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If It Ain't Broke...

Contributed by [#Friendseder](#)

Source: www.friendseder.com

Enjoy the festive meal.

Talk about the things that matter in life: family, global refugee policies / solutions, Game of Thrones.

When you're wrapping up, take 5 minutes to reflect on the things in life you're grateful for (go beyond health, family and friends), and try to summarize them all into a single sentence that you write down to share later.