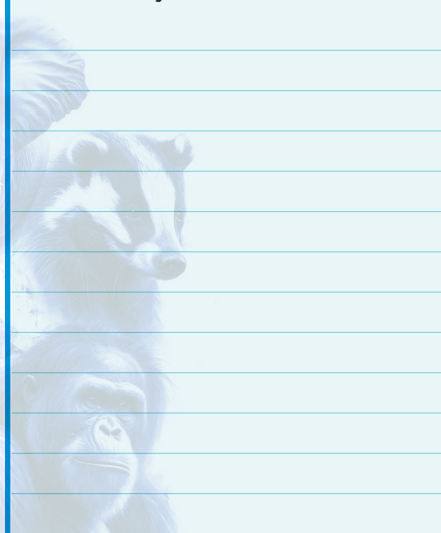
Today I interacted with...

Date...

This is how we interacted...



These were the insights and wisdom I received...



Connection:



Relevance:



Usefulness:

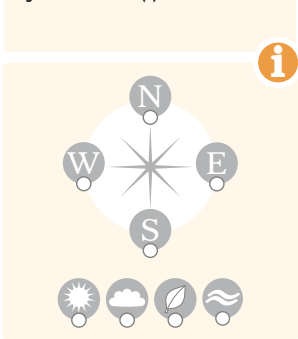


My biggest takeaways...



Animal Power keywords...

Significant number(s)...



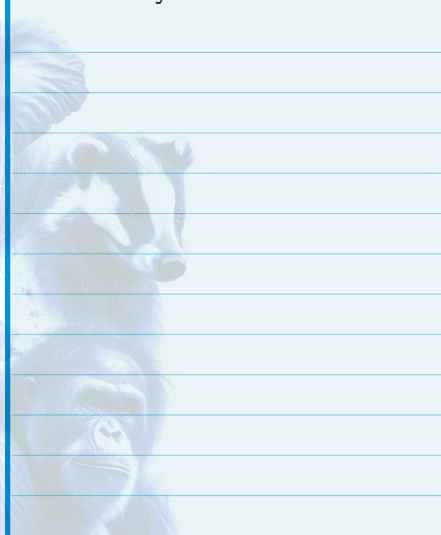
Today I interacted with...

Date...

This is how we interacted...



These were the insights and wisdom I received...



Connection:



Relevance:



Usefulness:



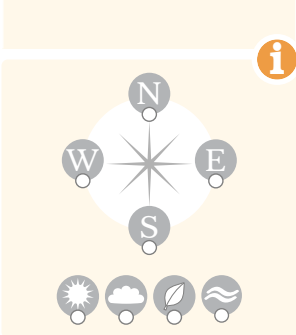
My biggest takeaways...



UV

Animal Power keywords...

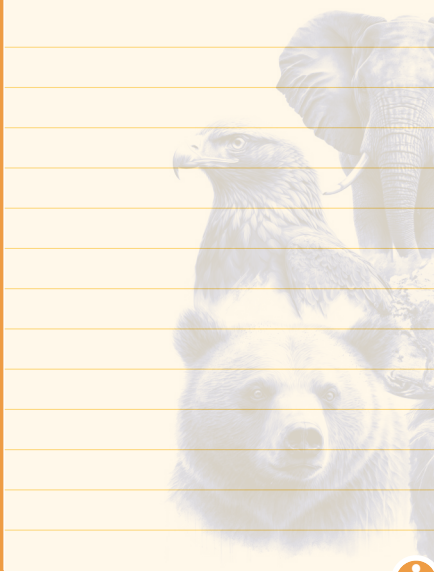
Significant number(s)...



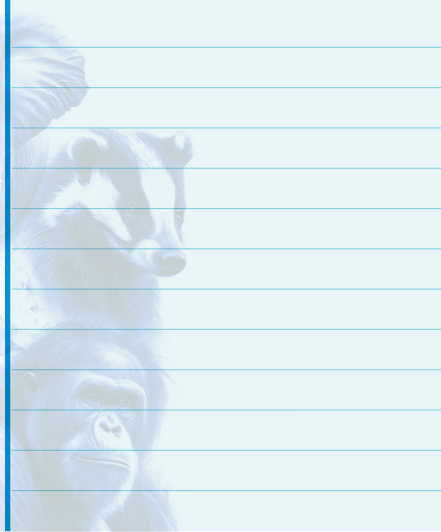
Today I interacted with...

Date...

This is how we interacted...



These were the insights and wisdom I received...



Connection:



Relevance:



Usefulness:



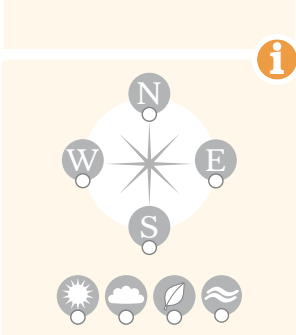
My biggest takeaways...



UV

Animal Power keywords...

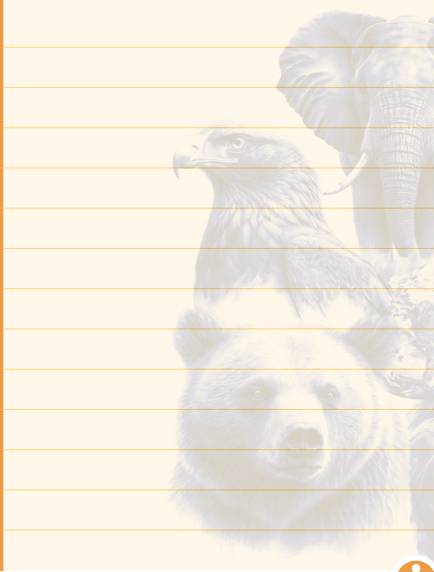
Significant number(s)...



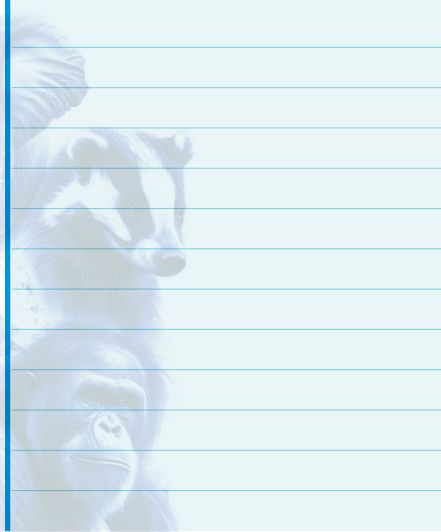
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These were the insights and wisdom I received...



Connection:



Relevance:



Usefulness:



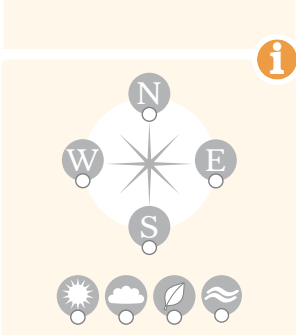
My biggest takeaways...



UV

Animal Power keywords...

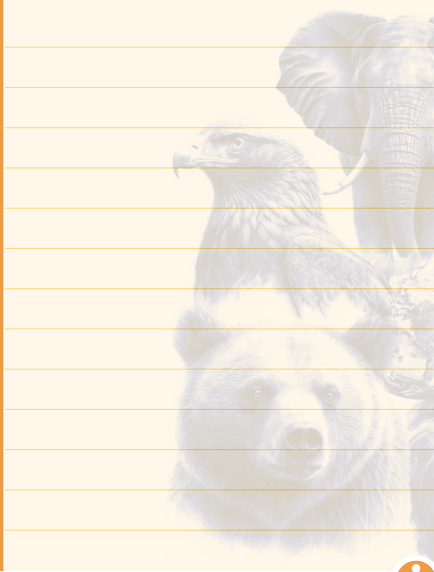
Significant number(s)...



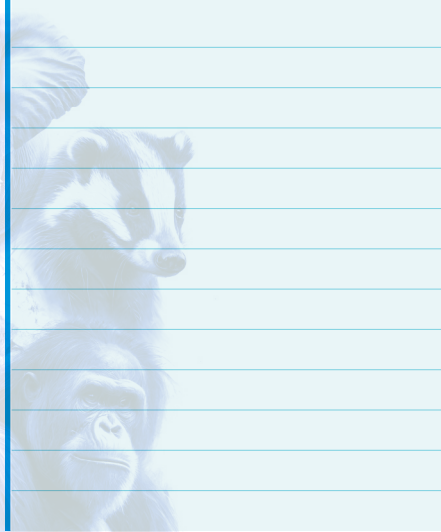
Today I interacted with...

Date...

This is how we interacted...



These were the insights and wisdom I received...



Connection:



Relevance:



Usefulness:



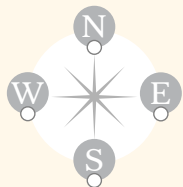
My biggest takeaways...



WX

Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

This is how we interacted...



These were the insights and wisdom I received...

My biggest takeaways...

Connection:



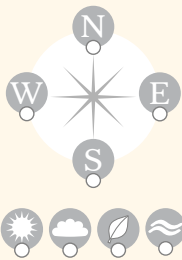
Relevance:



Usefulness:



Significant number(s)...



Date...

These were the insights and wisdom I received...

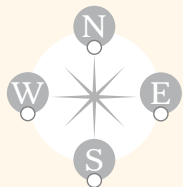
My biggest takeaways...



WX

Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

This is how we interacted...



These were the insights and wisdom I received...

My biggest takeaways...

Connection:



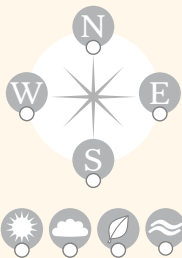
Relevance:



Usefulness:



Significant number(s)...

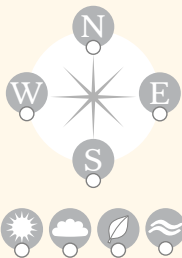


Date...

These were the insights and wisdom I received...

My biggest takeaways...

Significant number(s)...

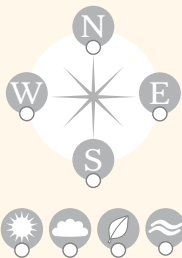


Date...

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My biggest takeaways...

Significant number(s)...

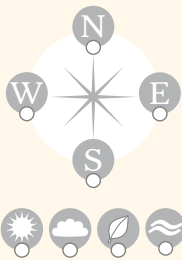


Date...

These were the insights and wisdom I received...

My biggest takeaways...

Significant number(s)...

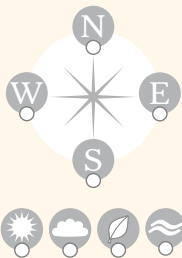


Date...

These were the insights and wisdom I received...

My biggest takeaways...

Significant number(s)...



Date...

These were the insights and wisdom I received...

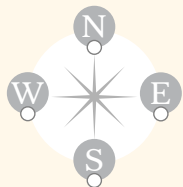
My biggest takeaways...



WX

Animal Power keywords...

Significant number(s)...



Today I interacted with...

This is how we interacted...

Date...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



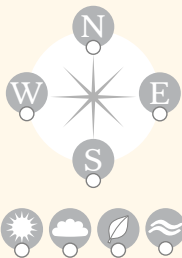
Relevance:



Usefulness:



Significant number(s)...



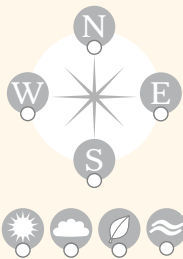
Date...

These were the insights and wisdom I received...

My biggest takeaways...



Animal Power keywords...



Today I interacted with...

This is how we interacted...

My biggest takeaways...

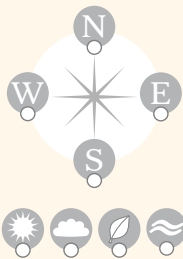
Connection:

Relevance:

Usefulness:



Animal Power keywords...



Today I interacted with...

This is how we interacted...

My biggest takeaways...

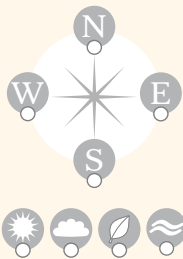
Connection:

Relevance:

Usefulness:



Animal Power keywords...



Today I interacted with...

This is how we interacted...

My biggest takeaways...

Connection:

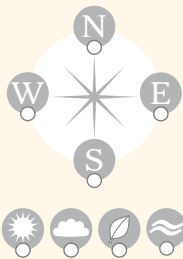
Relevance:

Usefulness:



Animal Power keywords...

Significant number(s)...



Today I interacted with...

Date...

This is how we interacted...

These were the insights and wisdom I received...

My biggest takeaways...

Connection:



Relevance:

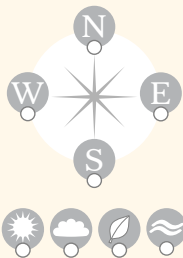


Usefulness:





Animal Power keywords...



Today I interacted with...

This is how we interacted...

My biggest takeaways...

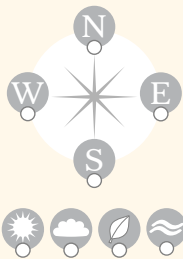
Connection:

Relevance:

Usefulness:



Animal Power keywords...



Today I interacted with...

This is how we interacted...

My biggest takeaways...

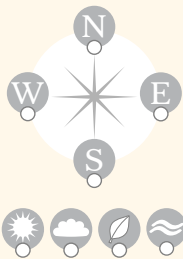
Connection:

Relevance:

Usefulness:



Animal Power keywords...



Today I interacted with...

This is how we interacted...

My biggest takeaways...

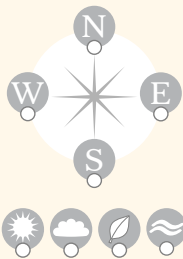
Connection:

Relevance:

Usefulness:



Animal Power keywords...



Today I interacted with...

This is how we interacted...

My biggest takeaways...

Connection:



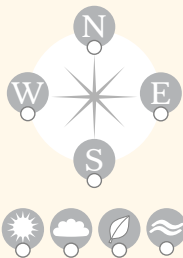
Relevance:



Usefulness:



Significant number(s)...



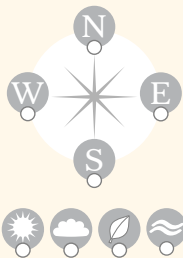
Date...

These were the insights and wisdom I received...

My biggest takeaways...



Animal Power keywords...



Today I interacted with...

This is how we interacted...

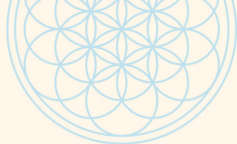
My biggest takeaways...

Connection:

Relevance:

Usefulness:

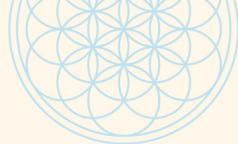
Animal Wisdom Journal



Introduction

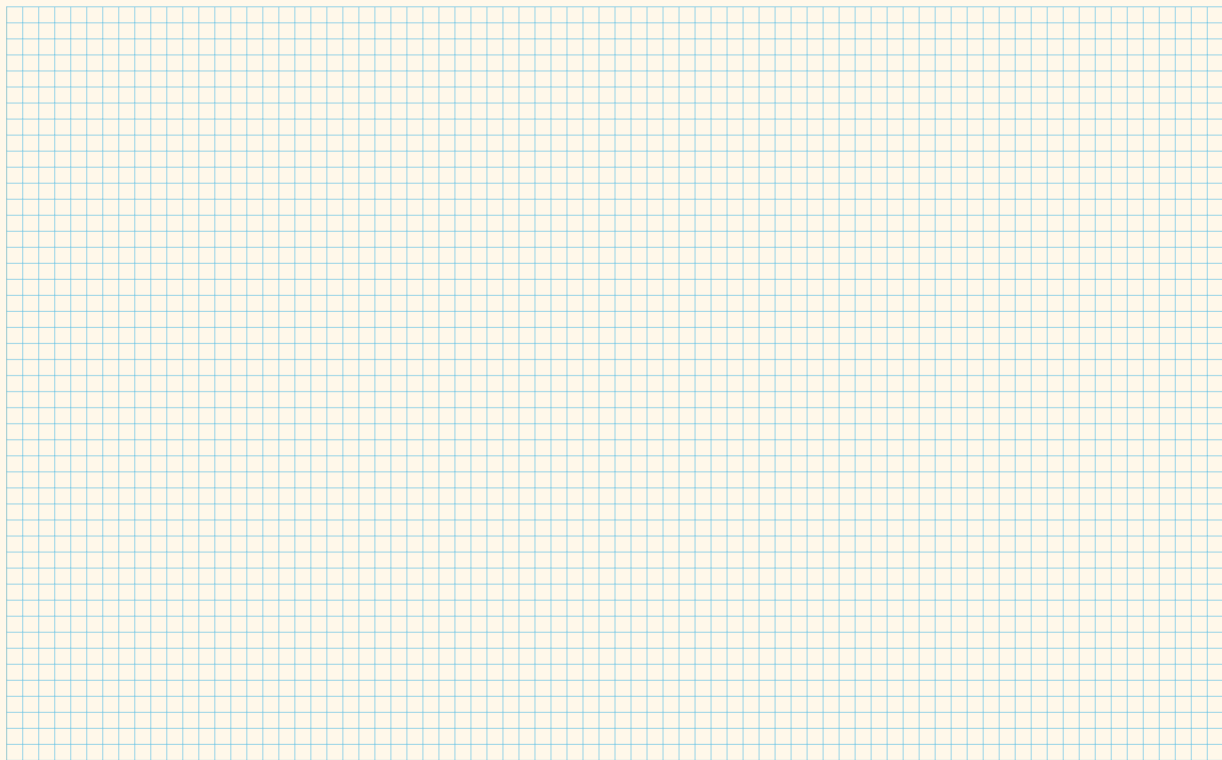
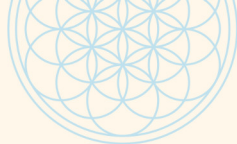
Index

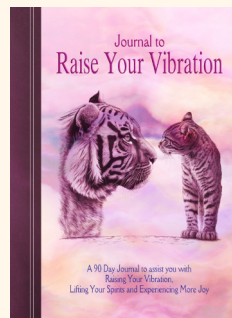
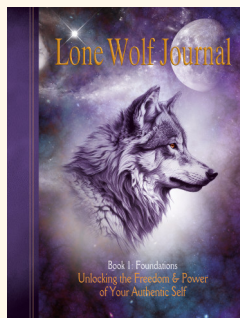
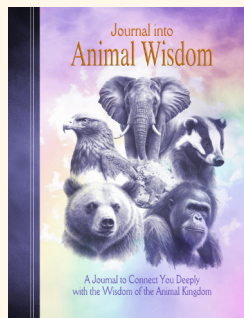
Animal Wisdom Journal



[Introduction](#)

[Index](#)





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