

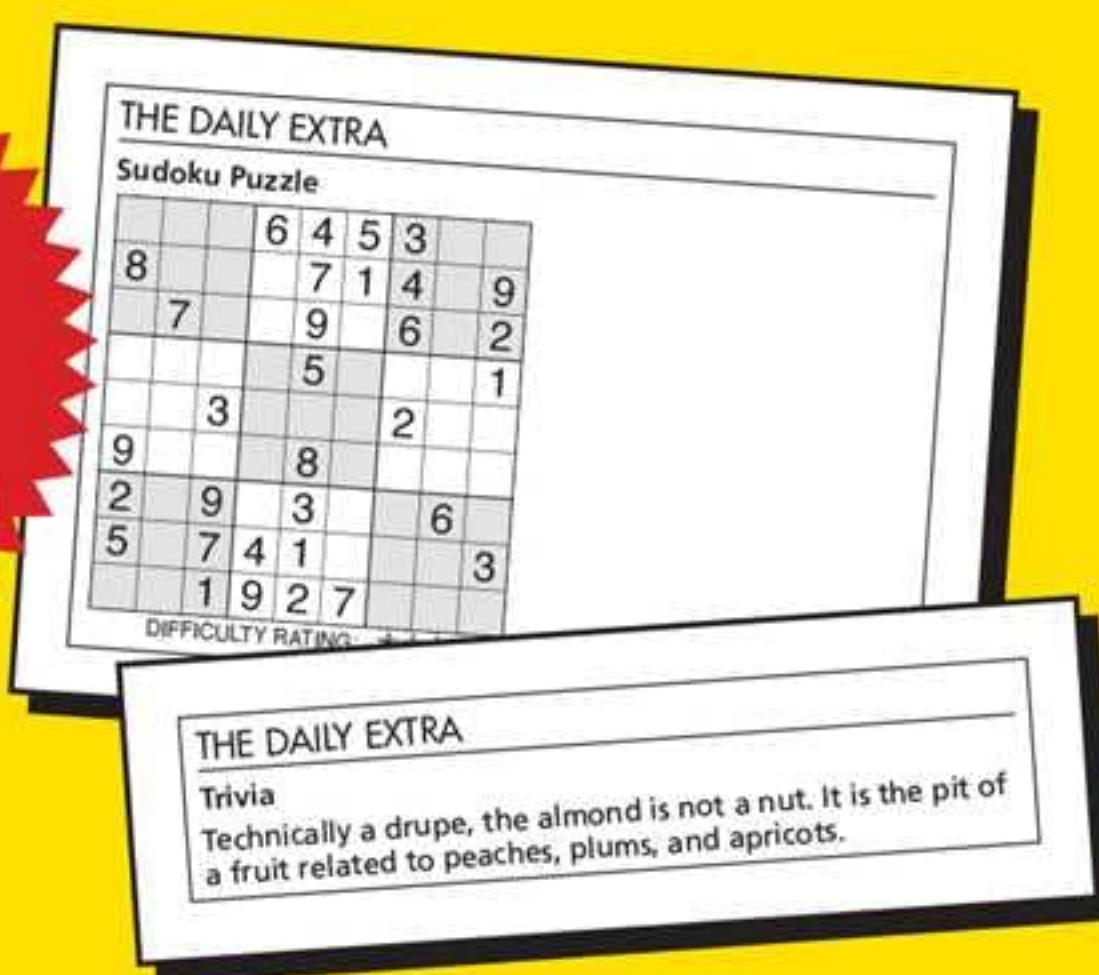
# YOU are a BADASS

Deciding to upgrade your life is basically being super nice to yourself; it's like saying, *Self, you matter, and I'm gonna roll out the red carpet for you.*

Thursday April 6

2023

**Daily Extra!**  
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Lists, Quotes,  
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