

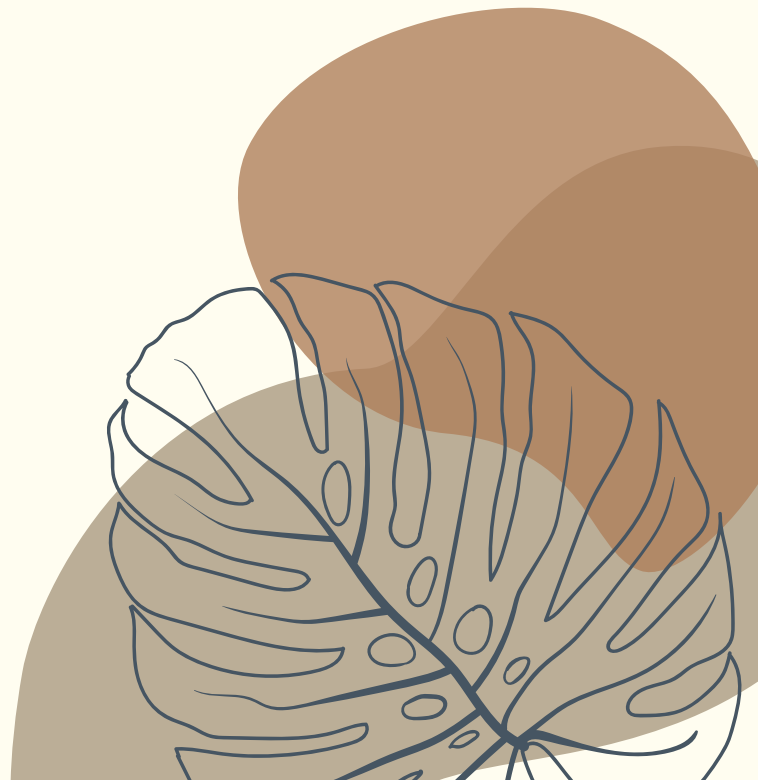
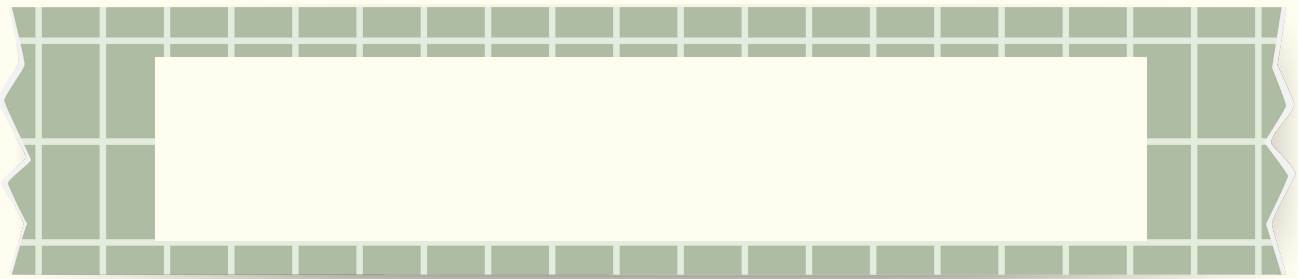
DNEVNIK HVALEZNOSTI

Vodnik na poti spoznavanja smisla

Pravi jaz



Ta dnevnik pripada:




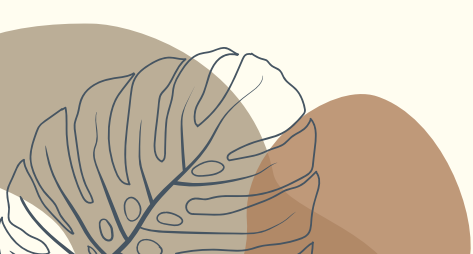


ZAKAJ HVALEŽNOST?

Hvaležnost pomeni, da svojo pozornost usmerimo na tiste stvari, ki naše življenje naredijo polnejše. Da pozornost usmerimo tja, kjer najdemo vsaj malo zadovoljstva, oddiha, dobre volje, nasmeha, prijaznosti, topline, veselja, sreče.

Pri hvaležnosti ne gre za stremenje k lažni sreči in večnemu zadovoljstvu. To ne obstaja. Življenje ne more biti samo pozitivno in polno veselja. Dejstvo je, da ni vsak dan dober. Življenje je včasih v resnici prav zahtevno. Včasih gremo čez hude preizkušnje, ki naše dneve naredijo težke, žalostne, neprivlačne.

Pri vsem tem pa je vloga hvaležnosti ta, da naše misli usmeri na stvari, dogodke in ljudi, ki našim dnem dodajo smisel. Da smo hvaležni za vse, kar naše dneve naredi bogatejše. Naloga hvaležnosti je, da na še tako temne dni posveti z žarkom upanja.



POZITIVNI UČINKI HVALEŽNOSTI

Izvajanje hvaležnosti kar se da pogosto prinaša številne prednosti, ki pozitivno vplivajo na naše življenje. Spodaj je navedenih samo nekaj pomembnejših razlogov, zakaj se izvajanje hvaležnosti izplača.

1. **BOLJŠE DUŠEVNO ZDRAVJE:** izvajanje hvaležnosti znižuje raven stresa, zaskrbljenosti, anksioznosti in depresivnih misli.
2. **BOLJŠI ODNOSI:** hvaležnost vpliva na izboljšanje kakovosti odnosov z našimi bližnjimi.
3. **BOLJŠE FIZIČNO ZDRAVJE:** hvaležnost pripomore k boljšemu spancu, boljšemu imunskemu sistemu, spodbuja h gibanju in uravnoteženi prehrani.
4. **POVEČANA ODPORNOST** na stres in različne življenjske izzive, če hvaležnost izvajamo kar se da redno.
5. **VEČJE ZADOVOLJSTVO Z ŽIVLJENJEM:** hvaležnost vpliva na to, da v življenju začnemo ceniti tudi male stvari. To pa zvišuje kakovost našega splošnega počutja.

In še mnogo drugih.



NAMEN DNEVNIKA HVALEŽNOSTI


Namen tega dnevnika je, da svoje misli usmerite na stvari, ki vas sprostitjo, razbremenijo, razveselijo, spočijejo, razveselijo, umirijo ... Na tak način lahko še tako naporen dan vsaj malo obrnete v smer boljšega počutja ter sami sebi olajšate težke trenutke.

ZAKAJ PISATI?

Pisanje je veščina, ki od naših možganov zahteva dodatno pozornost in koncentracijo. Ker se v trenutku pisanja ne obremenjujemo z drugimi stvarmi, to pomeni tudi zmanjševanje stresa in razbremenitev naših misli.

S pisanjem prav tako spodbujamo delovanje naših kognitivnih funkcij, kar pa poleg izboljšane pozornosti vpliva tudi na boljše delovanje našega spomina.

In še najpomembnejše: preko pisanja v možganskih miselnih procesih utrdimo zavedanje o stvareh, za katere smo hvaležni. To pa izboljšuje raven našega splošnega zadovoljstva z življenjem.





ZA KAJ VSE SEM LAHKO HVALEŽEN/A?

Hvaležnost ni stvar, ki bi jo lahko omejili. Hvaležni smo lahko za veliko stvari. To je v resnici dobro. Pogosteje kot smo hvaležni, višje je naše splošno zadovoljstvo z lastnim življenjem.

Hvaležni smo lahko za zelo različne stvari: za ljudi, odnose, živali, gozd, reko, službo, denar, plačo, sodelavce, posteljo, mehko blazino, copate, rože, sosedovega mačka, oblačila, vroč tuš, savno, bazen, morje, dobro hrano, kuhanje, vino, nov računalnik, pozdrav neznanca, pomoč prodajalke v trgovini ...

Naštevamo lahko v neskončnost. Pomembno pa je zavedanje, da smo lahko hvaležni za karkoli, kar nam polepša dan in kar pozitivno vpliva na nas. Hvaležni smo za vse stvari, ki nas vsaj malo napolnijo z veseljem in toplino.



NAVODILA ZA UPORABO DNEVNIKA HVALEŽNOSTI

Dnevnik hvaležnosti lahko sicer izpolnite, kadar želite. Predlagam pa, da si vsak večer vzamete nekaj minut časa zase ter takrat v dnevnik zapišete stvari, za katere ste hvaležni. Večer je namreč tisti čas v dnevu, ko se večina od nas ustavi, umiri ter zaključi svoj dan. Ob tem je dobro narediti pregled dneva ter se vprašati "*Kaj se mi je danes dobrega zgodilo?*".

Zastavite si lahko različna vprašanja, s pomočjo katerih se spomnite svojega dneva ter stvari, za katere ste hvaležni:

Me je danes kaj še posebej navdušilo?

Me je danes kaj sprostilo?



Kdaj sem bil/a danes miren/a?

Kdaj sem bil/a danes vesel/a?

Katera stvar me je danes še posebej presenetila?

V kateri situaciji sem se danes počutil/a dobro?

Sem se danes kdaj počutil/a močen/a?





Pomembno je, da sami pri sebi razmislite, kdaj je za vas najboljše razmišljati o stvareh, ki jim želite izkazati svojo hvaležnost. V resnici sploh ni pomembno, v katerem delu dneva to storite. Pomembno je le, da si za to vzamete čas in da temu namenite nekaj svojega razmisleka.

KOLIKO STVARI LAHKO V DNEVNIKU ZAPIŠEM?

V dnevniku je za vsak dan podan seznam treh stvari, kamor lahko zapišete svojo hvaležnost ter svoje misli ob tej hvaležnosti.

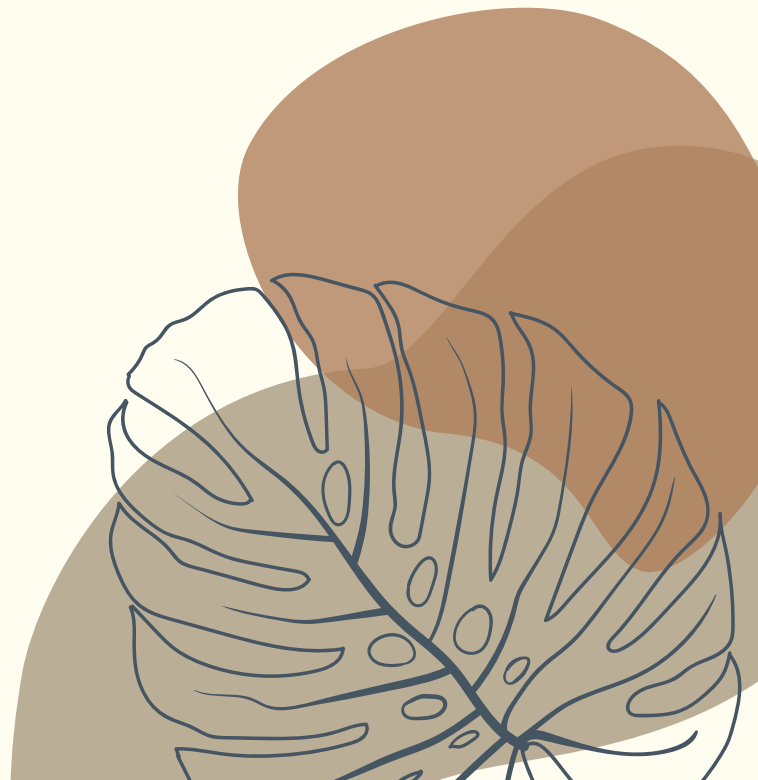
Seveda ni nujno zapisati natančno treh stvari. Lahko jih zapišete manj ali pa več, odvisno od tega, kakšen dan imate za sabo. Pomembno pa je, da skušate poiskati vsaj eno stvar, ki ji lahko izkažete hvaležnost.

Četudi se vam to v določenih dneh zdi nemogoče, poskusite svojo pozornost usmeriti na vsaj eno stvar, ki vas je sprostila, vas razveselila, vam dala upanje, vas nasmejala ali pa vas pogrela pri srcu.





NAJ VAM BO PISANJE
DNEVNIKA V VESELJE!





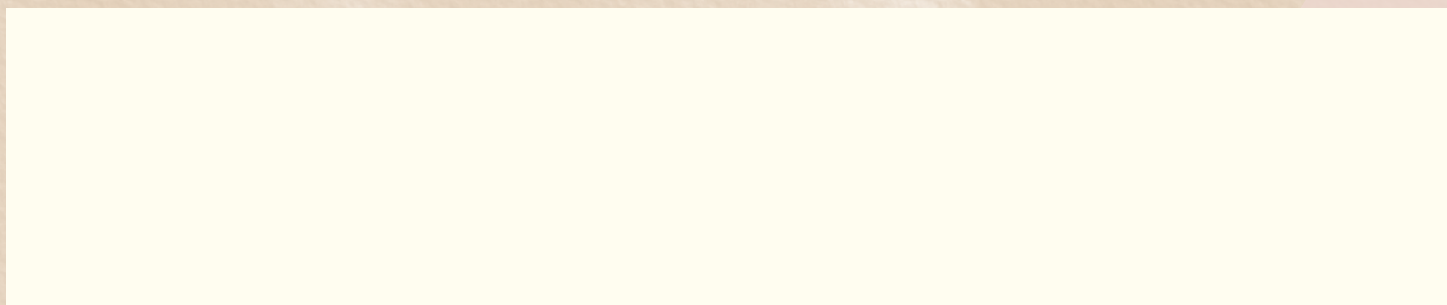
"Hvaležnost odklene polnost življenja. To, kar imamo, spreobrne v "dovolj" in "več kot dovolj". Zanikanje spreobrne v sprejemanje, zmedo v red, zmedenost v jasnost. Obrok lahko spreobrne v pojedino, hišo v dom, tujca v zaveznika." - Melody Beattie



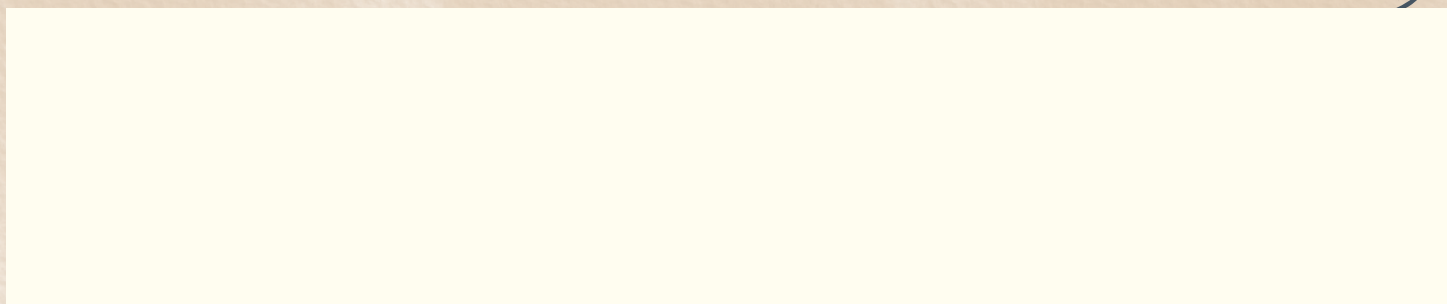


DATUM:

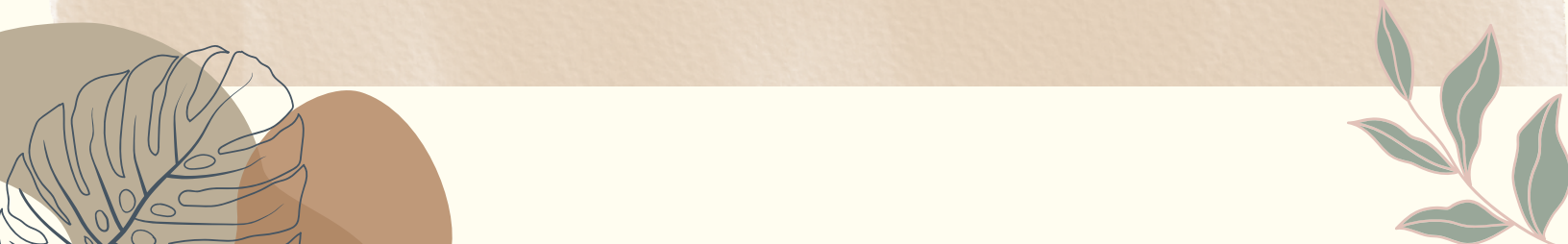
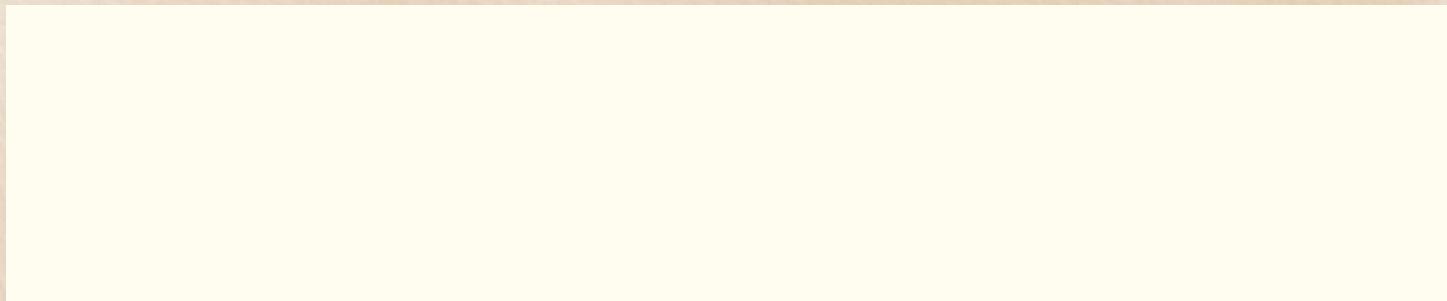
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



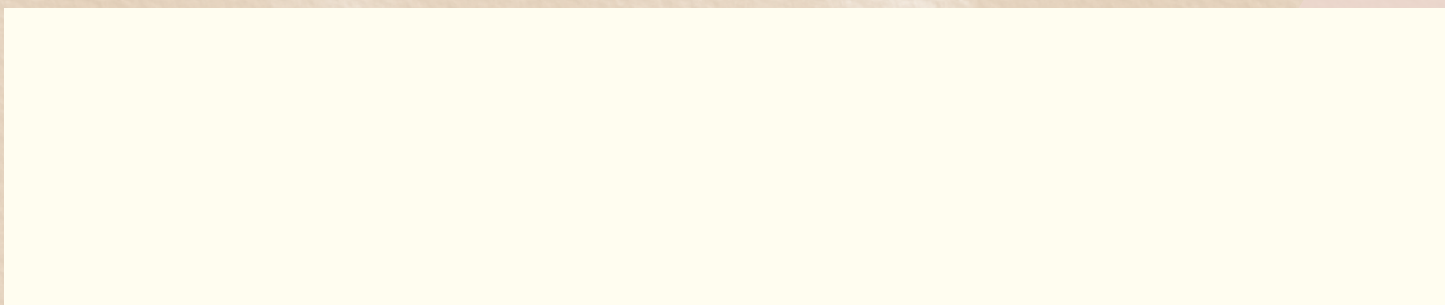
TRETJA stvar, za katero sem danes hvaležen/a:



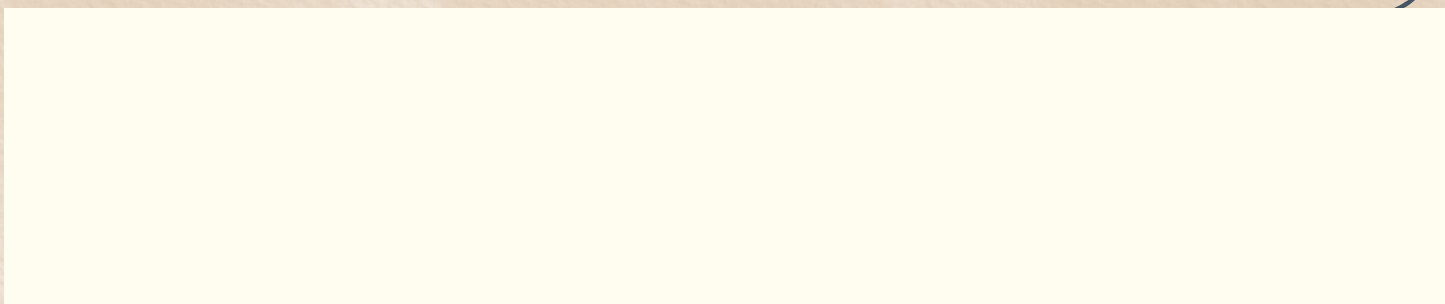


DATUM:

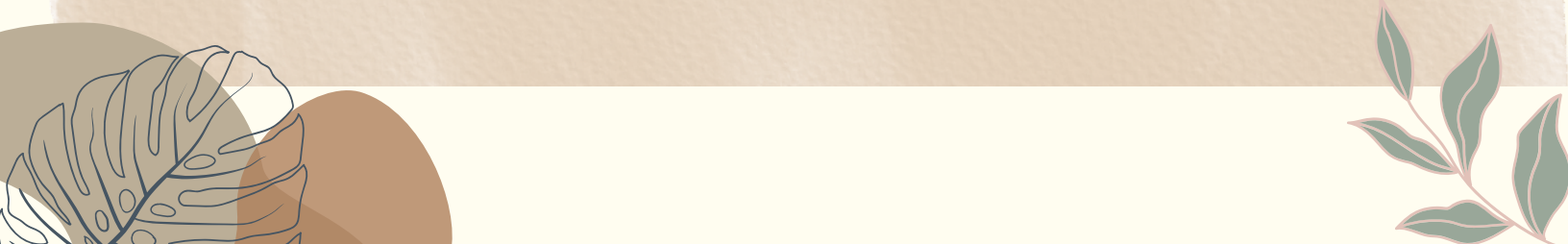
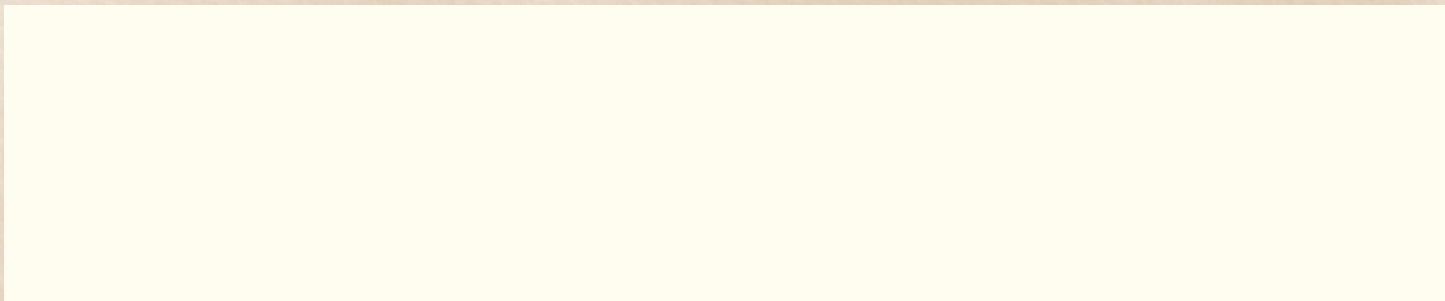
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



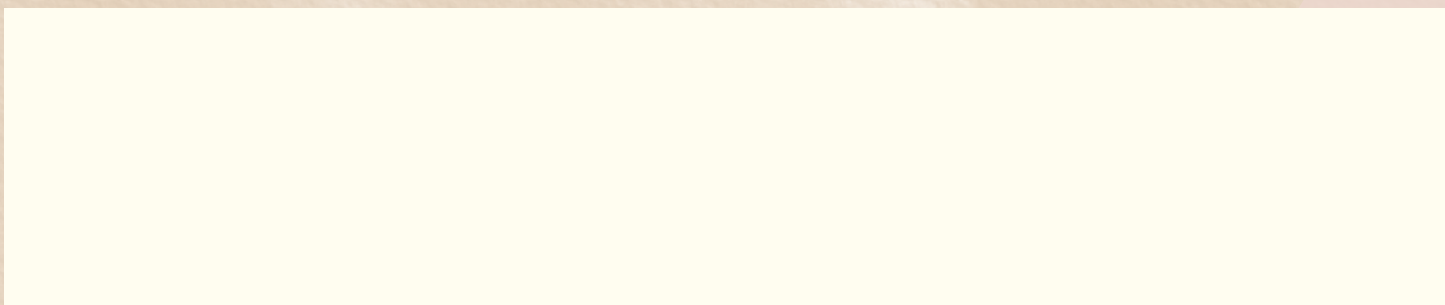
TRETJA stvar, za katero sem danes hvaležen/a:



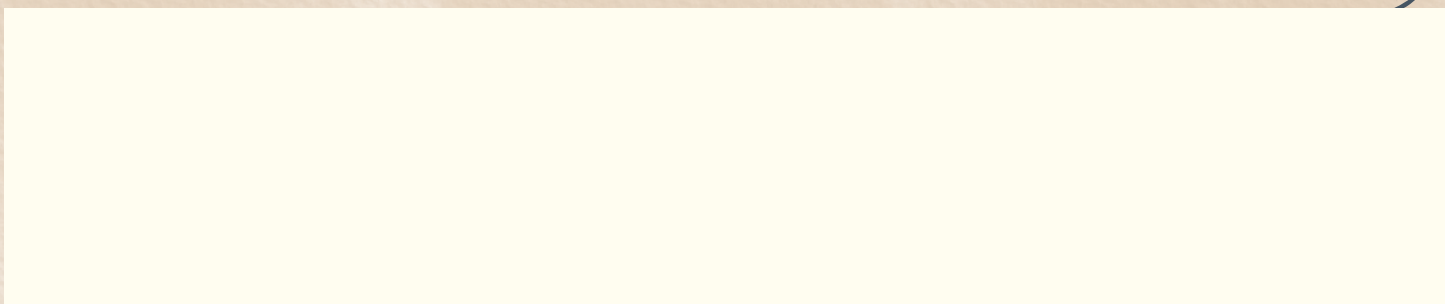


DATUM:


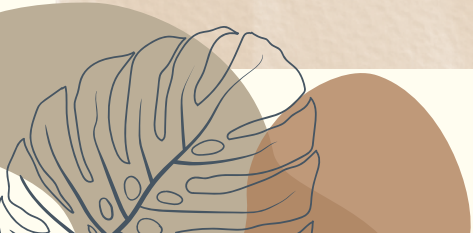
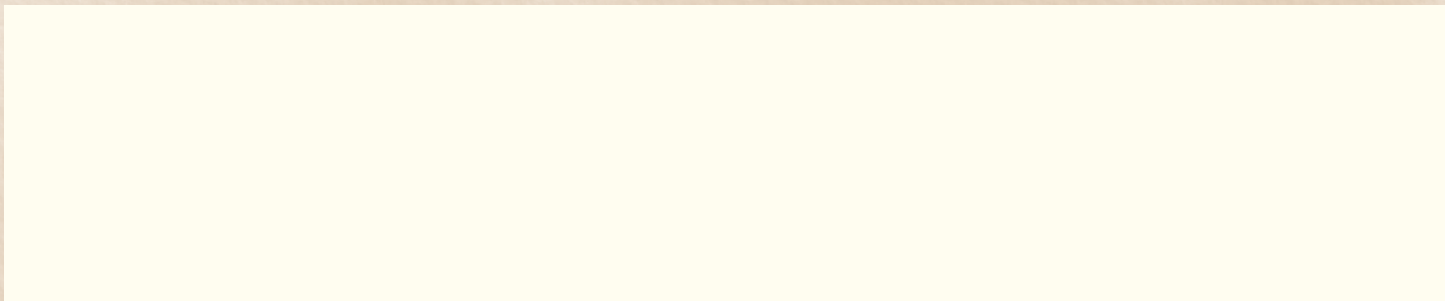
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



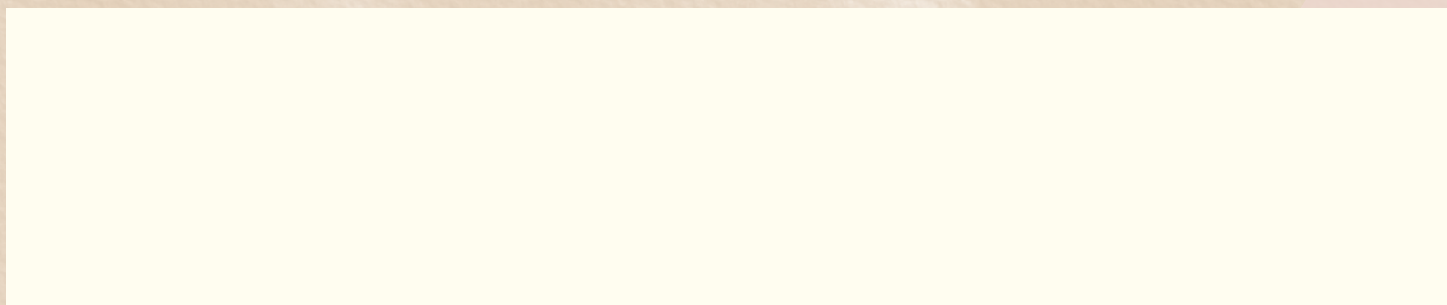
TRETJA stvar, za katero sem danes hvaležen/a:



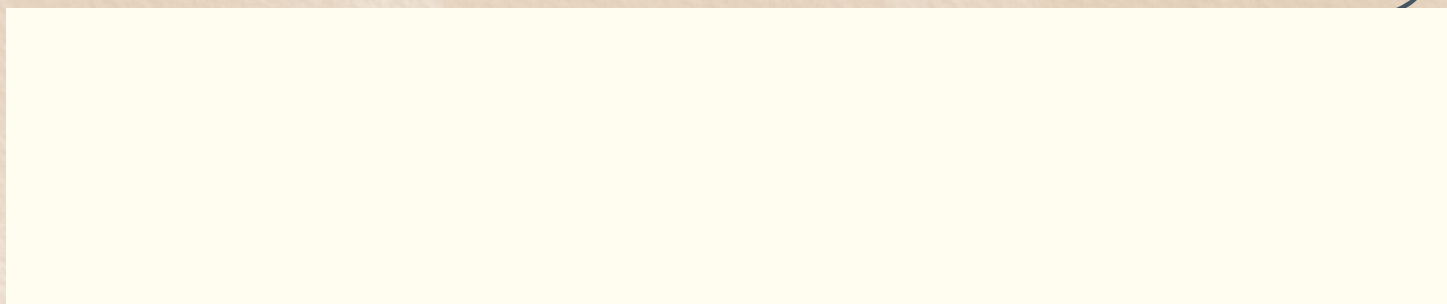


DATUM:

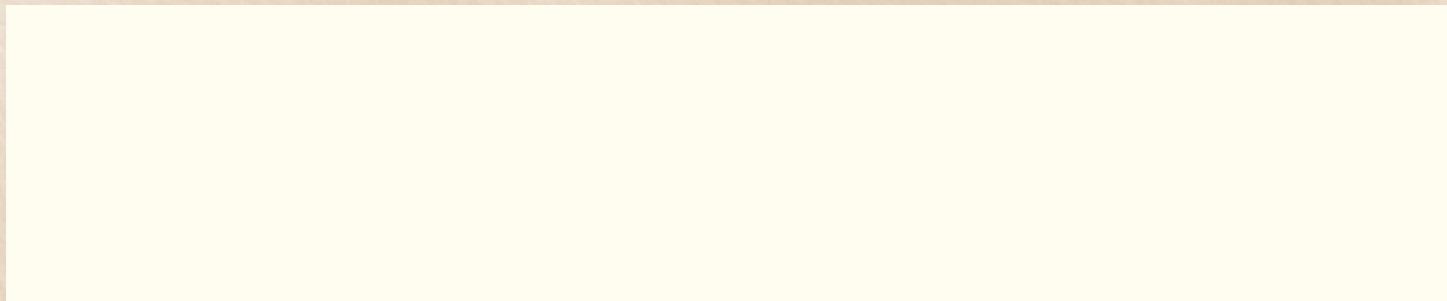
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



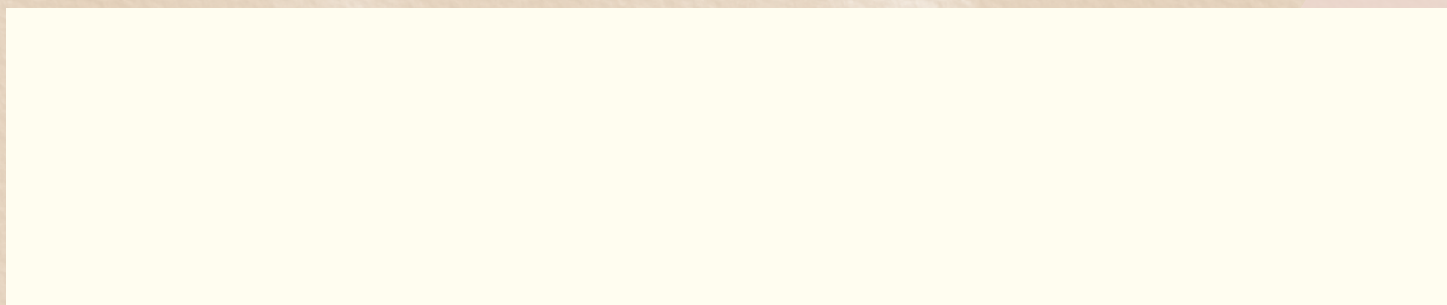
TRETJA stvar, za katero sem danes hvaležen/a:



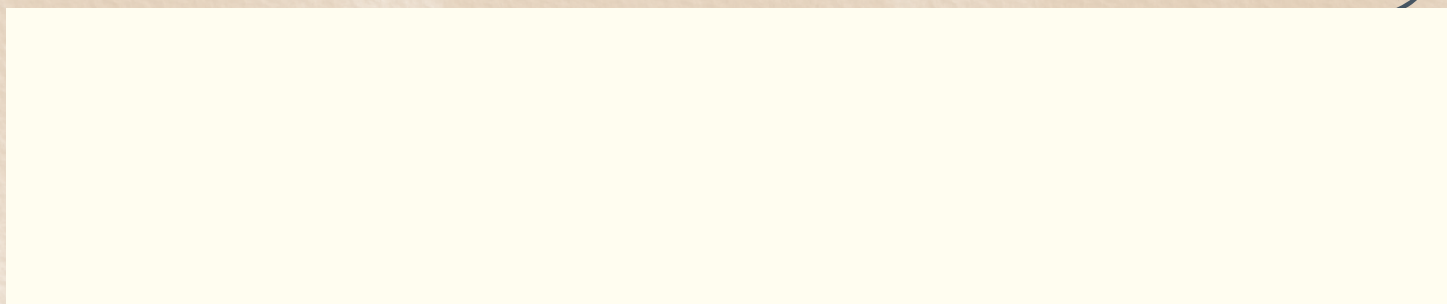


DATUM:

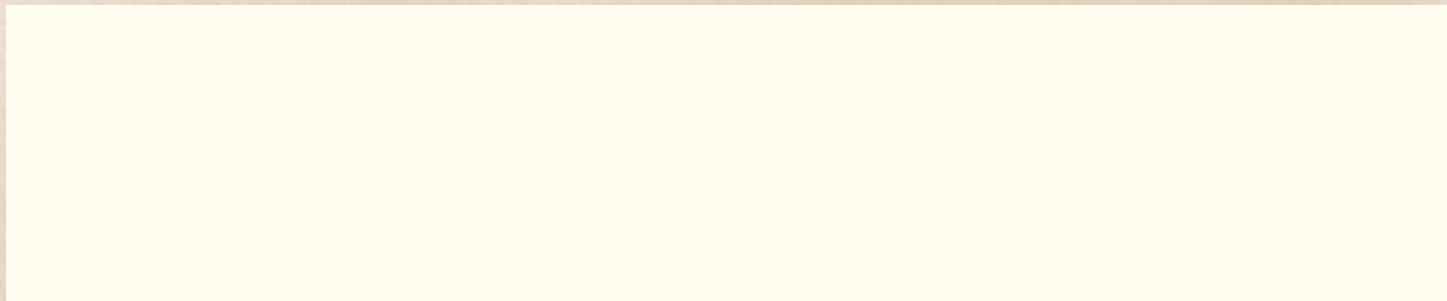
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



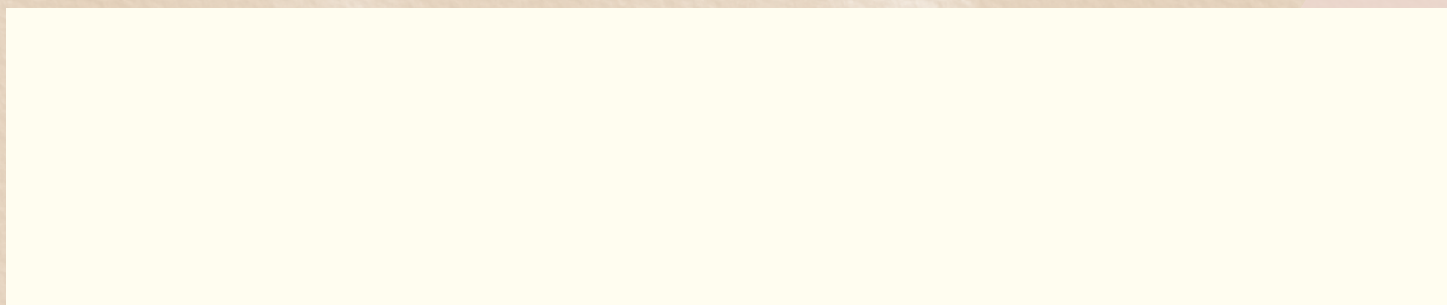
TRETJA stvar, za katero sem danes hvaležen/a:



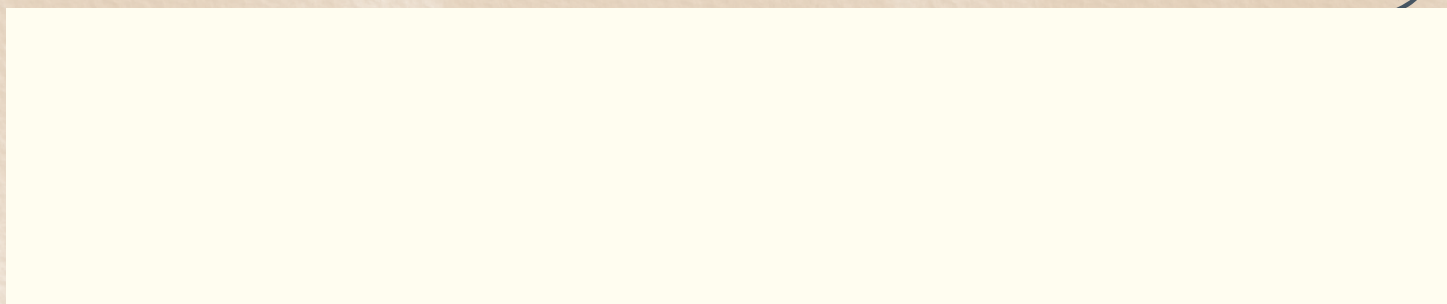


DATUM:

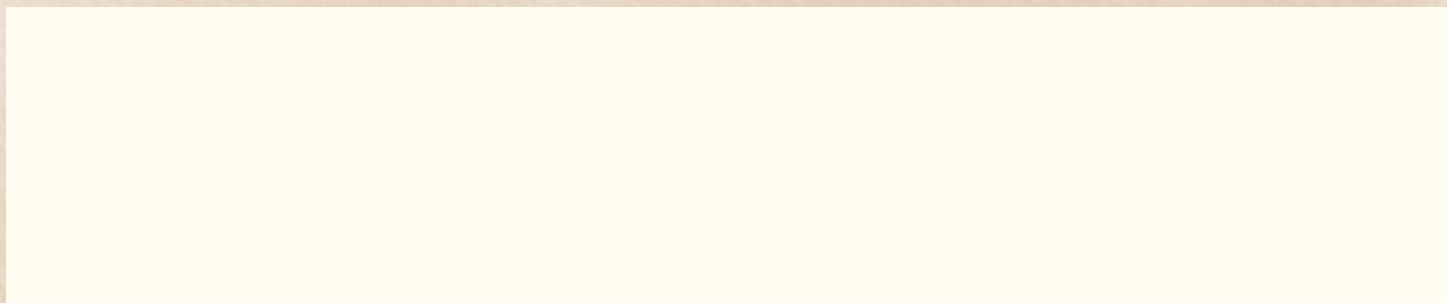
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



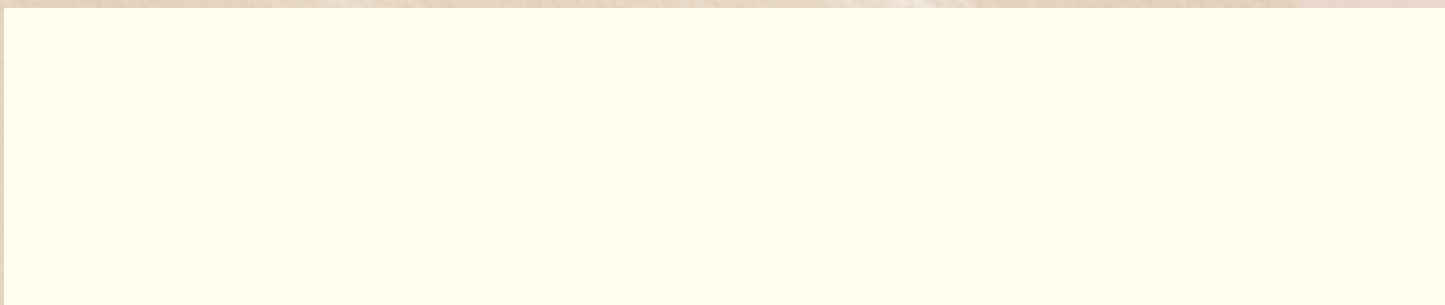
TRETJA stvar, za katero sem danes hvaležen/a:



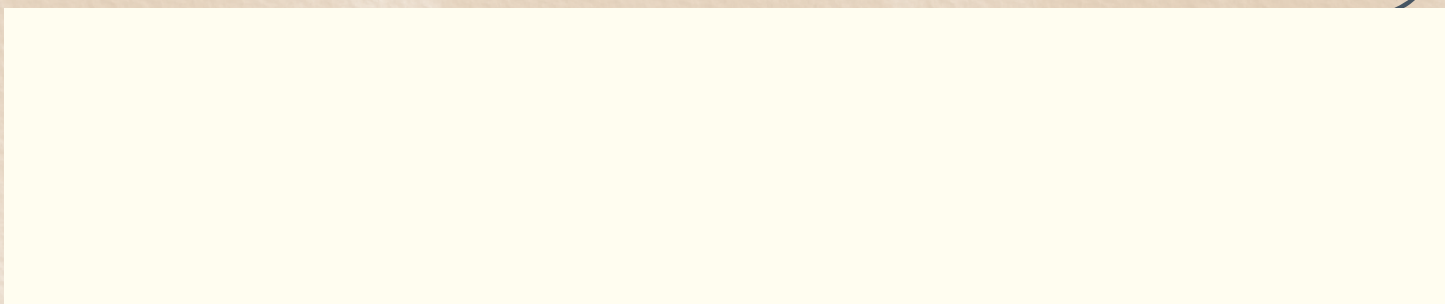


DATUM:

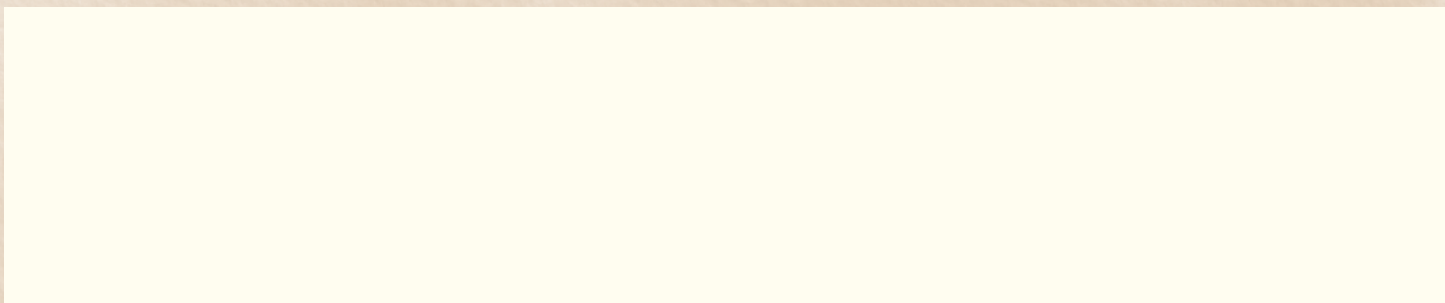
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



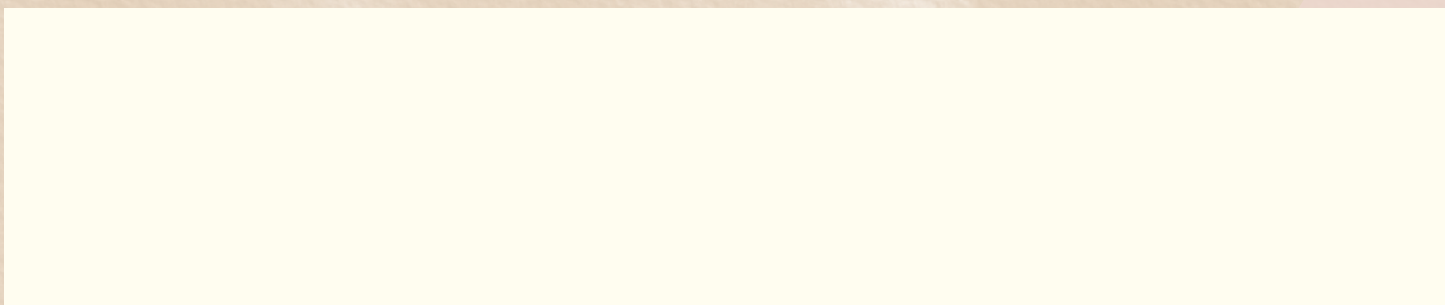
TRETJA stvar, za katero sem danes hvaležen/a:



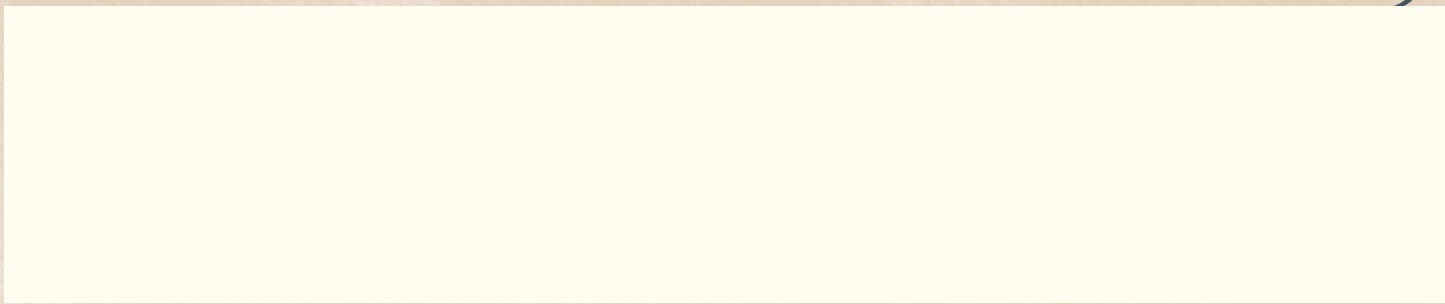


DATUM:

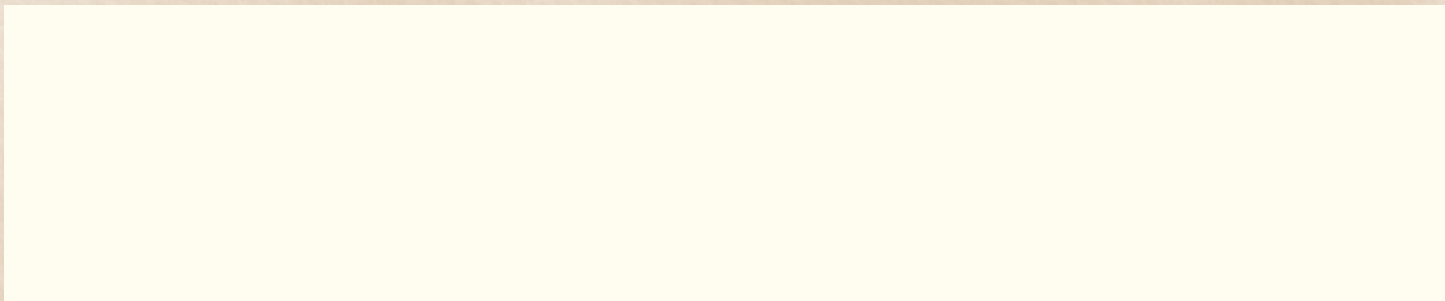
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



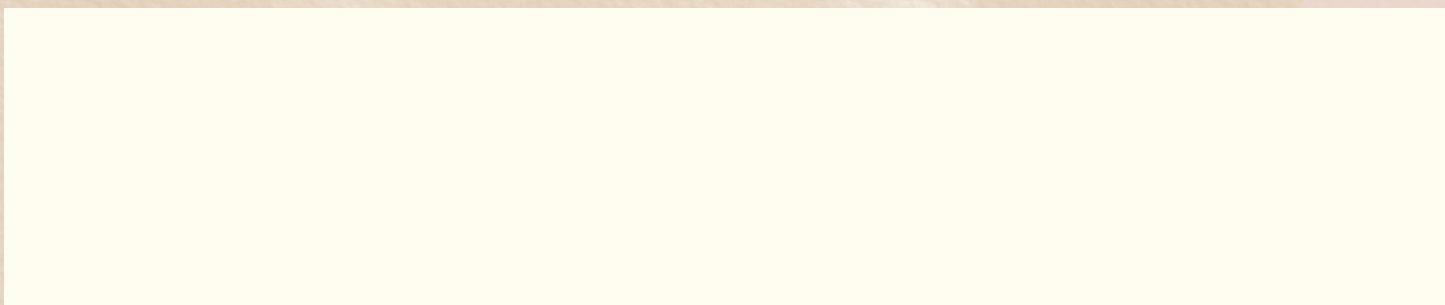
TRETJA stvar, za katero sem danes hvaležen/a:



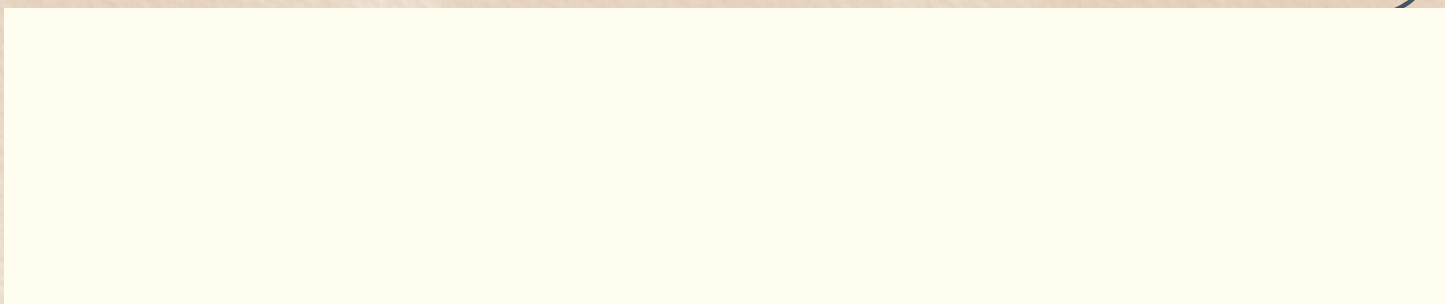


DATUM:

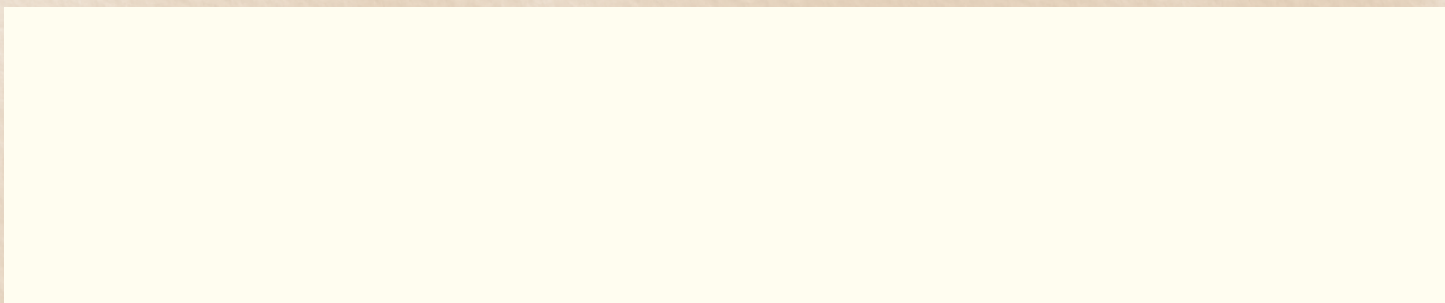
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



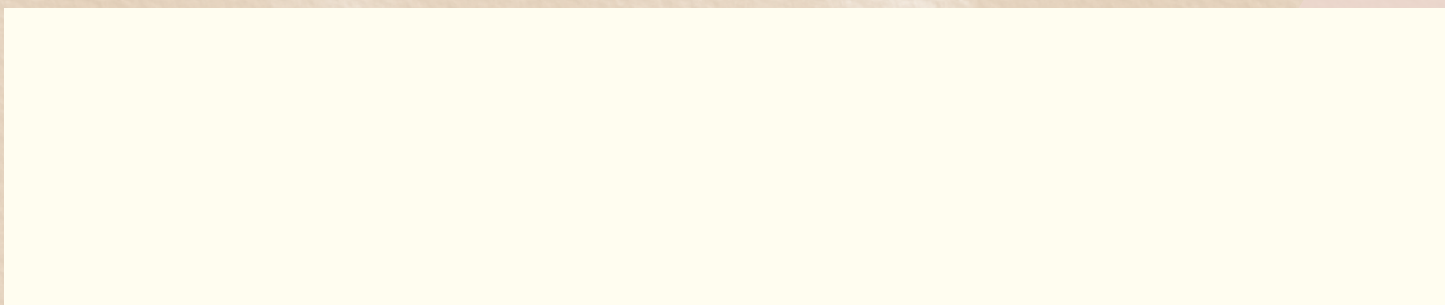
TRETJA stvar, za katero sem danes hvaležen/a:



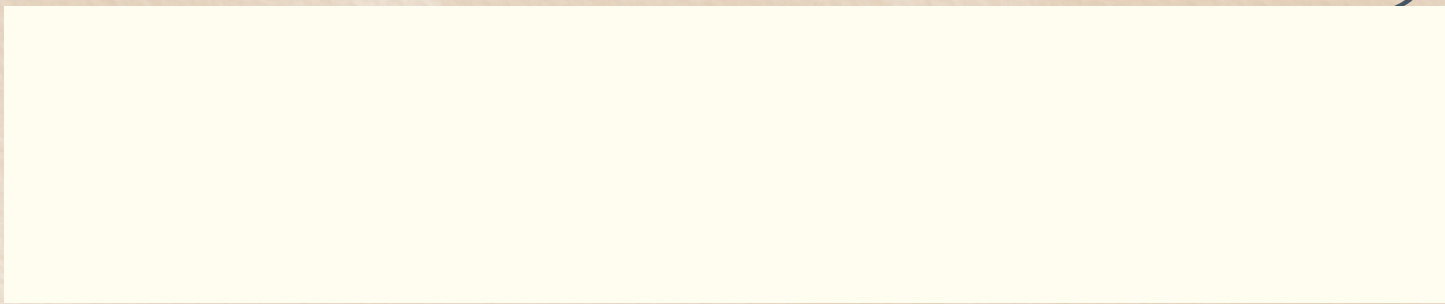


DATUM:

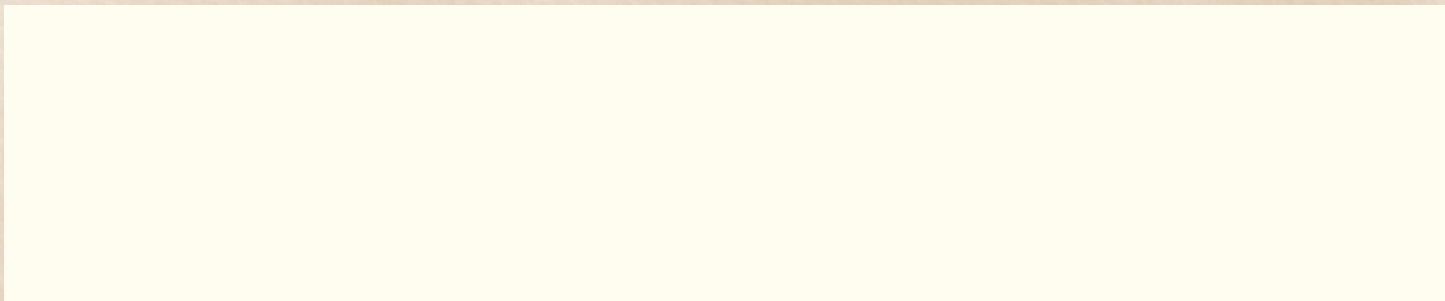
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



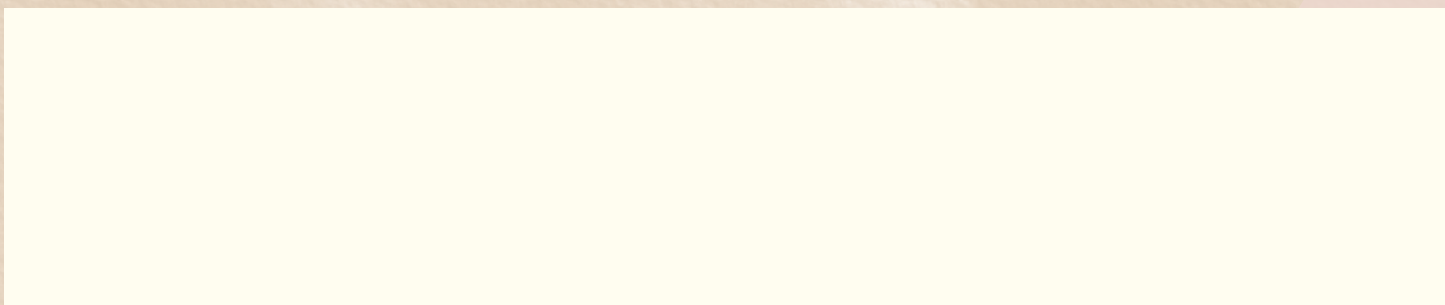
TRETJA stvar, za katero sem danes hvaležen/a:



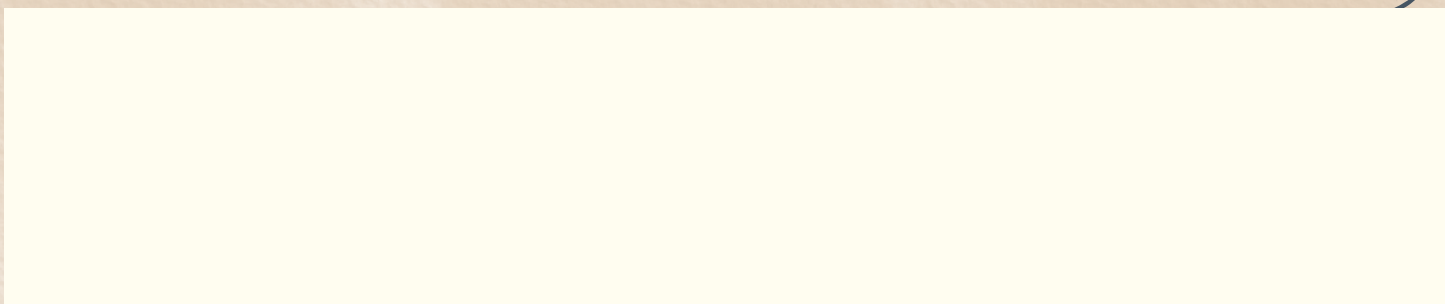


DATUM:

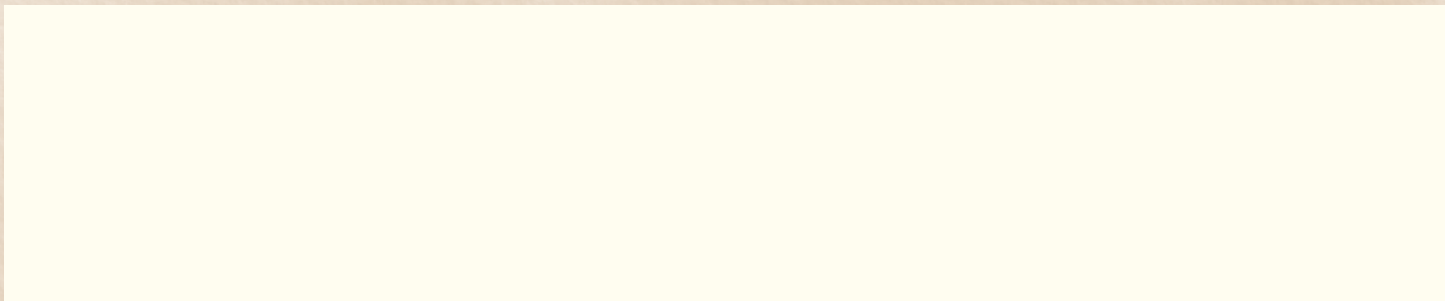
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



TRETJA stvar, za katero sem danes hvaležen/a:





DATUM:

PRVA stvar, za katero sem danes hvaležen/a:

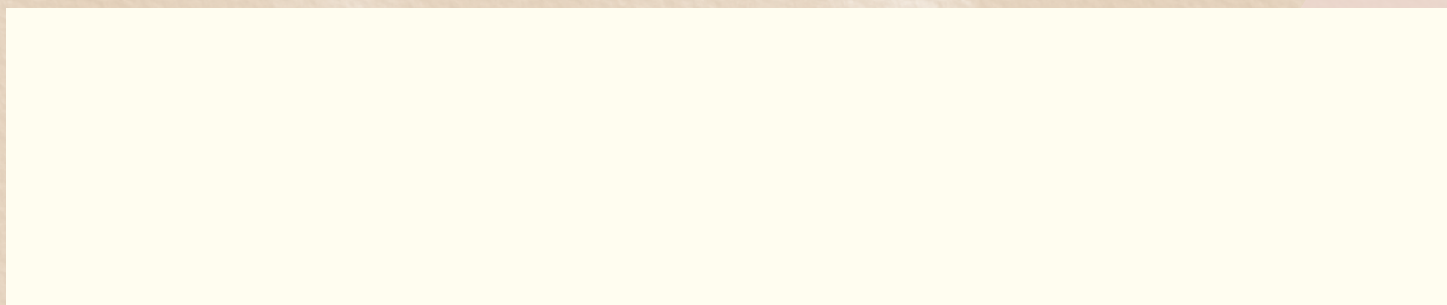
DRUGA stvar, za katero sem danes hvaležen/a:

TRETJA stvar, za katero sem danes hvaležen/a:

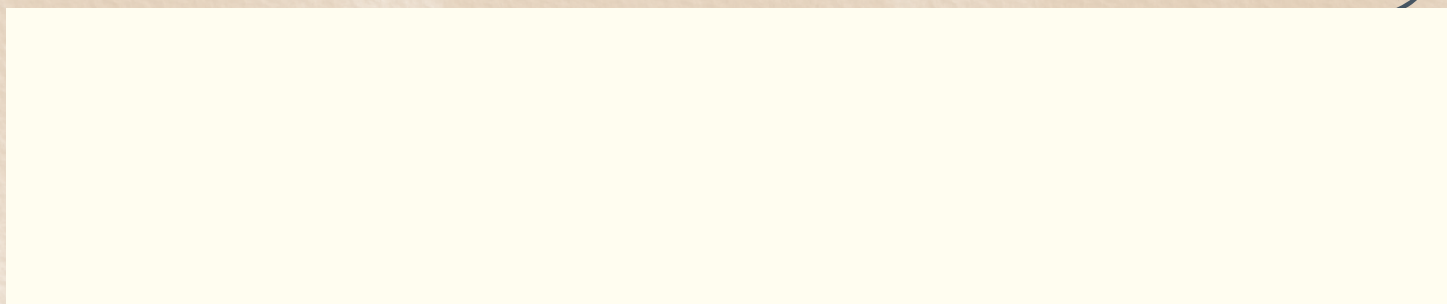


DATUM:

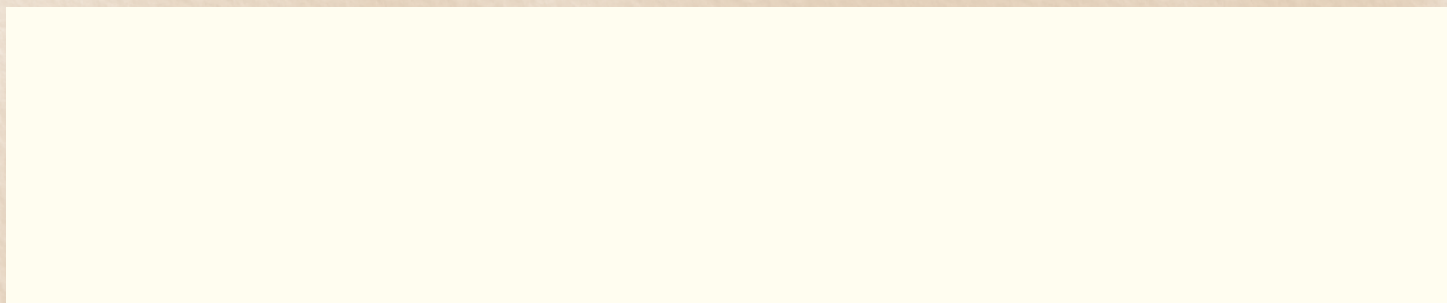
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



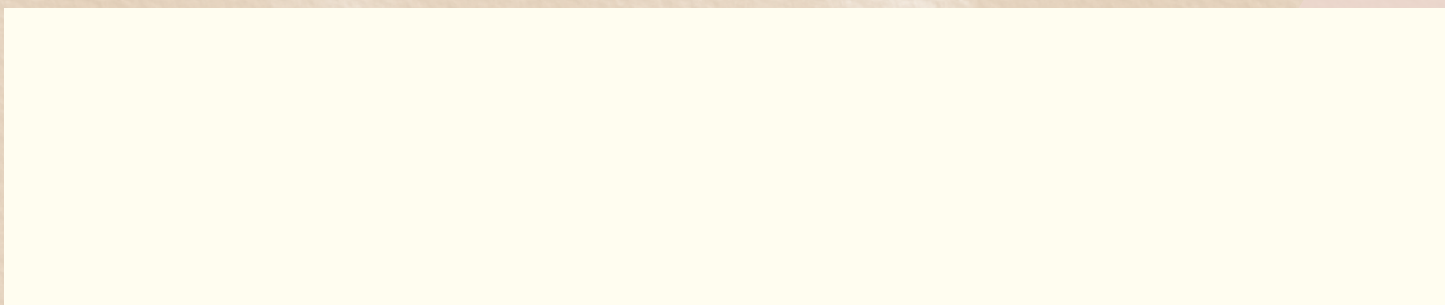
TRETJA stvar, za katero sem danes hvaležen/a:



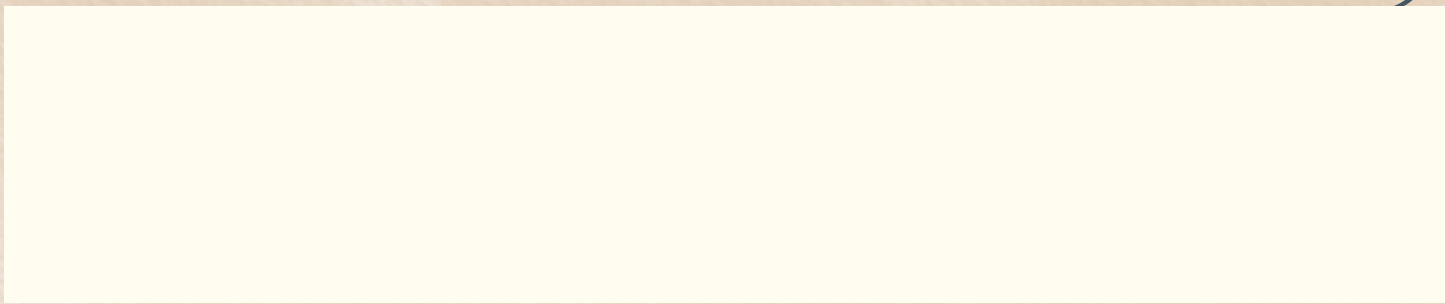


DATUM:

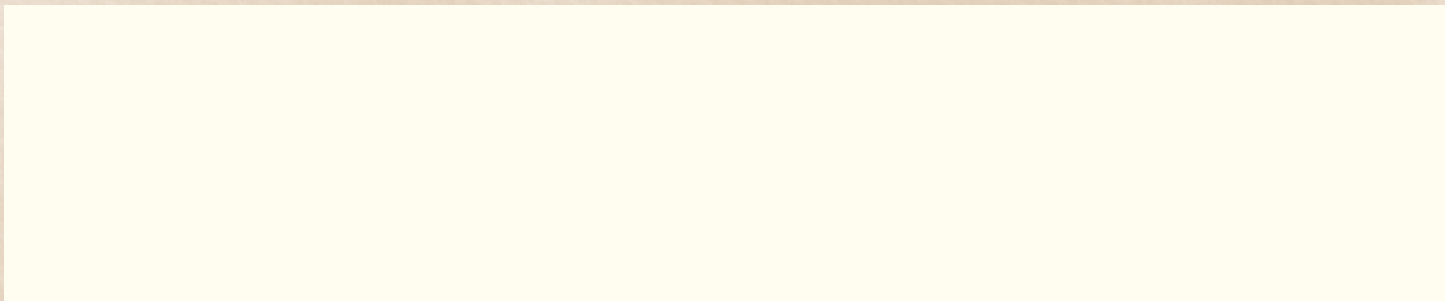
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



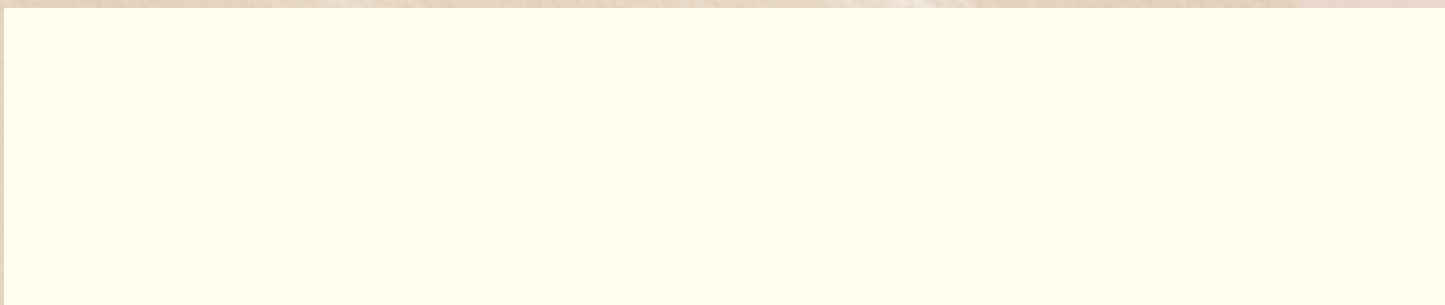
TRETJA stvar, za katero sem danes hvaležen/a:



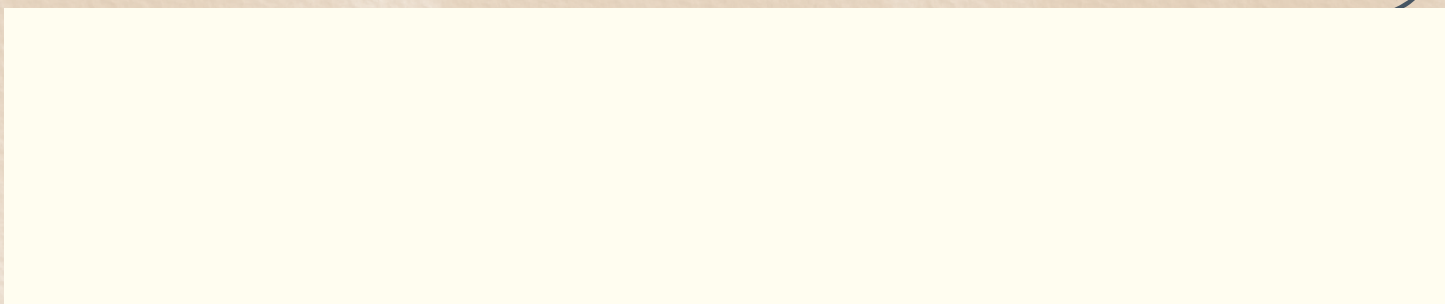


DATUM:

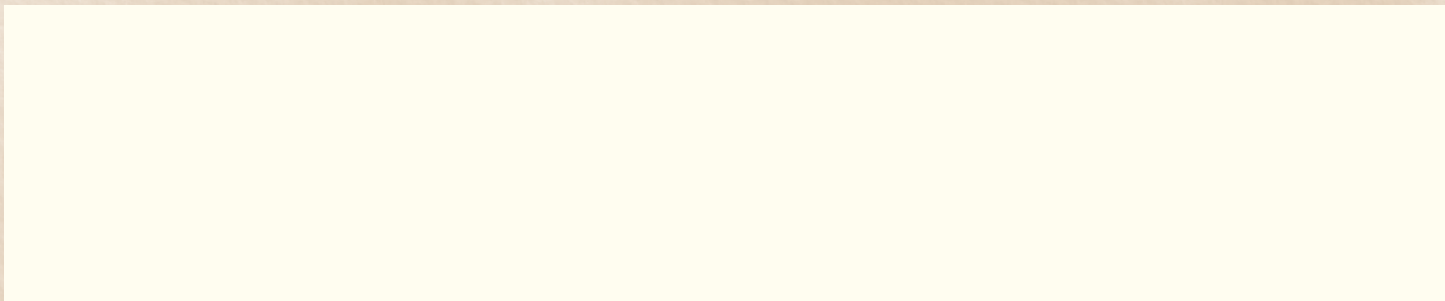
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



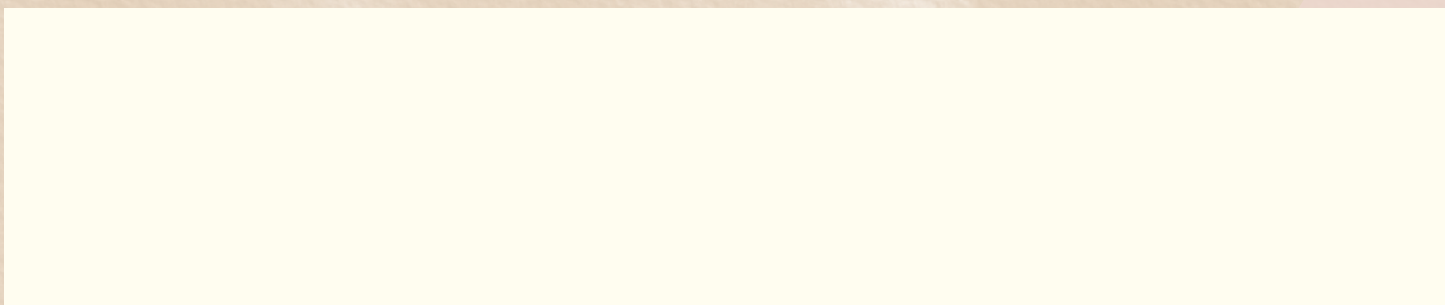
TRETJA stvar, za katero sem danes hvaležen/a:



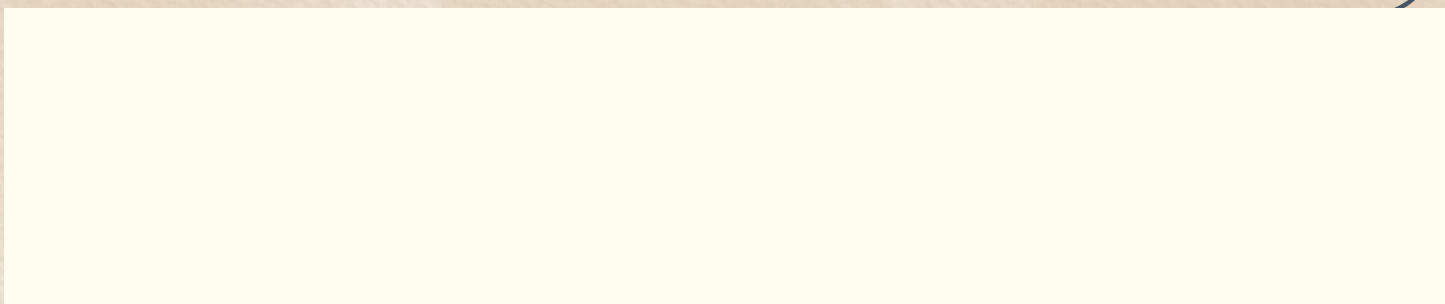


DATUM:

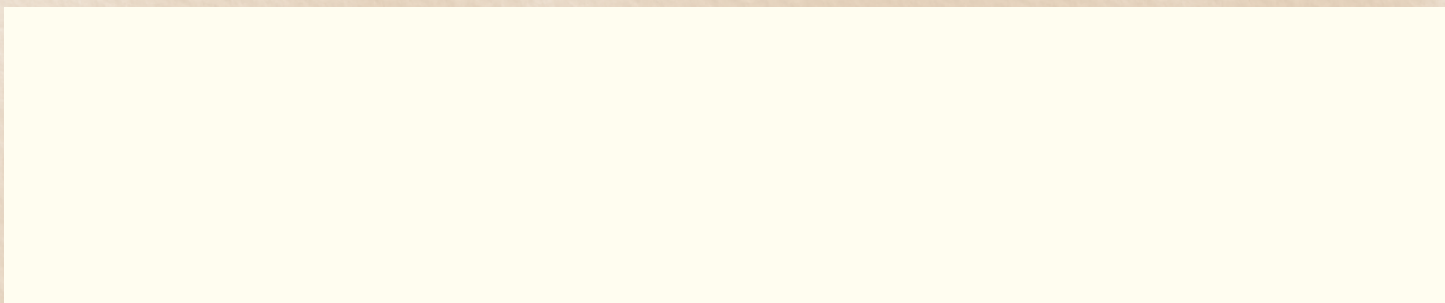
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



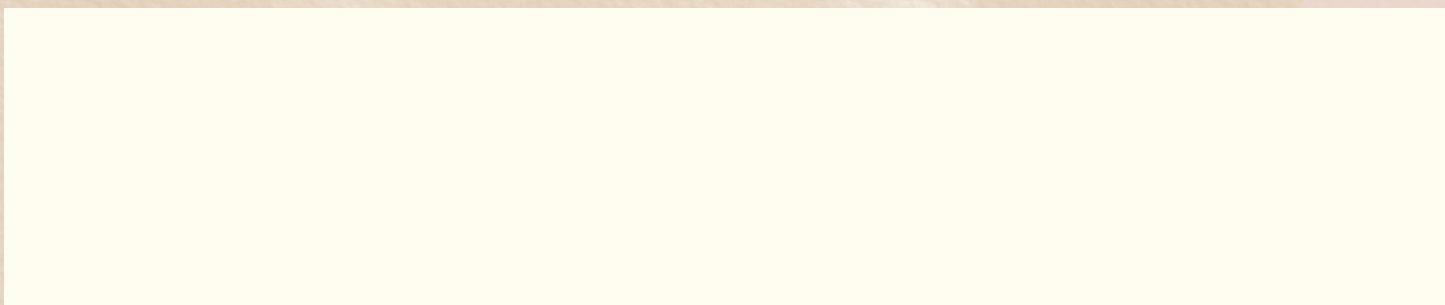
TRETJA stvar, za katero sem danes hvaležen/a:



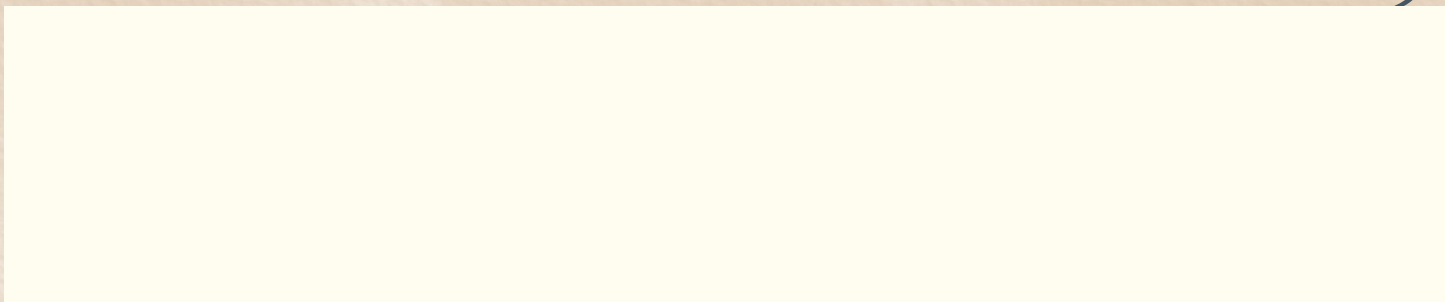


DATUM:

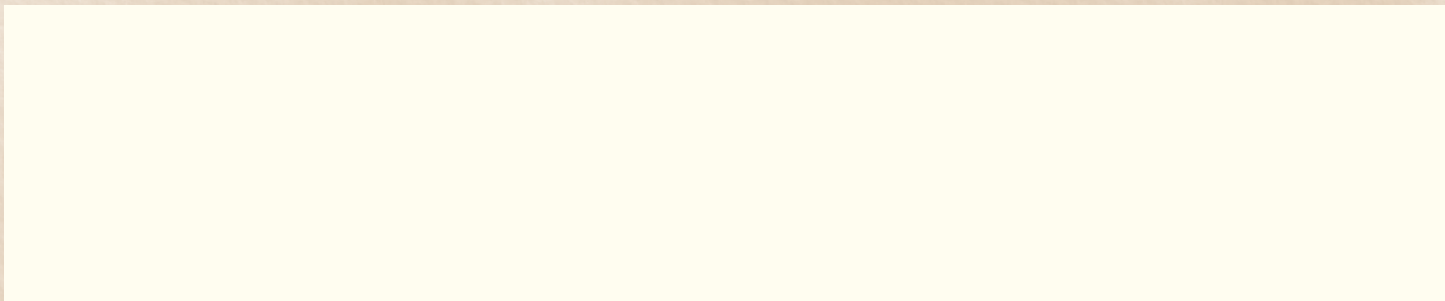
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



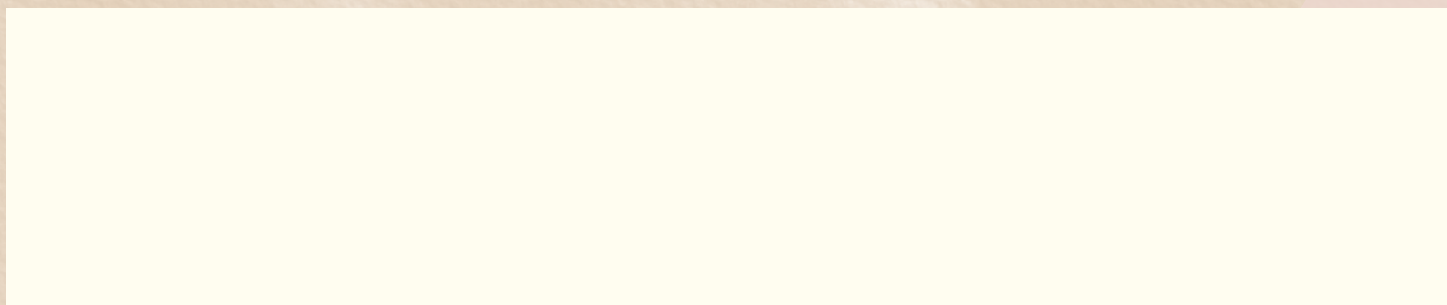
TRETJA stvar, za katero sem danes hvaležen/a:



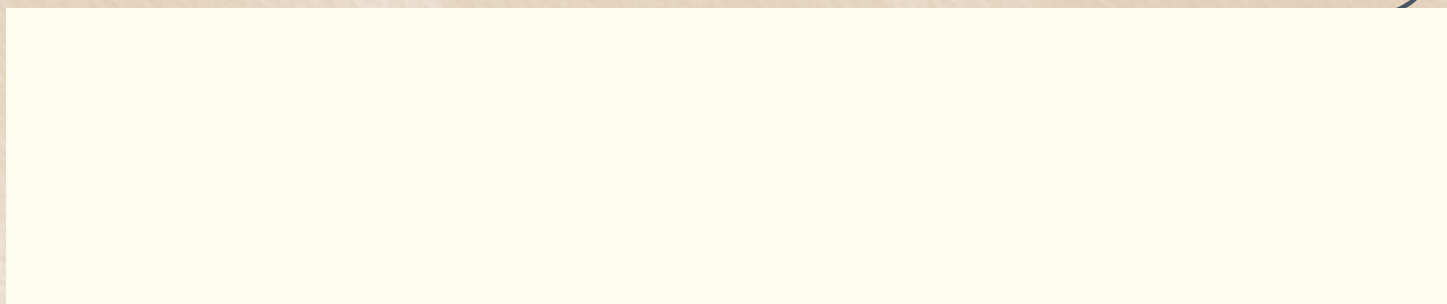


DATUM:

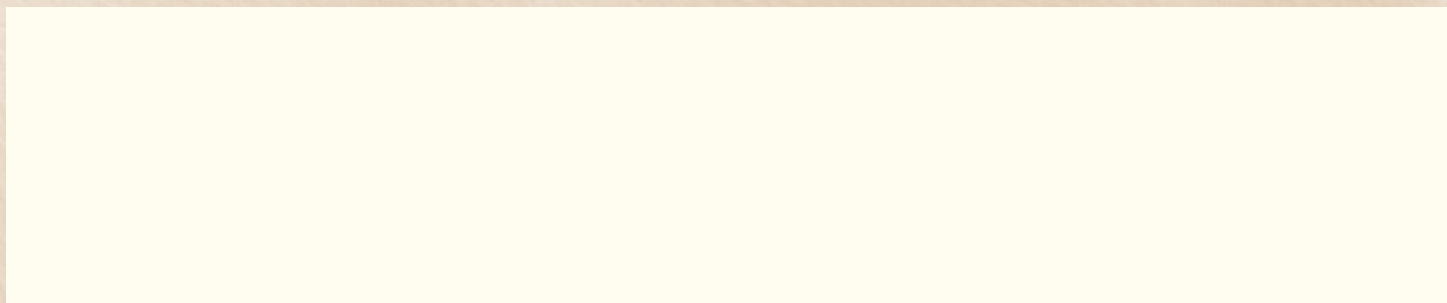
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



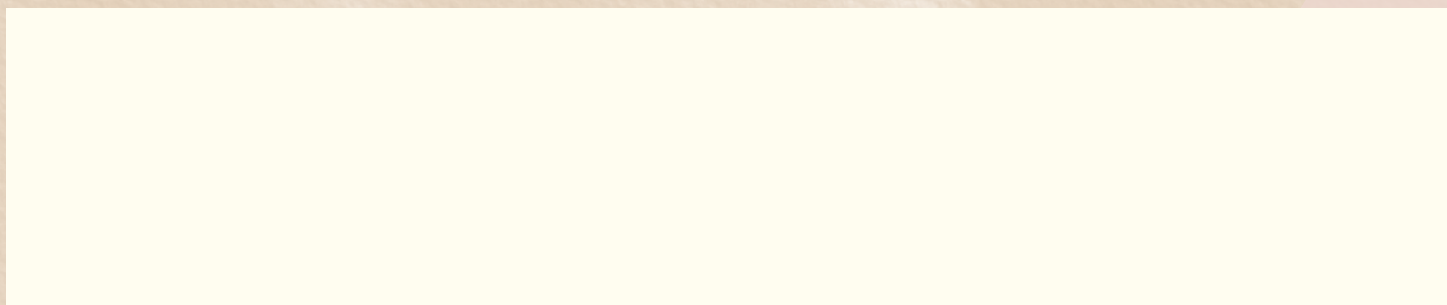
TRETJA stvar, za katero sem danes hvaležen/a:



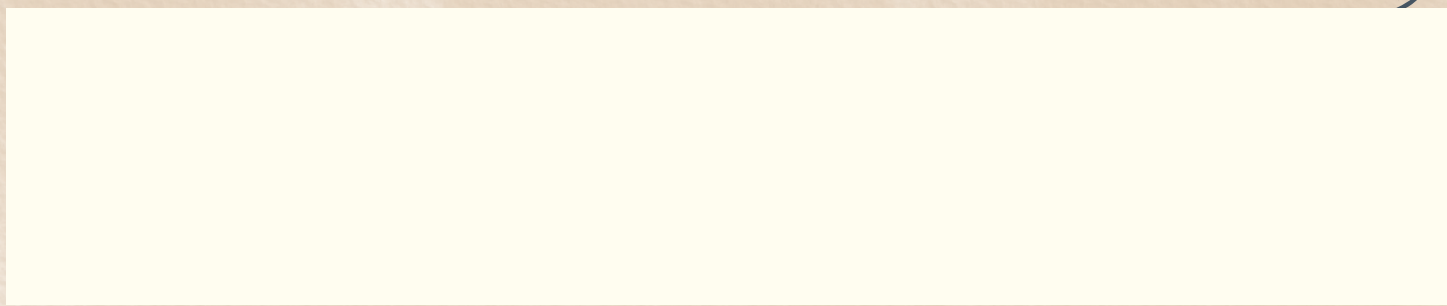


DATUM:

PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



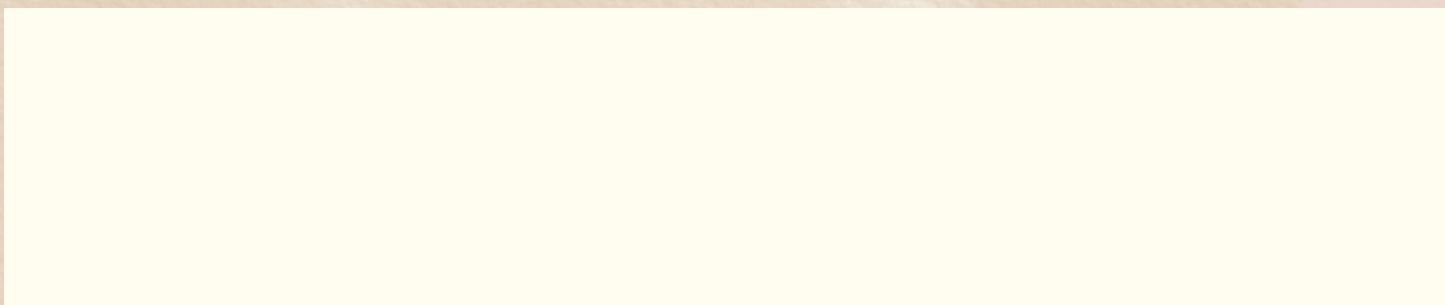
TRETJA stvar, za katero sem danes hvaležen/a:



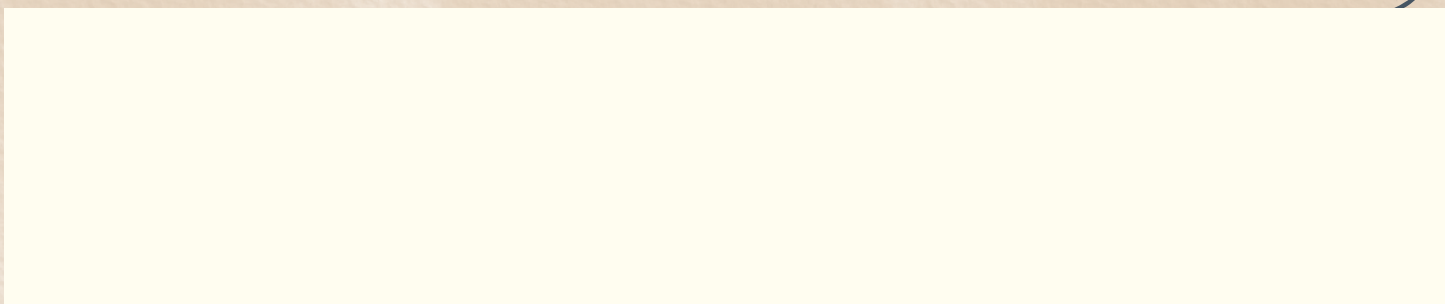


DATUM:

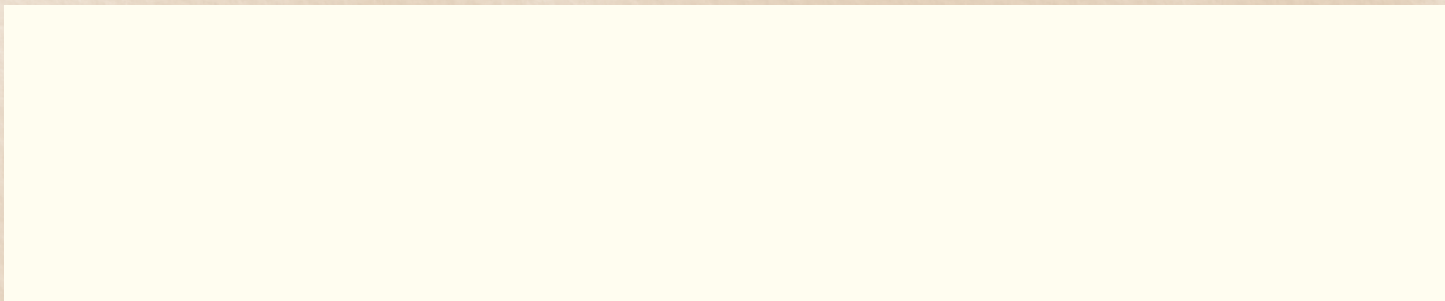
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



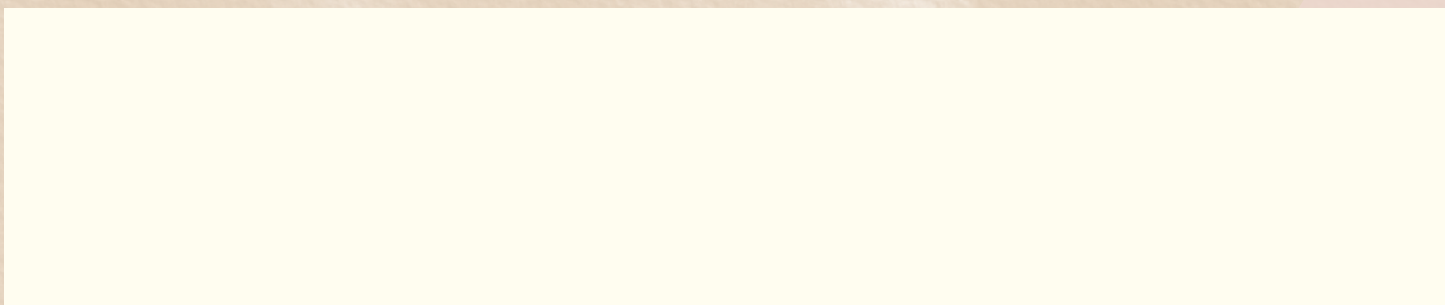
TRETJA stvar, za katero sem danes hvaležen/a:



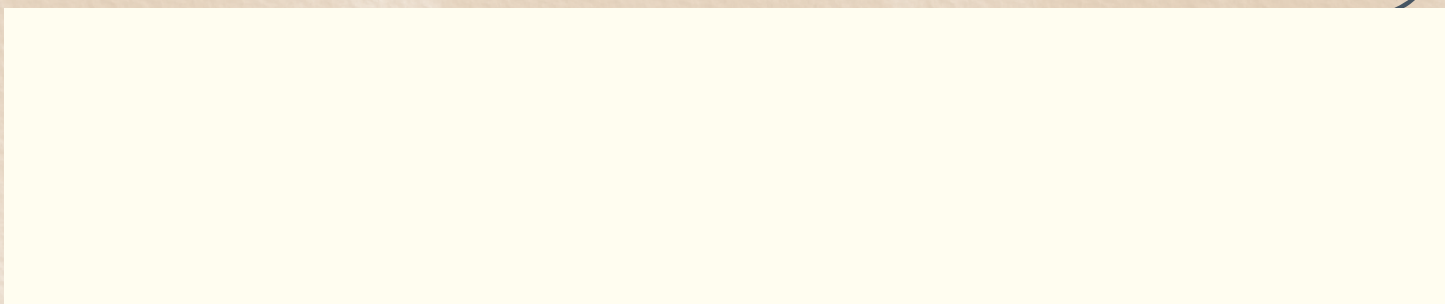


DATUM:

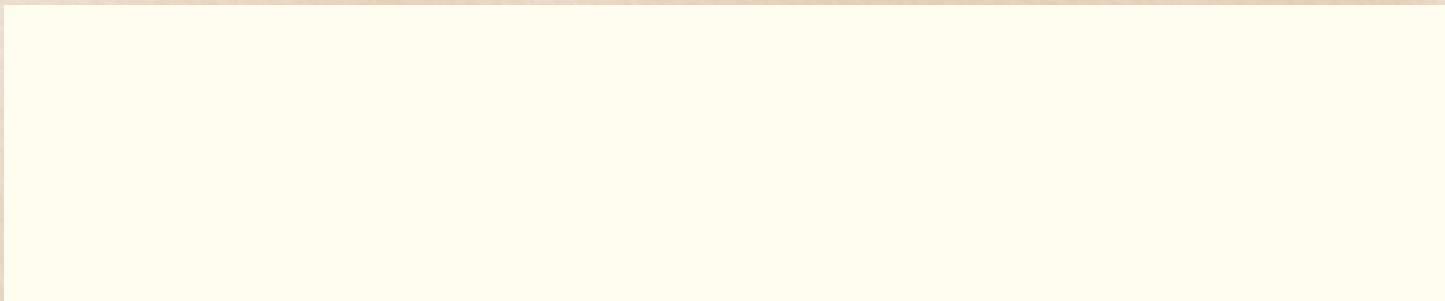
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



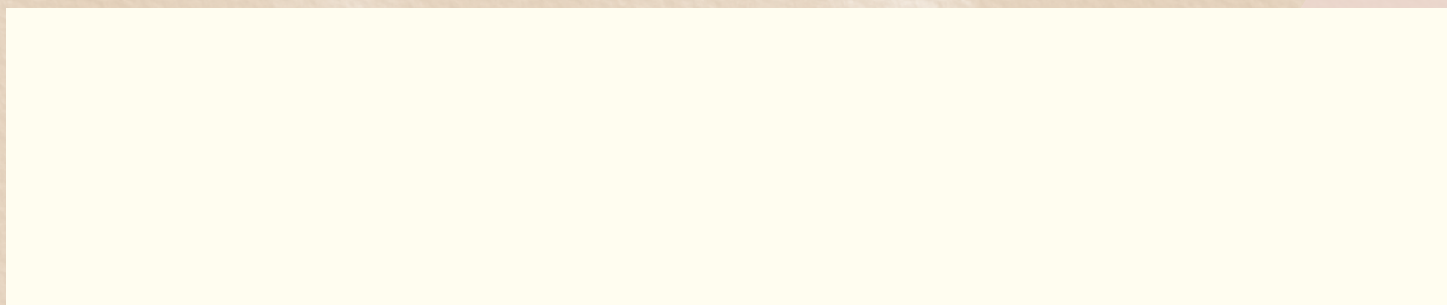
TRETJA stvar, za katero sem danes hvaležen/a:



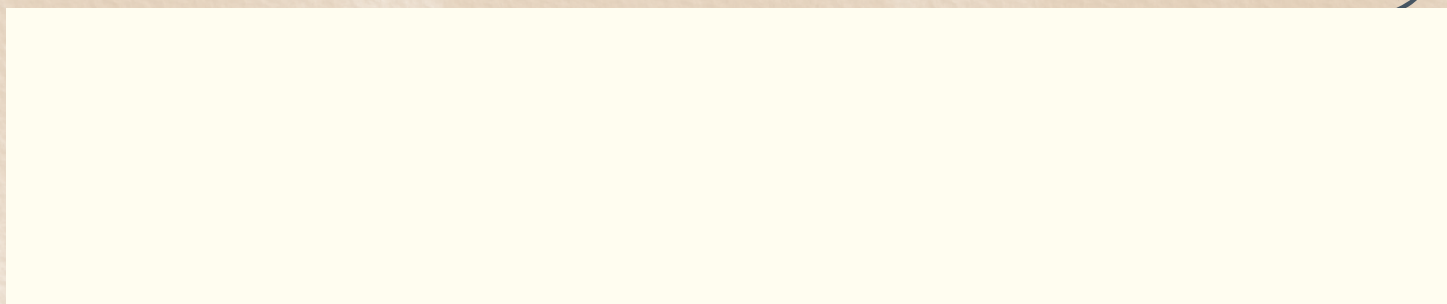


DATUM:

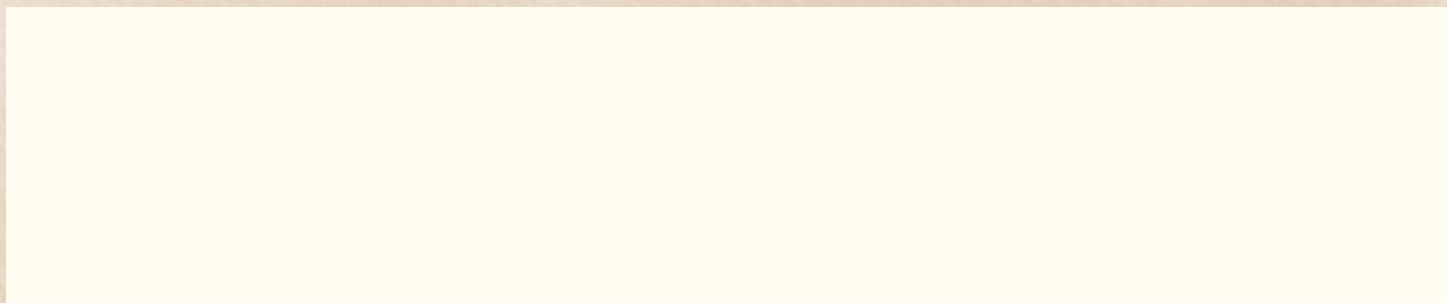
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



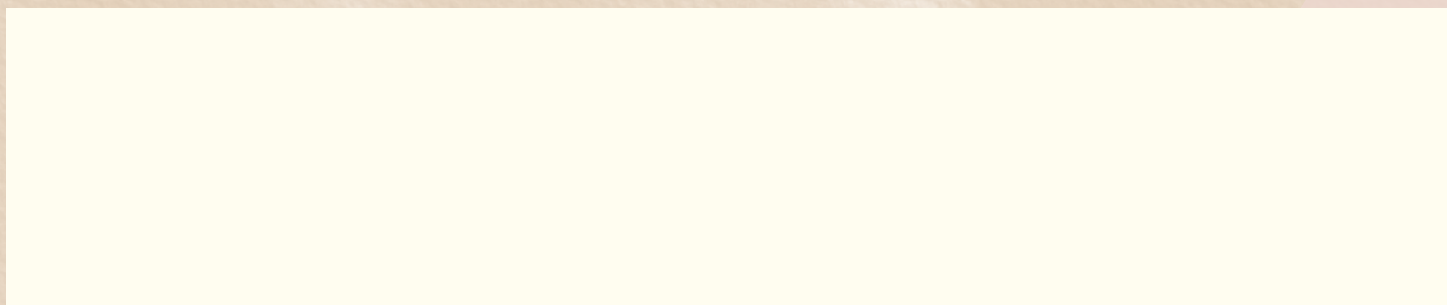
TRETJA stvar, za katero sem danes hvaležen/a:



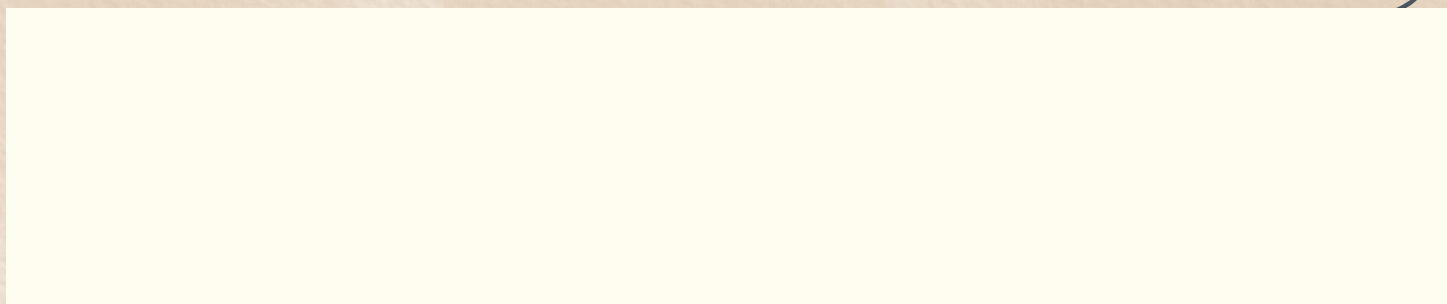


DATUM:

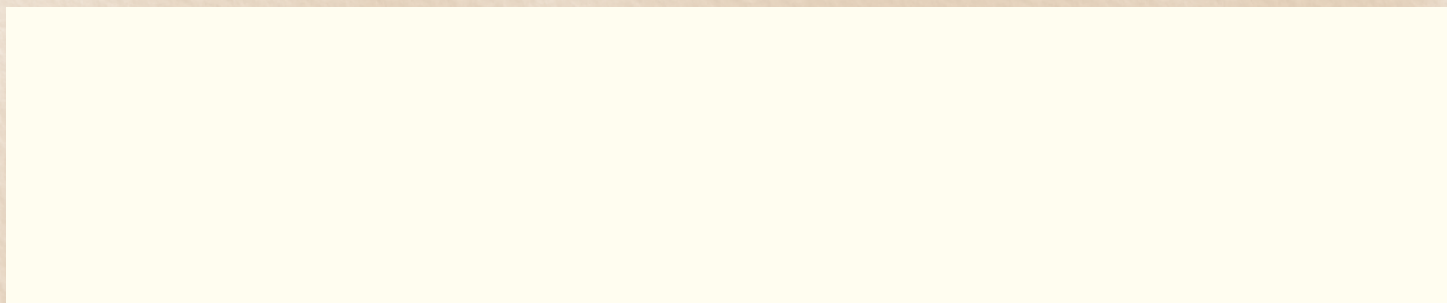
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



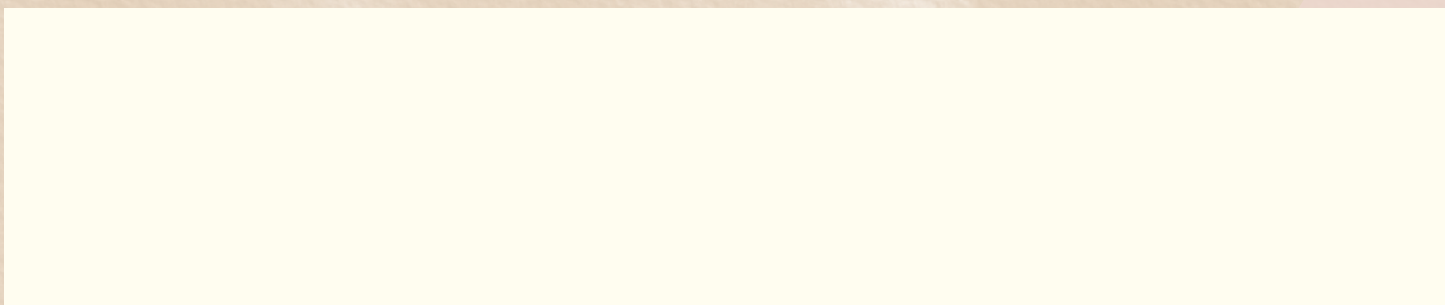
TRETJA stvar, za katero sem danes hvaležen/a:



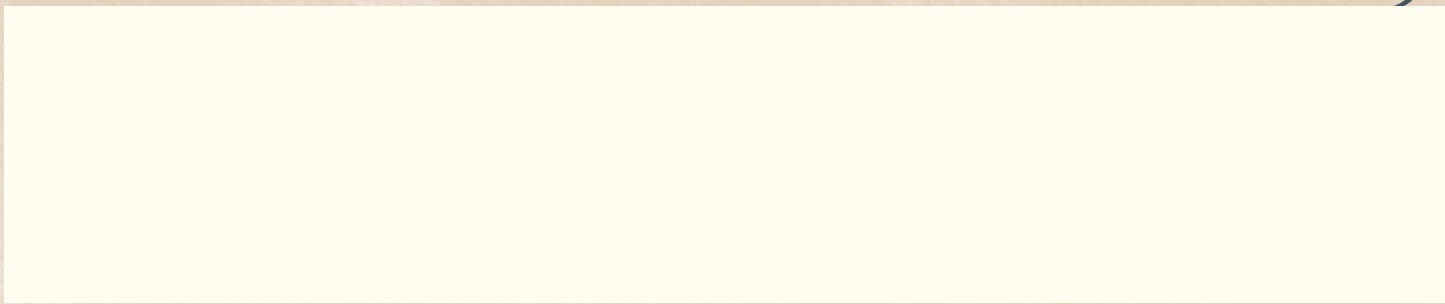


DATUM:

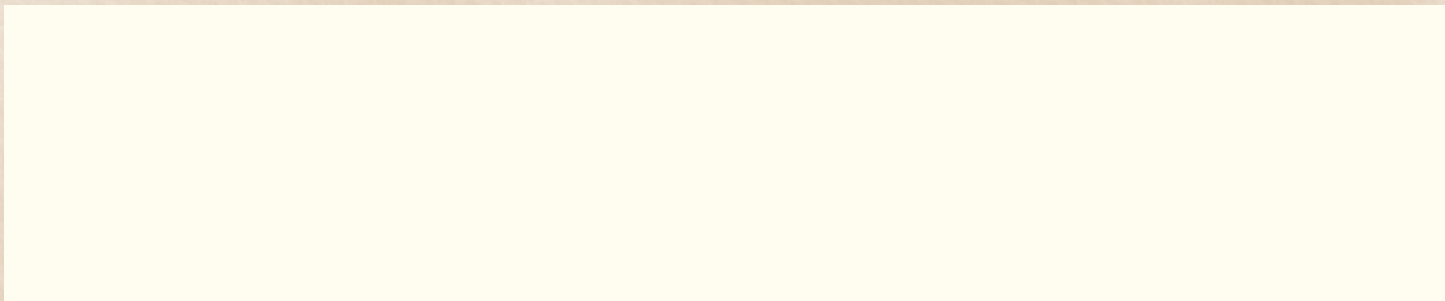
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



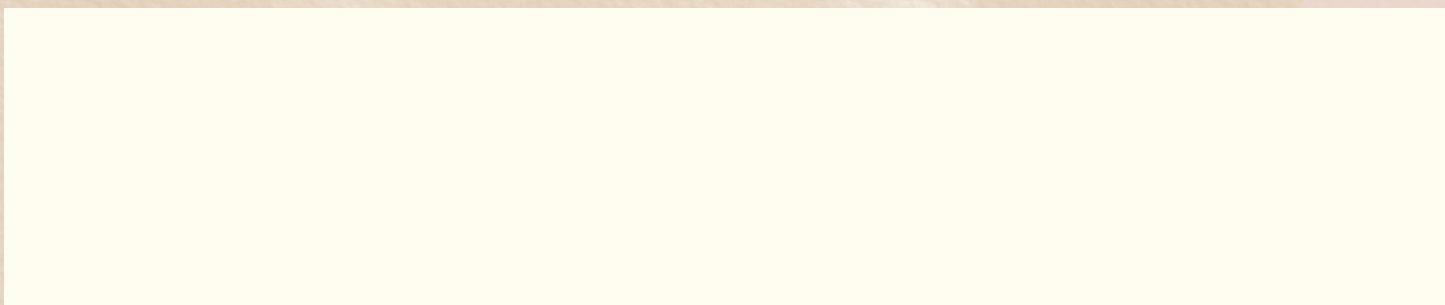
TRETJA stvar, za katero sem danes hvaležen/a:



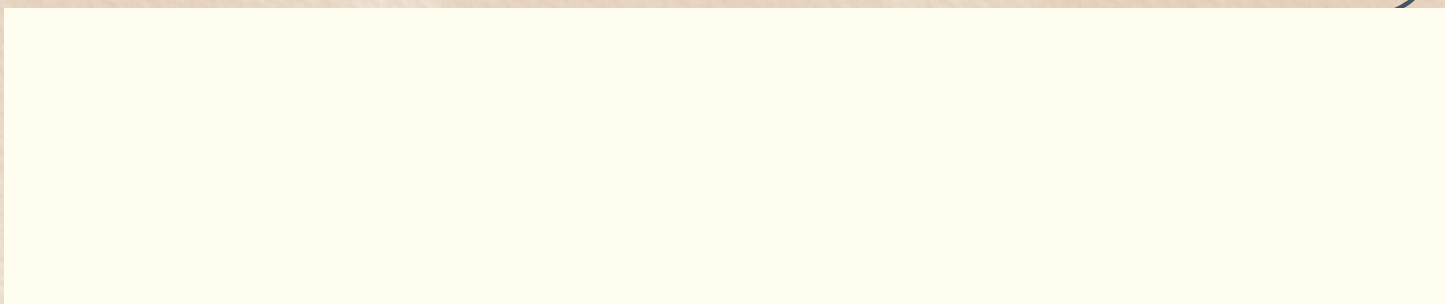


DATUM:

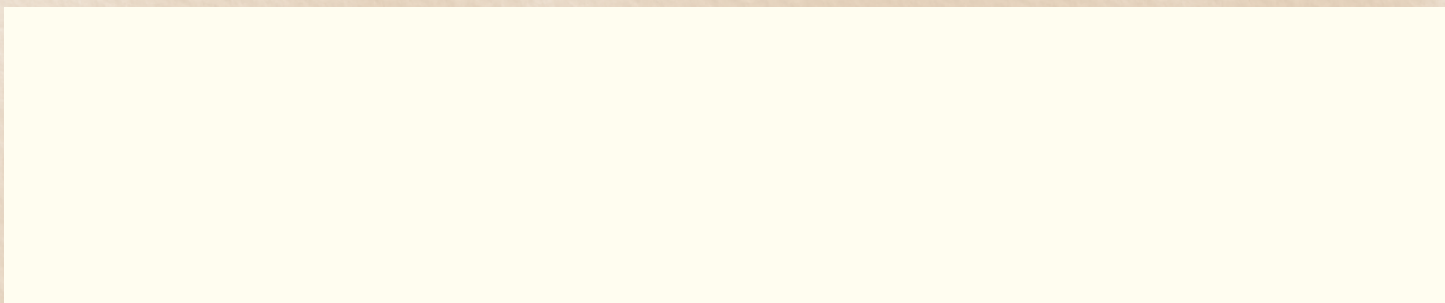
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



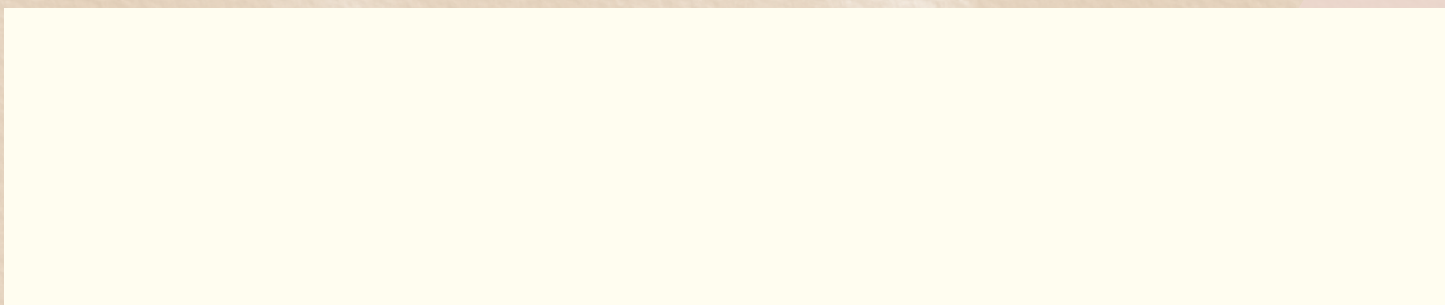
TRETJA stvar, za katero sem danes hvaležen/a:



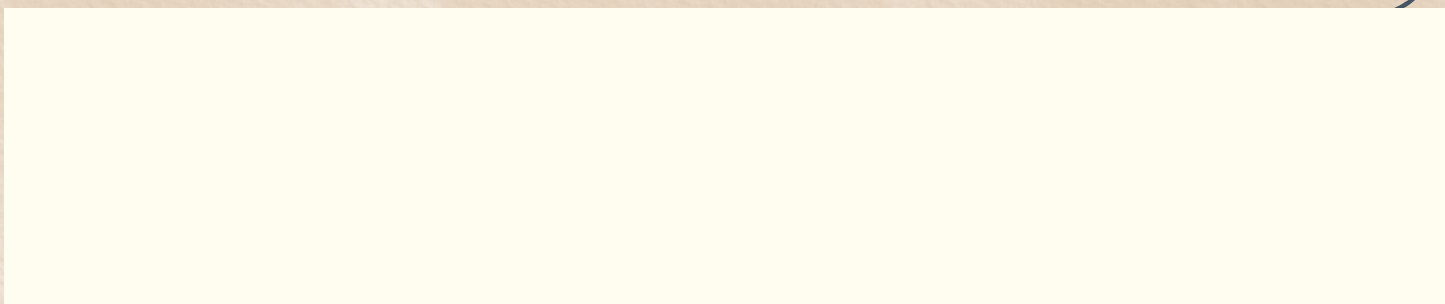


DATUM:

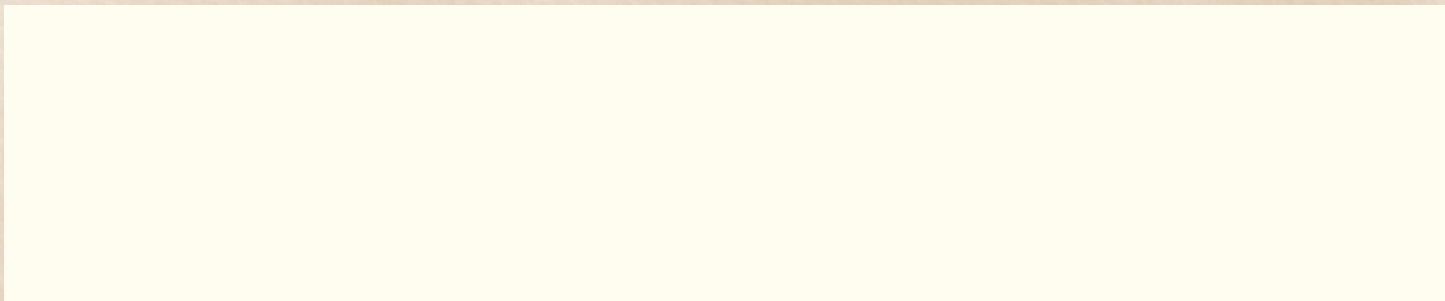
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



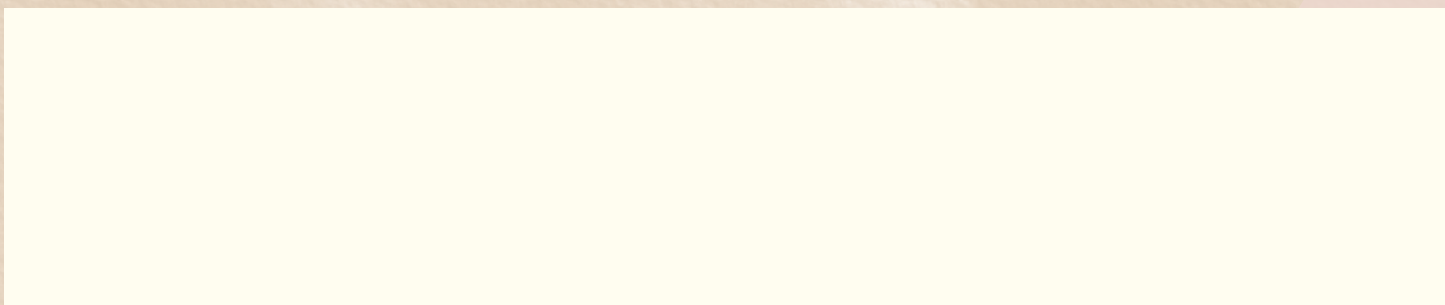
TRETJA stvar, za katero sem danes hvaležen/a:



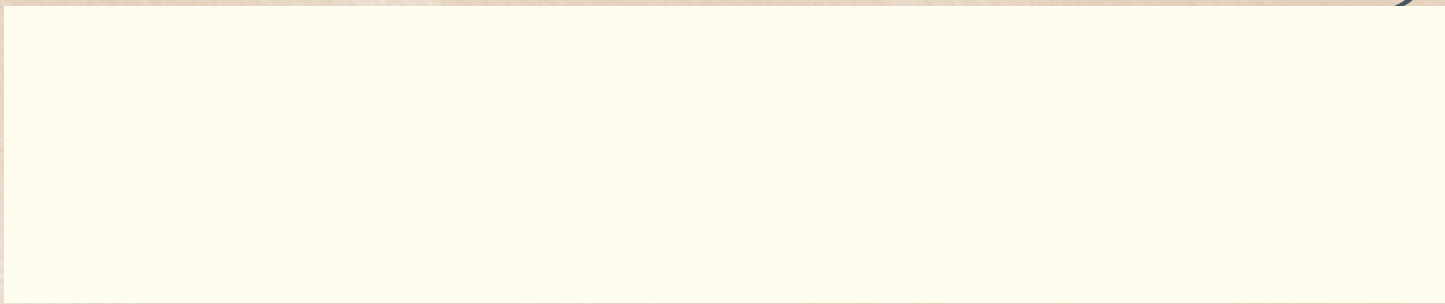


DATUM:

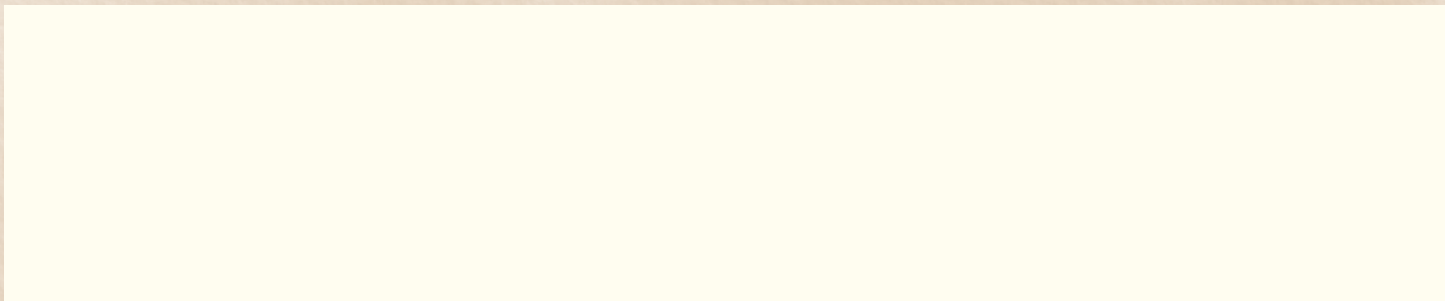
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



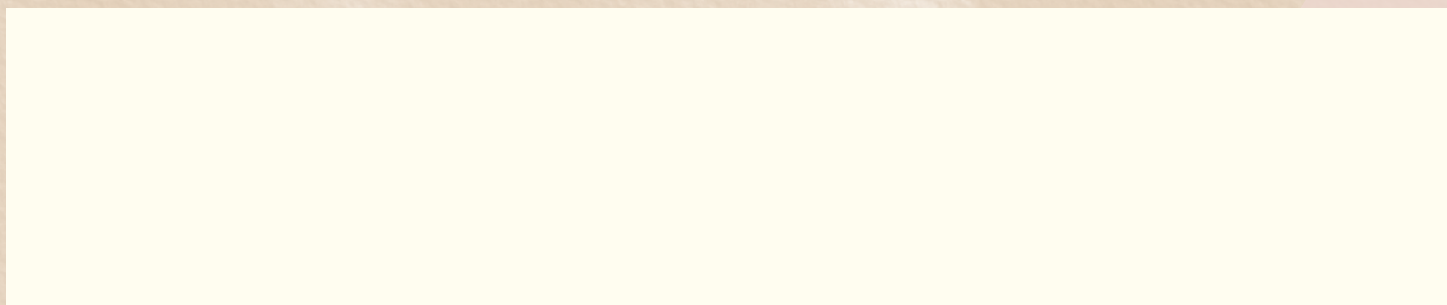
TRETJA stvar, za katero sem danes hvaležen/a:



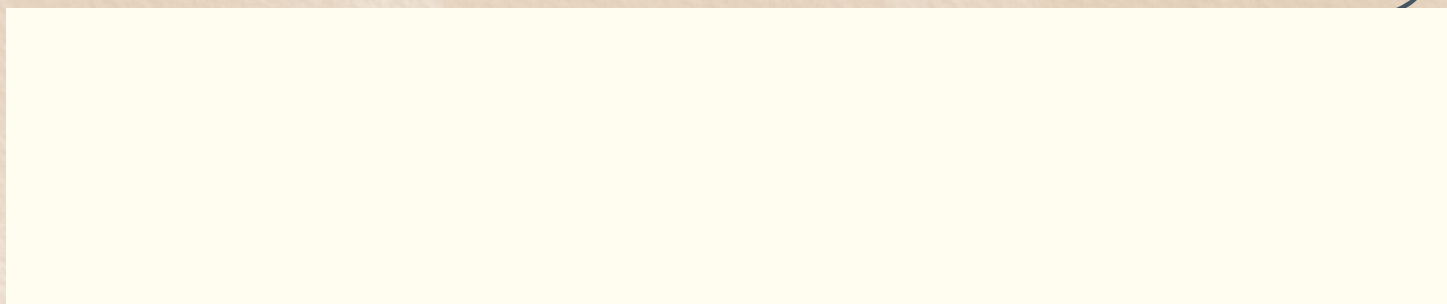


DATUM:

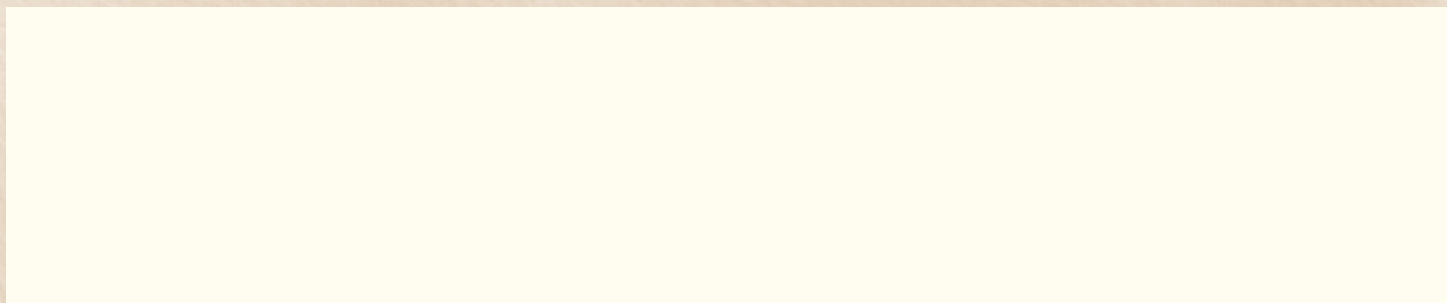
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



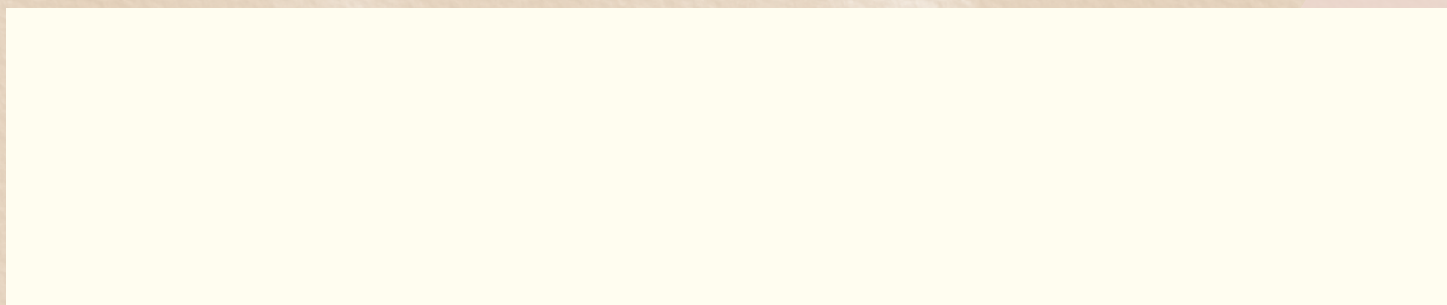
TRETJA stvar, za katero sem danes hvaležen/a:



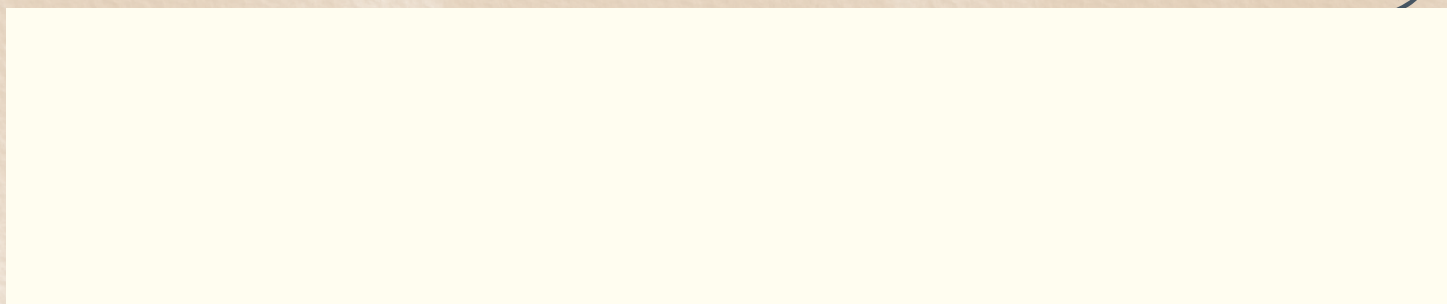


DATUM:

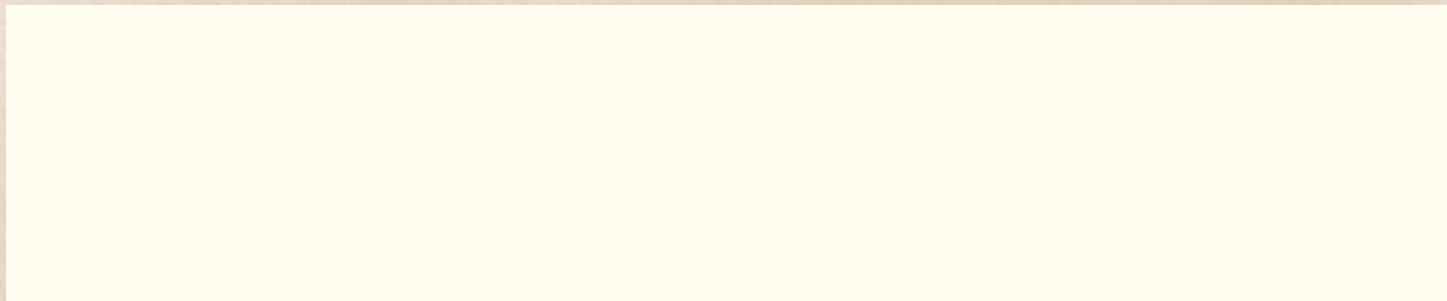
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



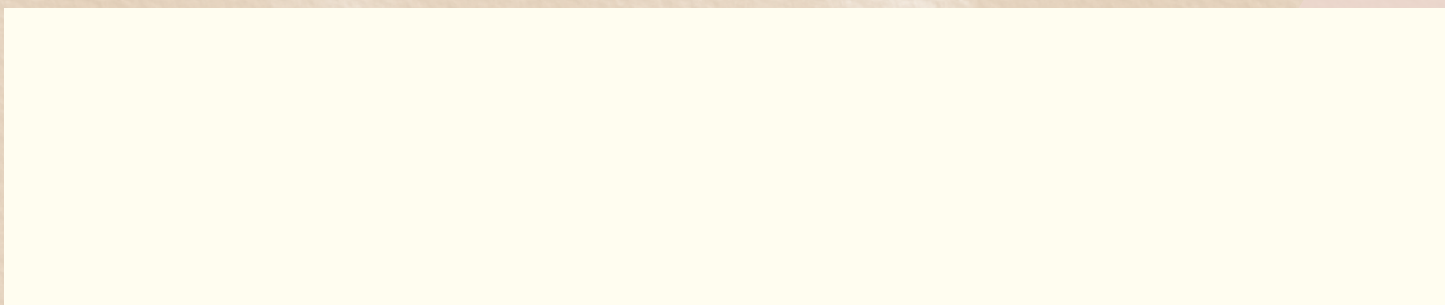
TRETJA stvar, za katero sem danes hvaležen/a:



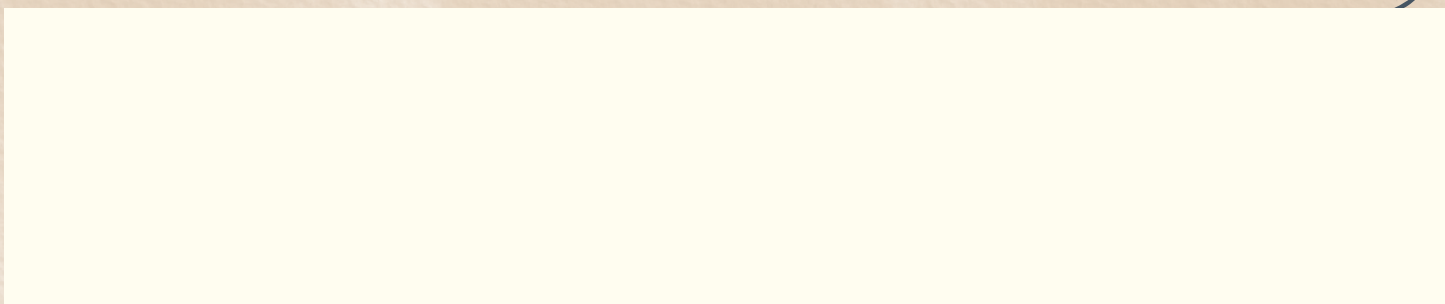


DATUM:

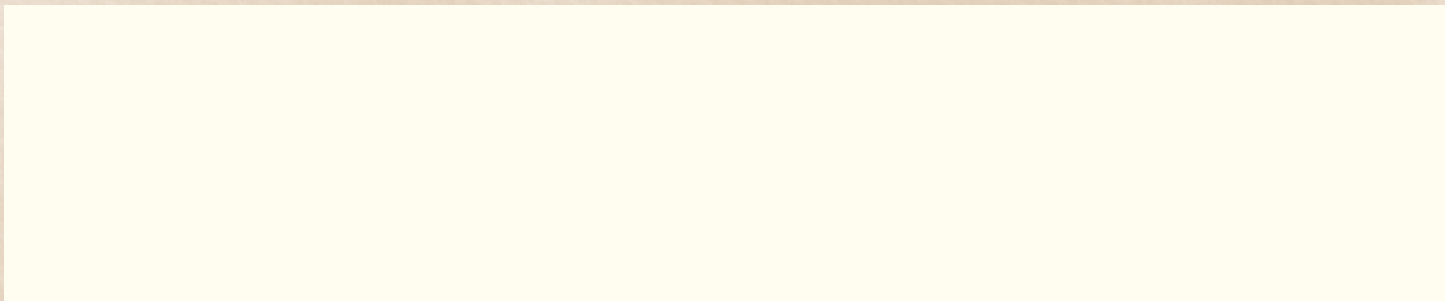
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



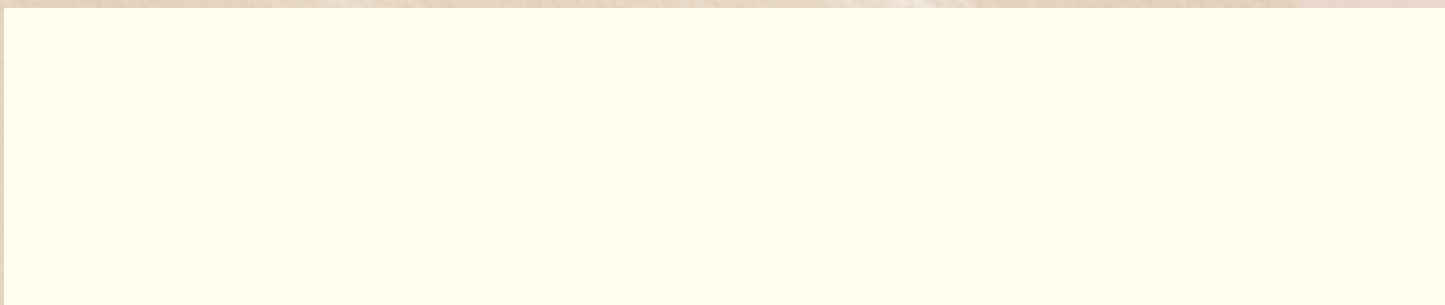
TRETJA stvar, za katero sem danes hvaležen/a:



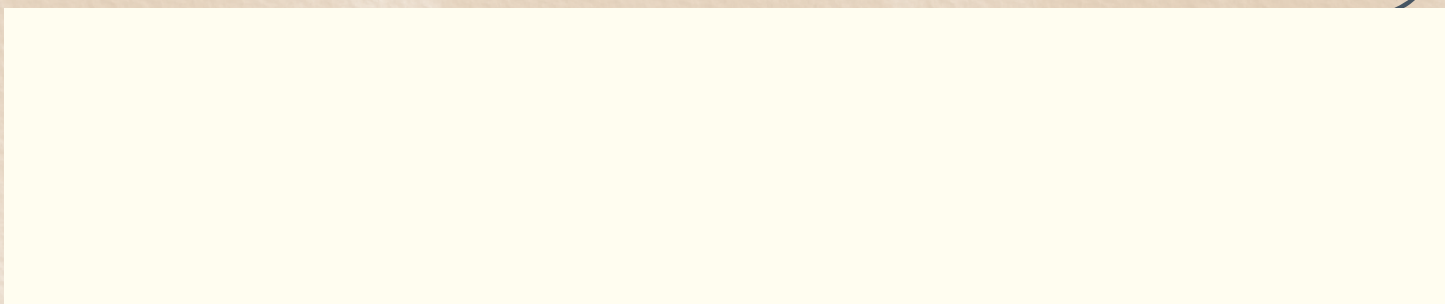


DATUM:

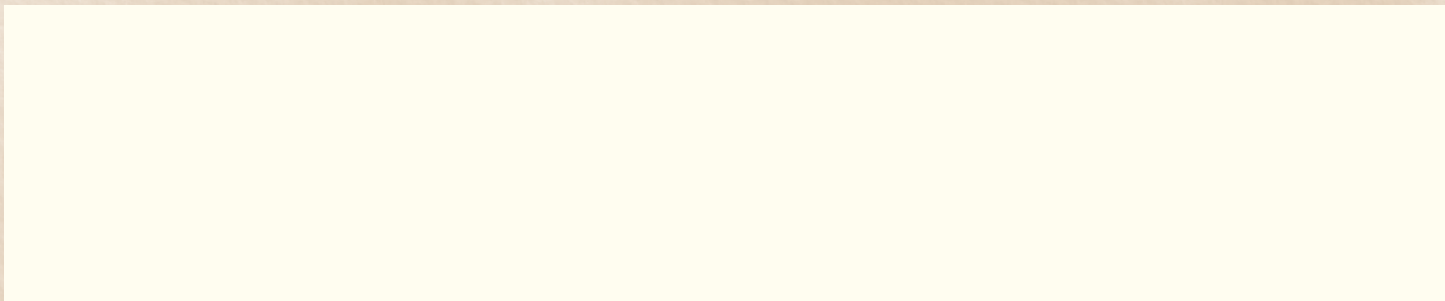
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



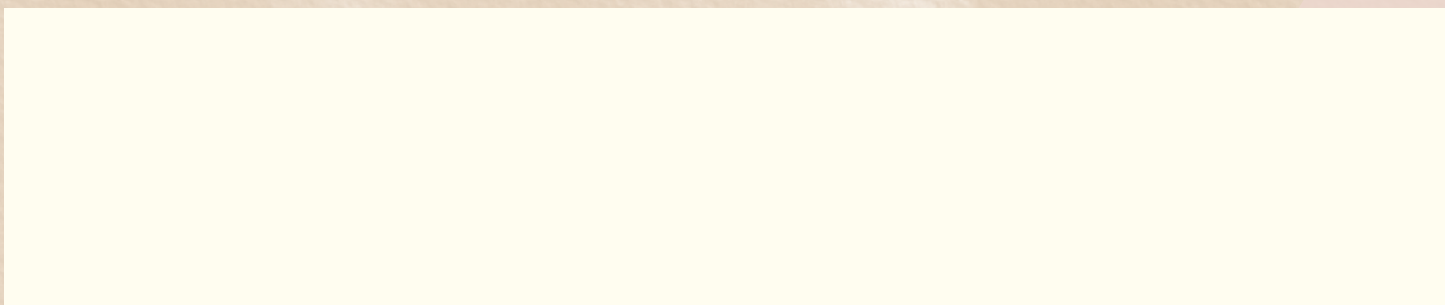
TRETJA stvar, za katero sem danes hvaležen/a:



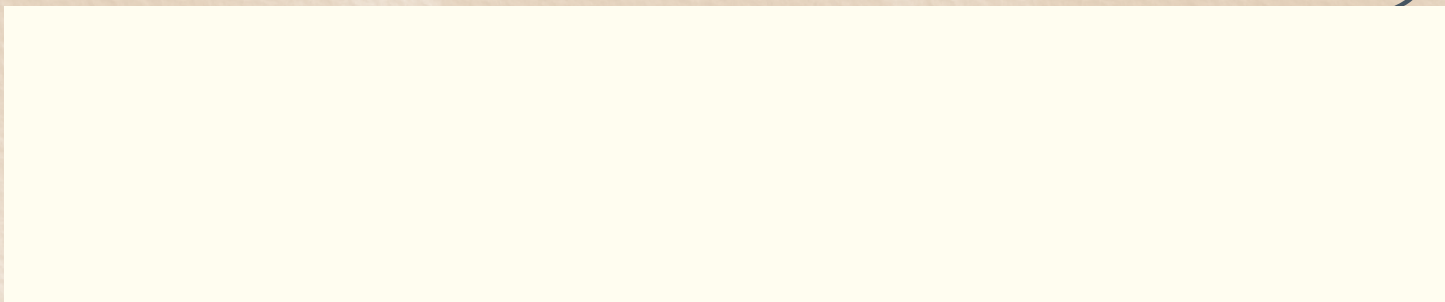


DATUM:

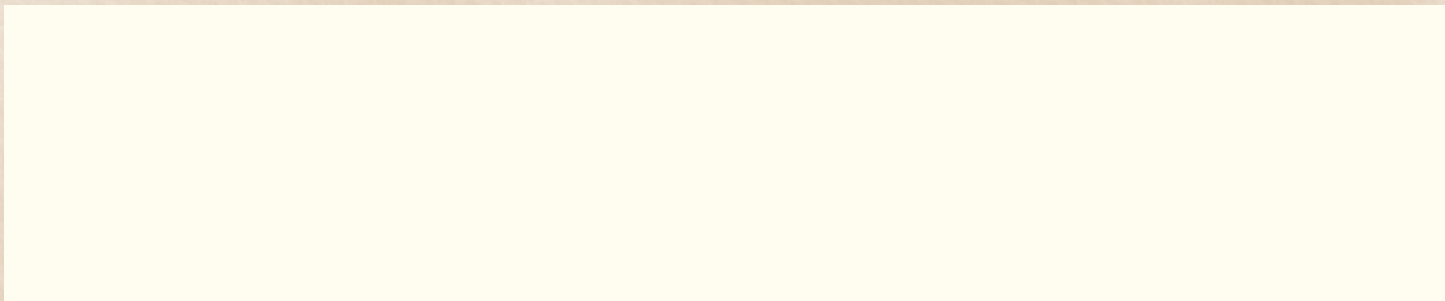
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



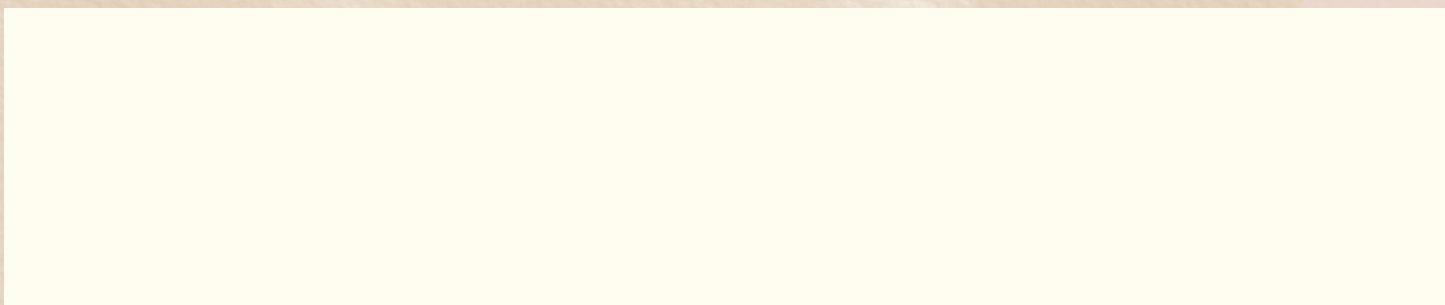
TRETJA stvar, za katero sem danes hvaležen/a:



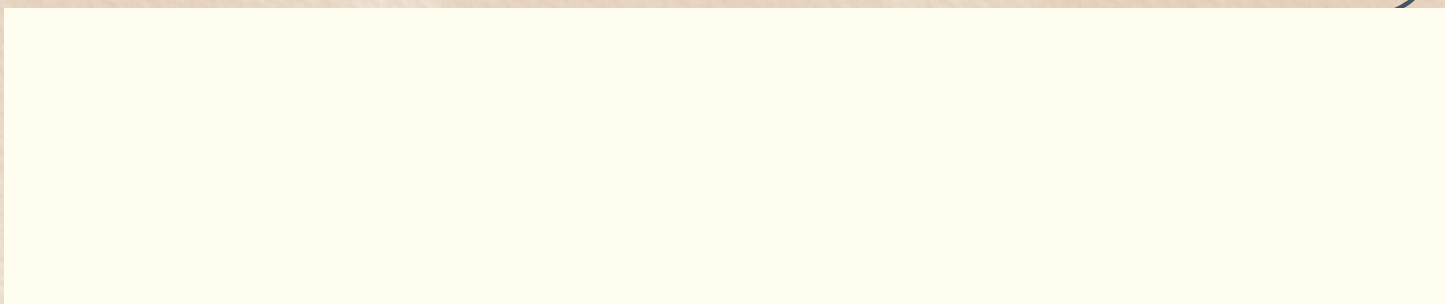


DATUM:

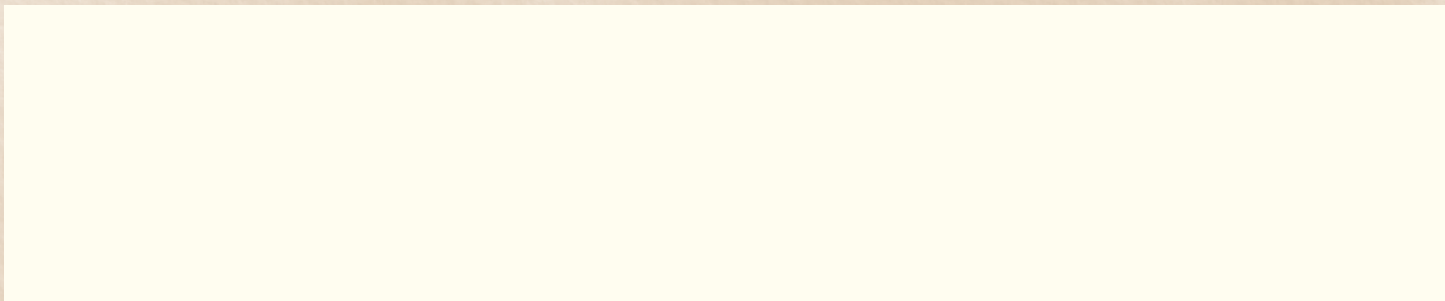
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



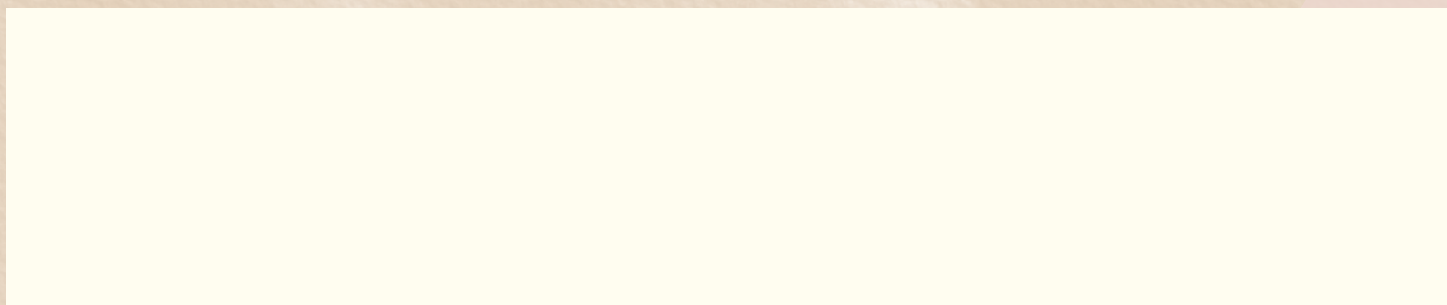
TRETJA stvar, za katero sem danes hvaležen/a:



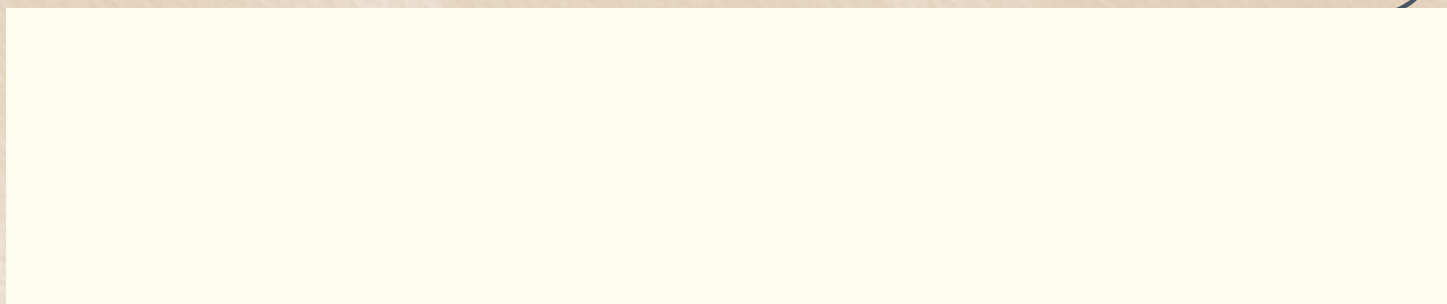


DATUM:

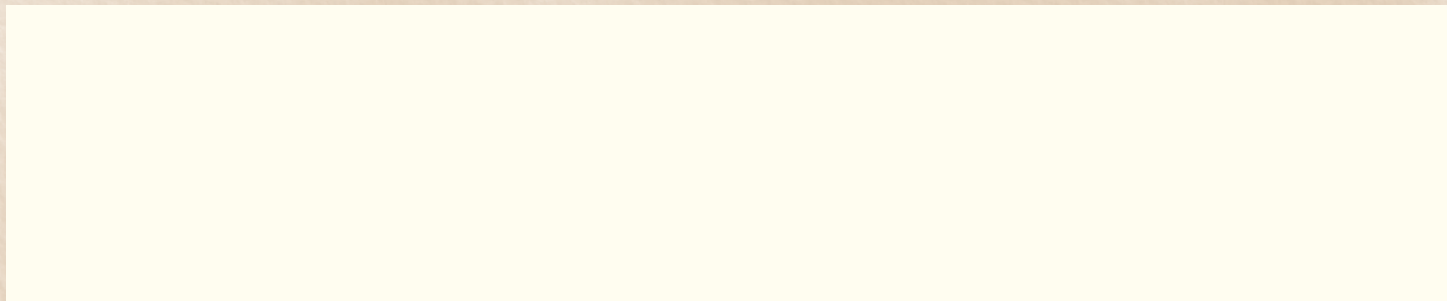
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



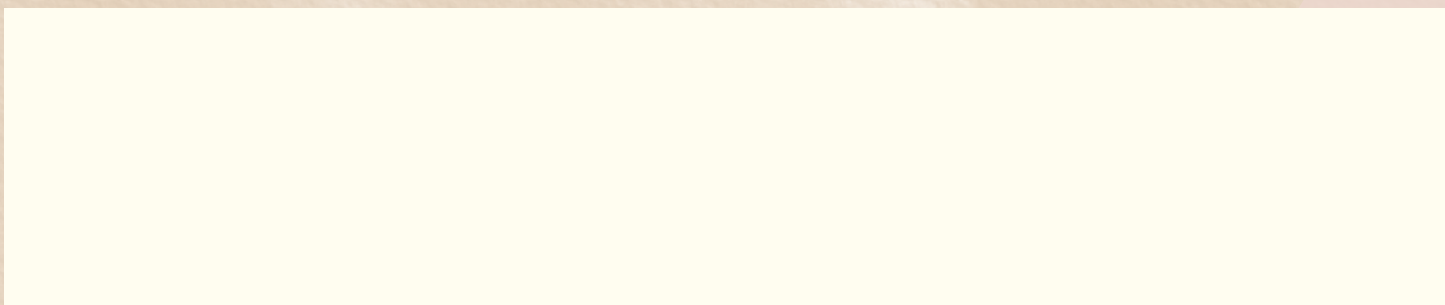
TRETJA stvar, za katero sem danes hvaležen/a:



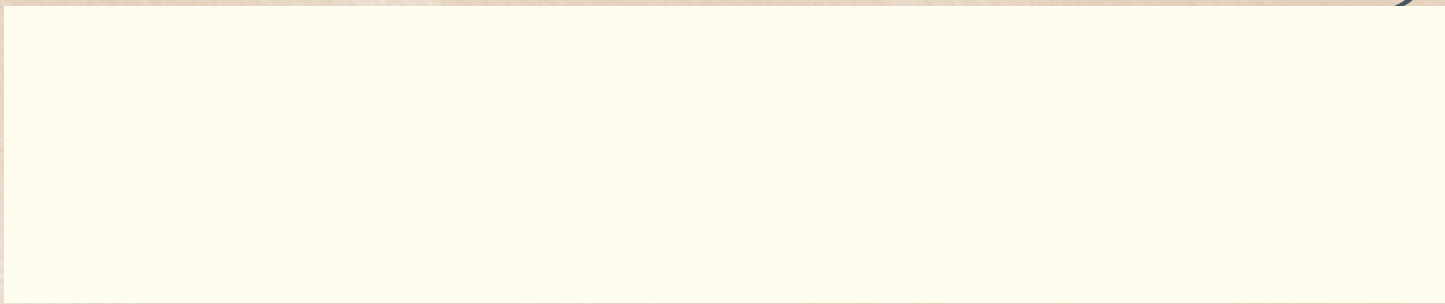


DATUM:

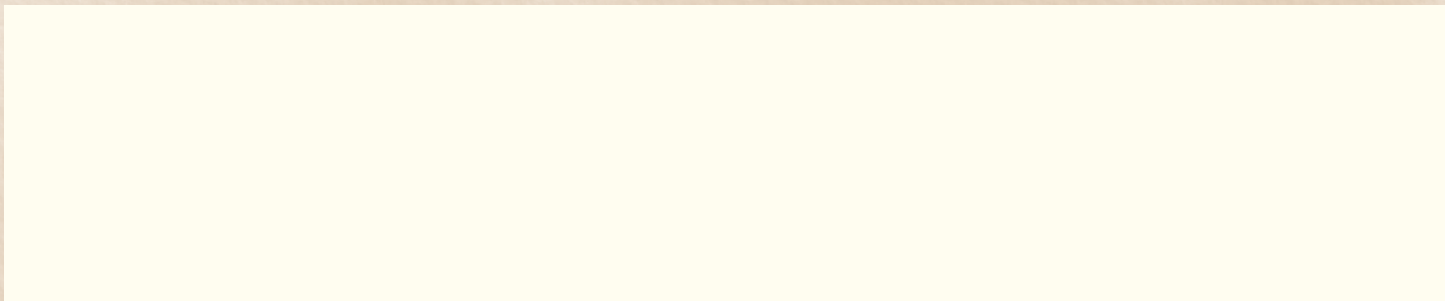
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



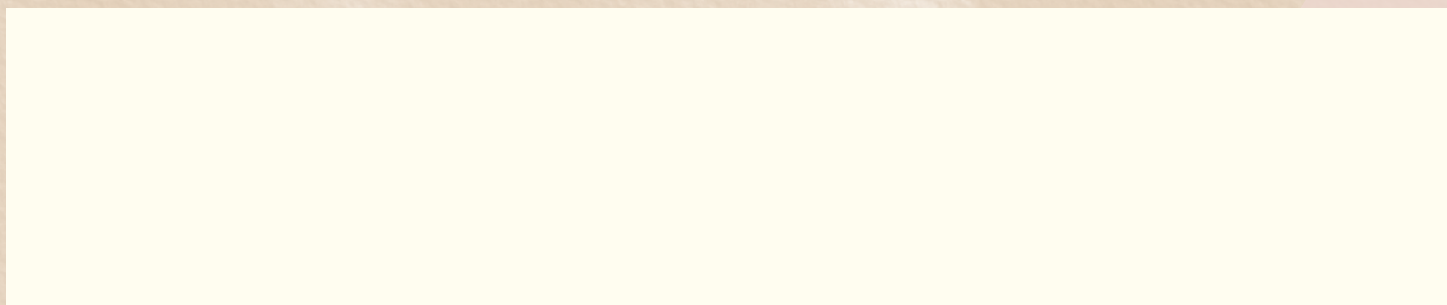
TRETJA stvar, za katero sem danes hvaležen/a:



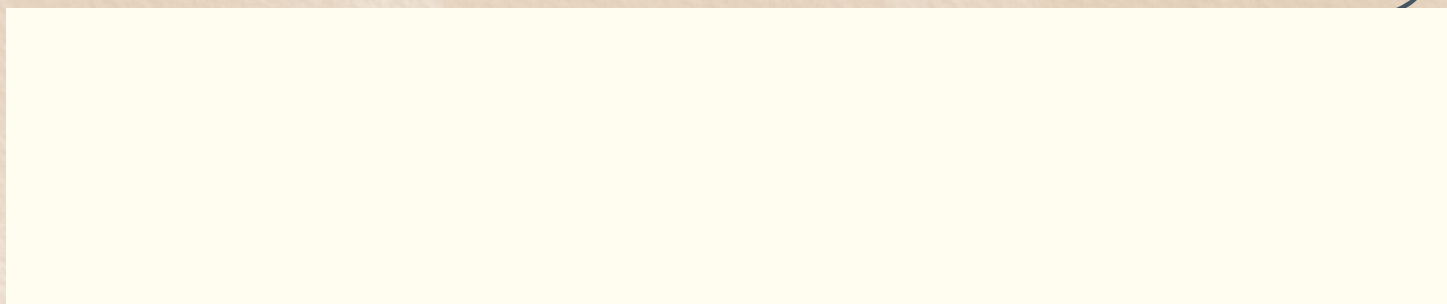


DATUM:

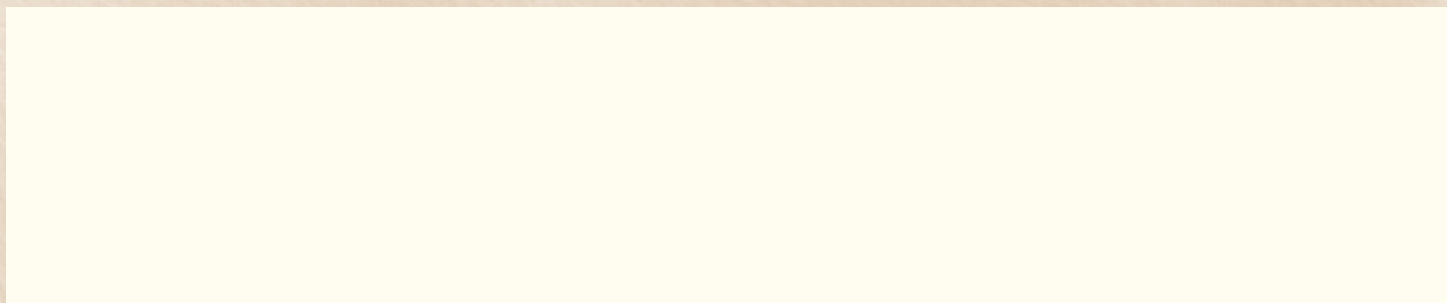
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



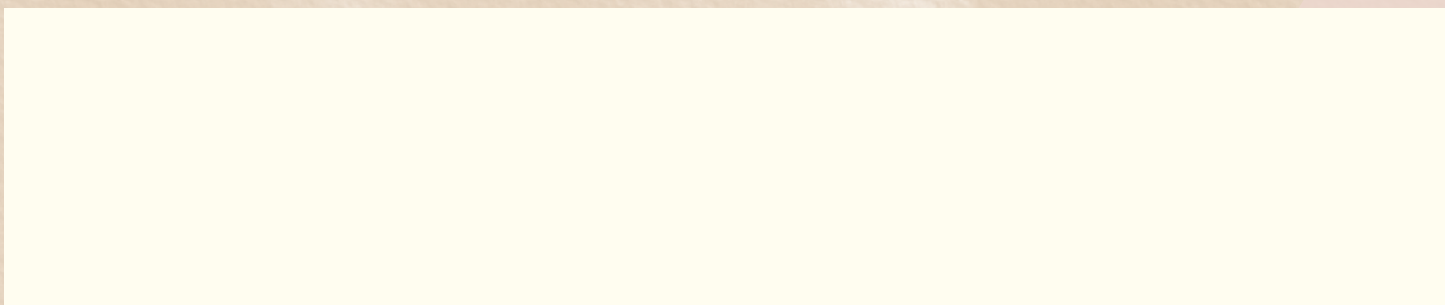
TRETJA stvar, za katero sem danes hvaležen/a:



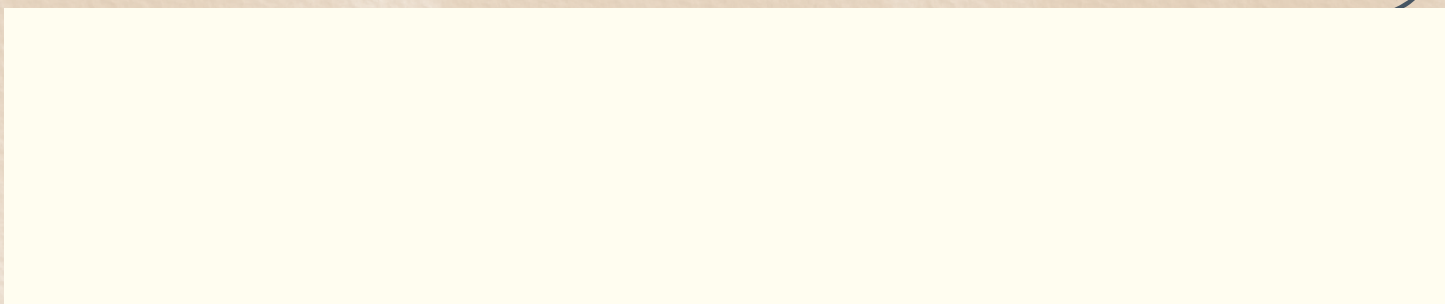


DATUM:

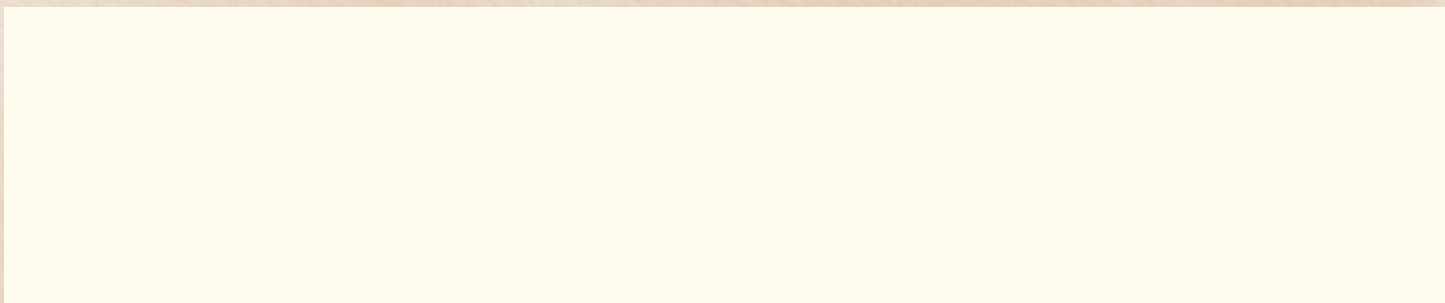
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



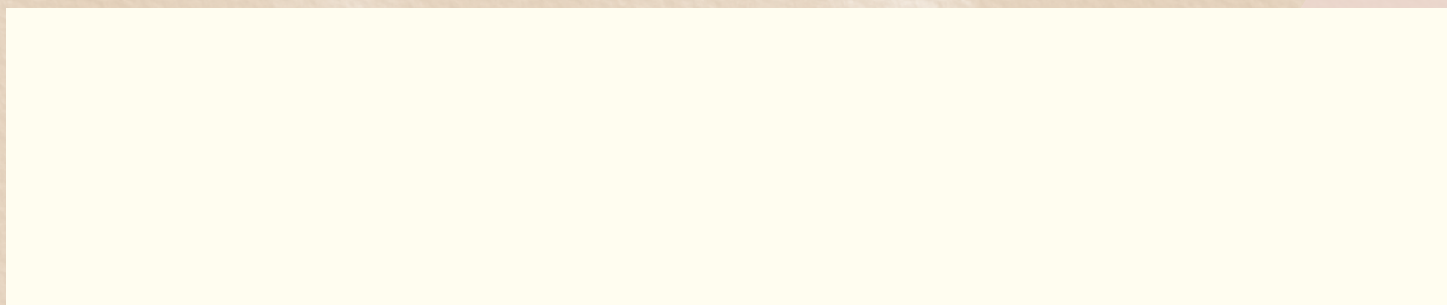
TRETJA stvar, za katero sem danes hvaležen/a:



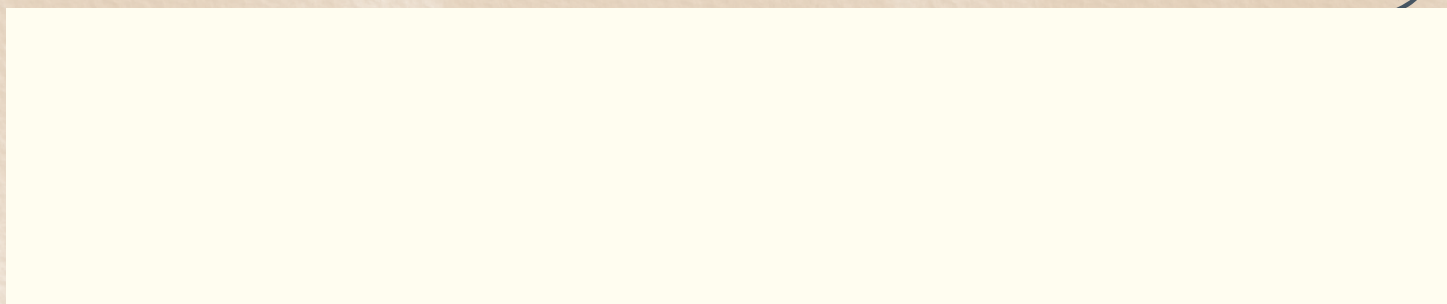


DATUM:

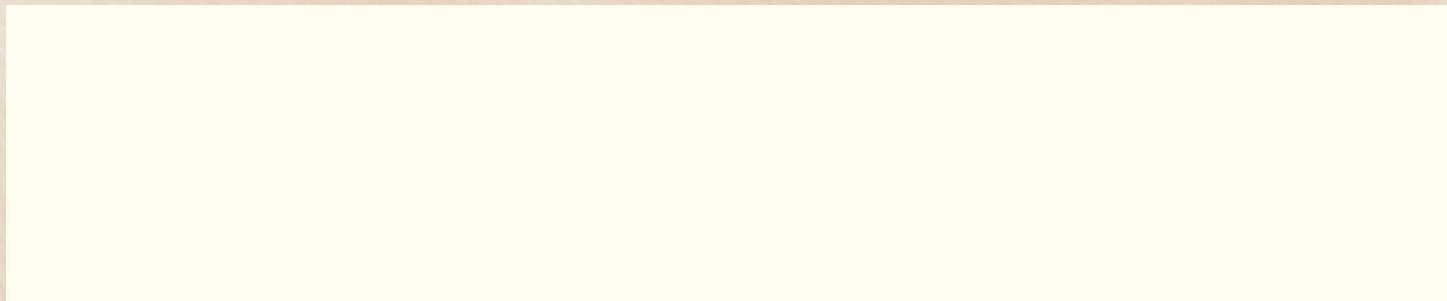
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



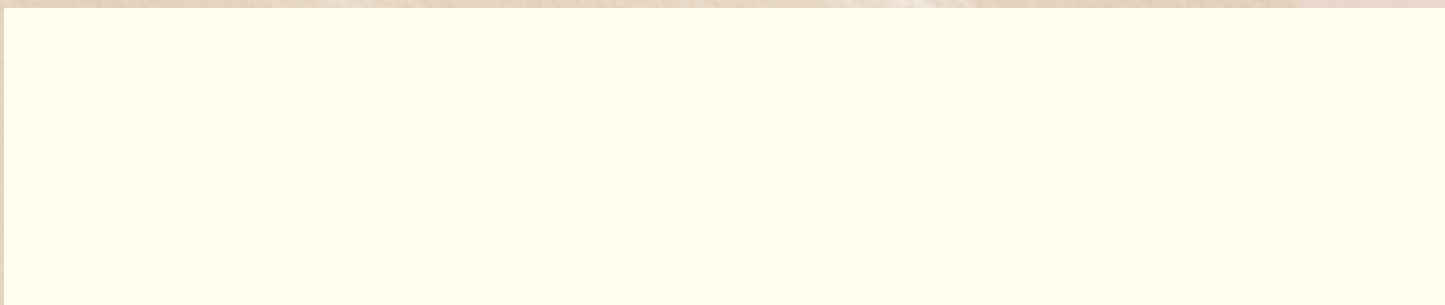
TRETJA stvar, za katero sem danes hvaležen/a:



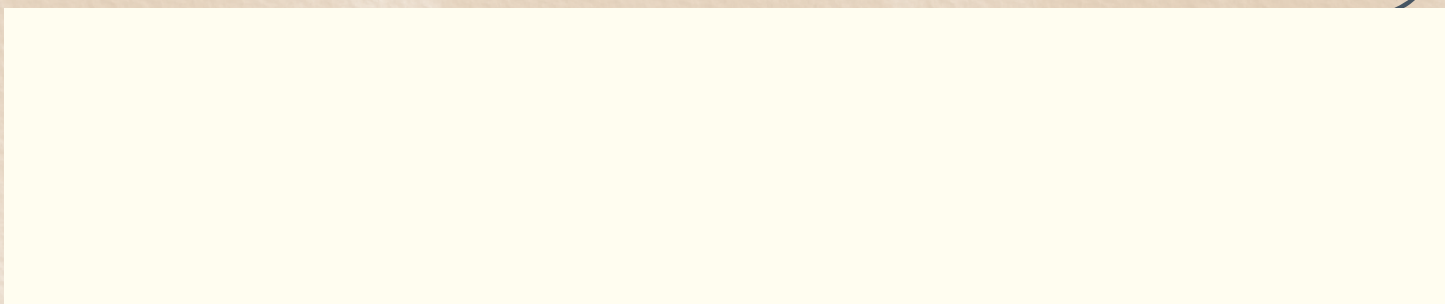


DATUM:

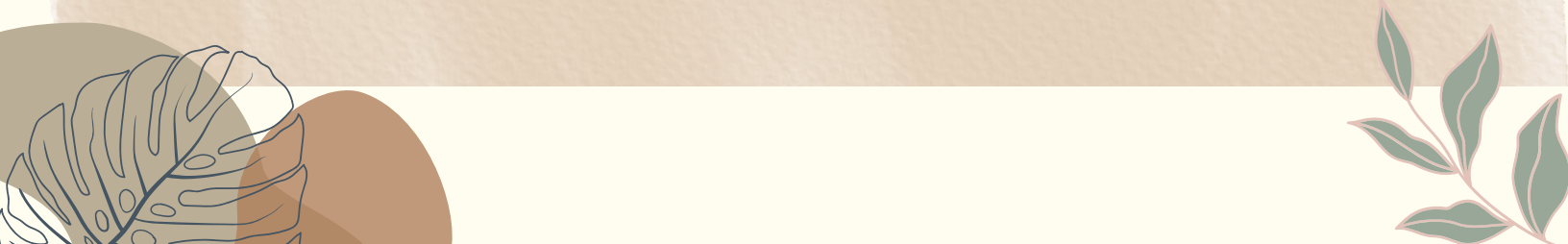
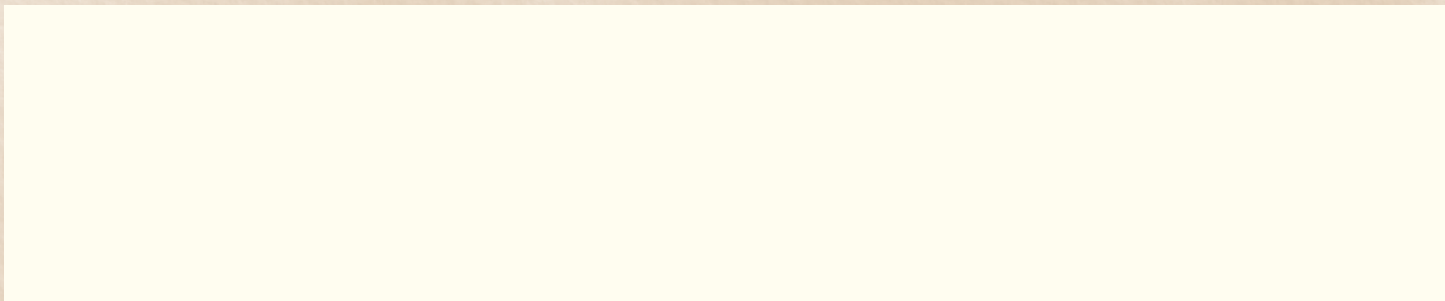
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



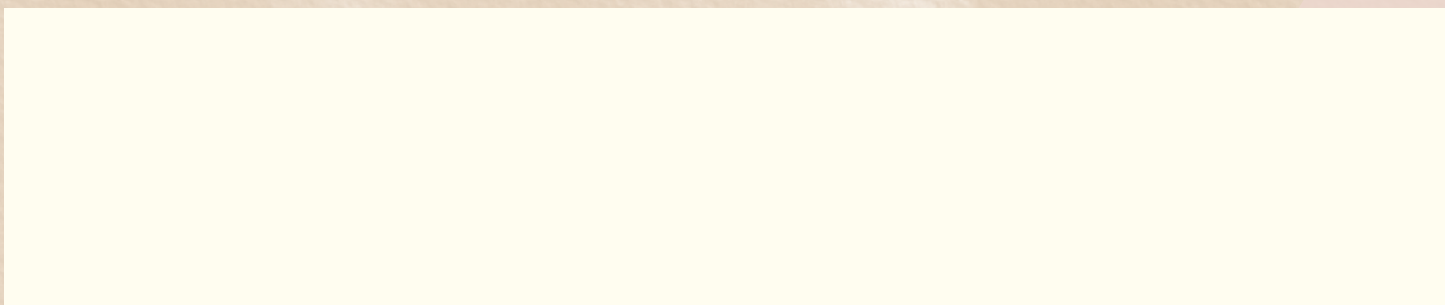
TRETJA stvar, za katero sem danes hvaležen/a:



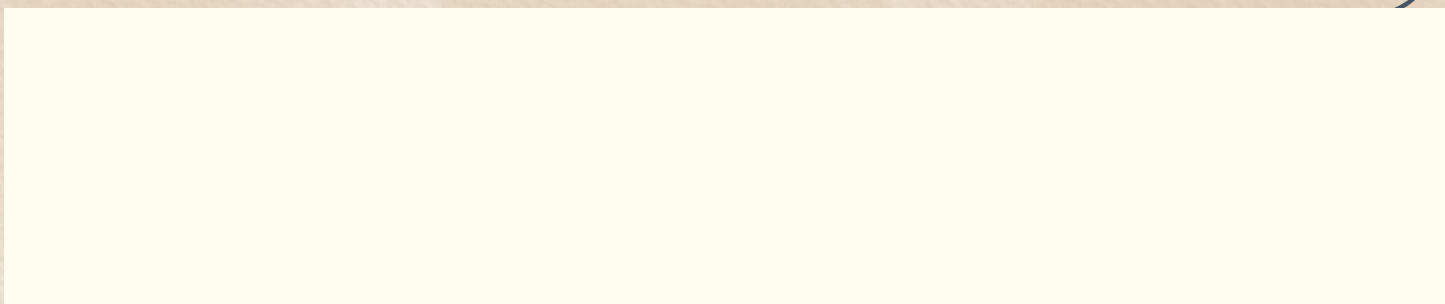


DATUM:

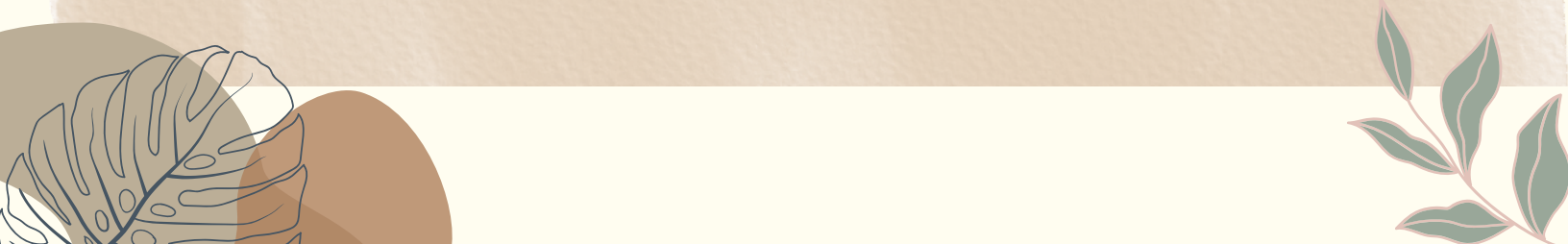
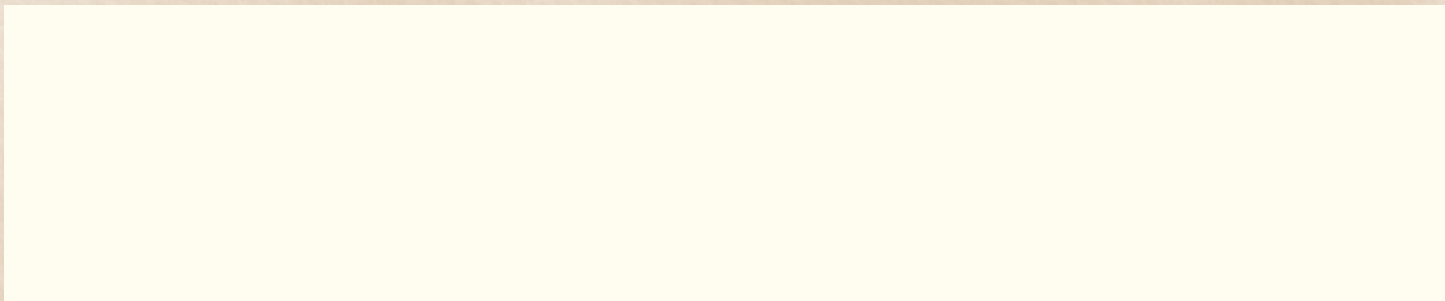
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



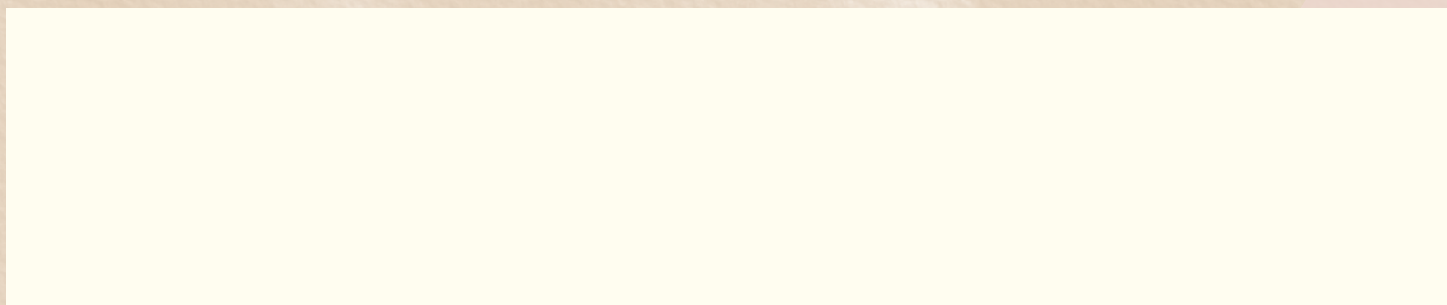
TRETJA stvar, za katero sem danes hvaležen/a:



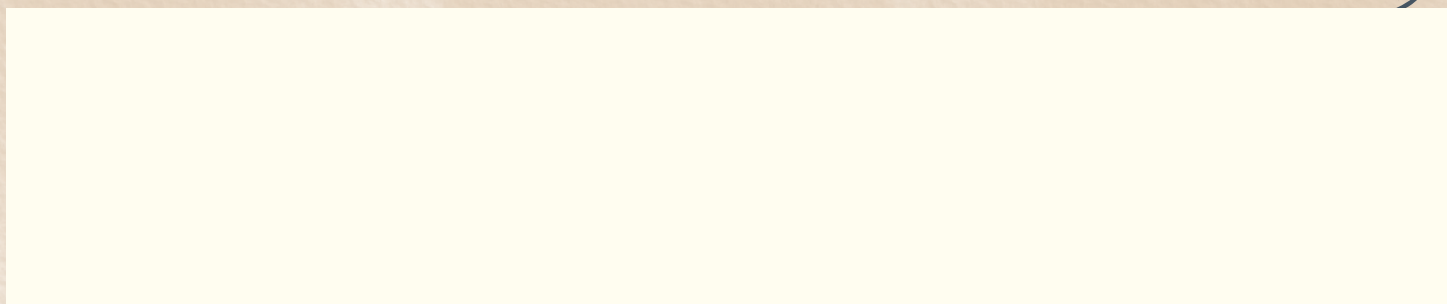


DATUM:

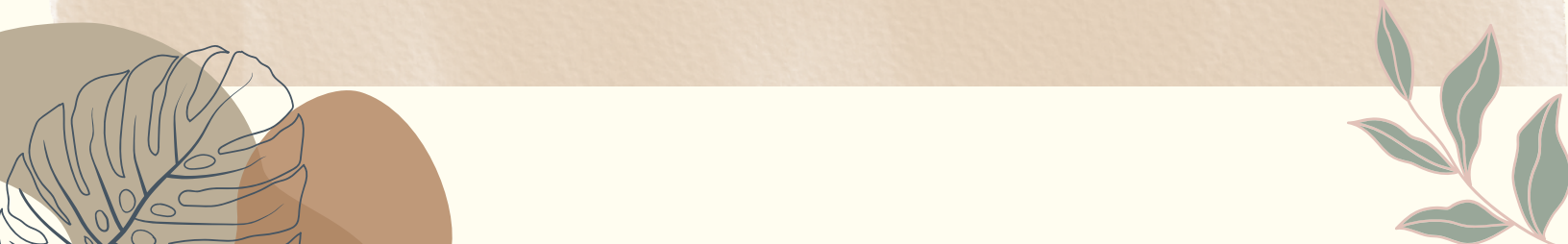
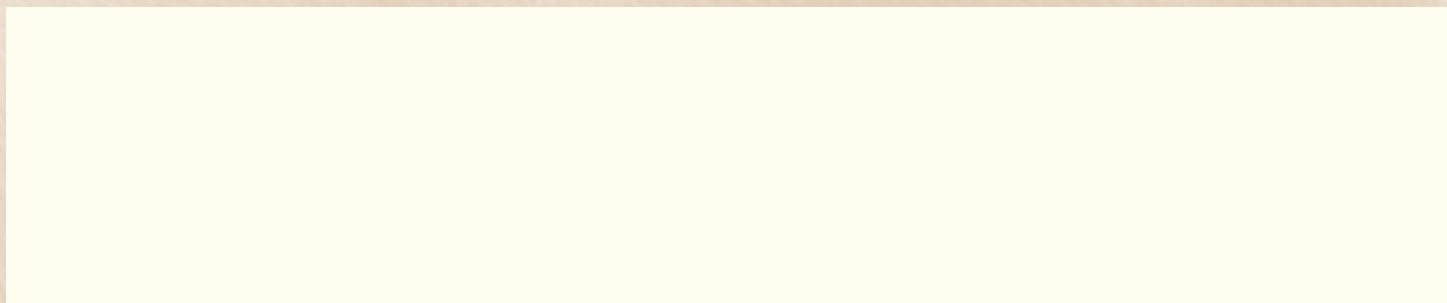
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



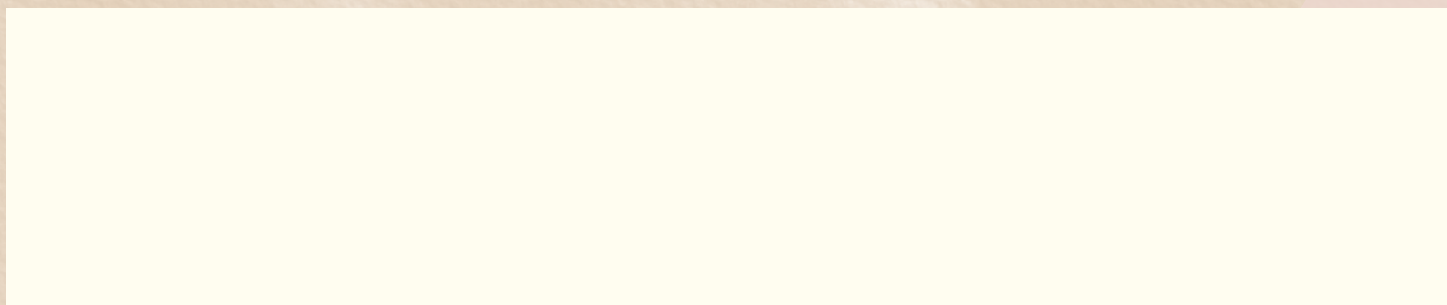
TRETJA stvar, za katero sem danes hvaležen/a:



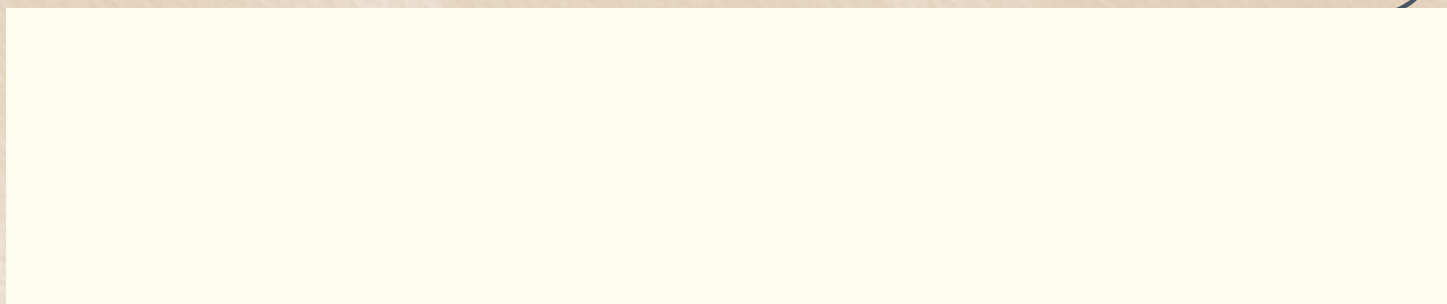


DATUM:

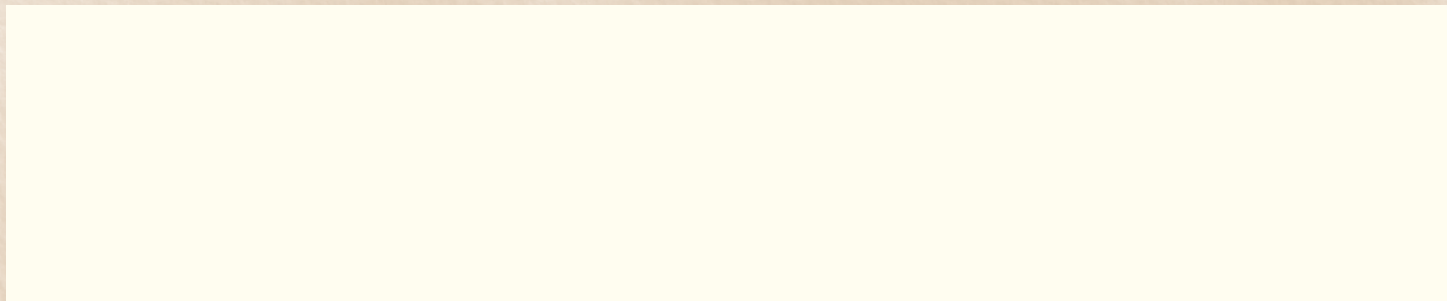
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



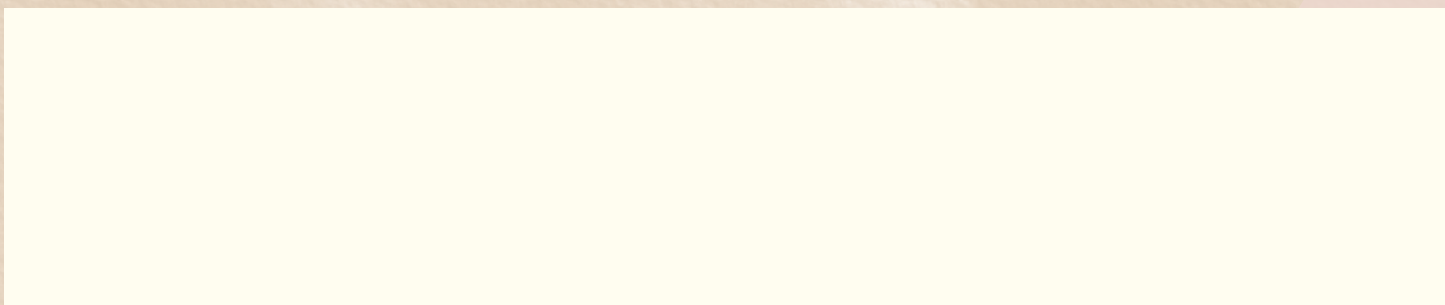
TRETJA stvar, za katero sem danes hvaležen/a:



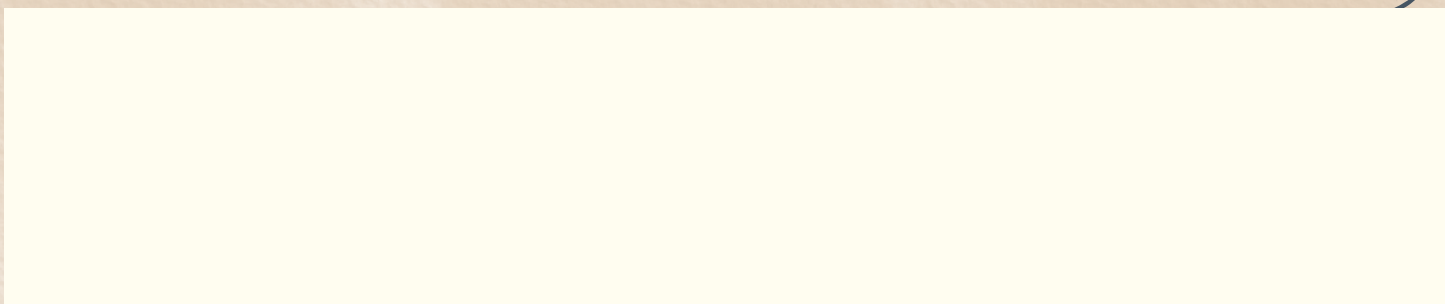


DATUM:

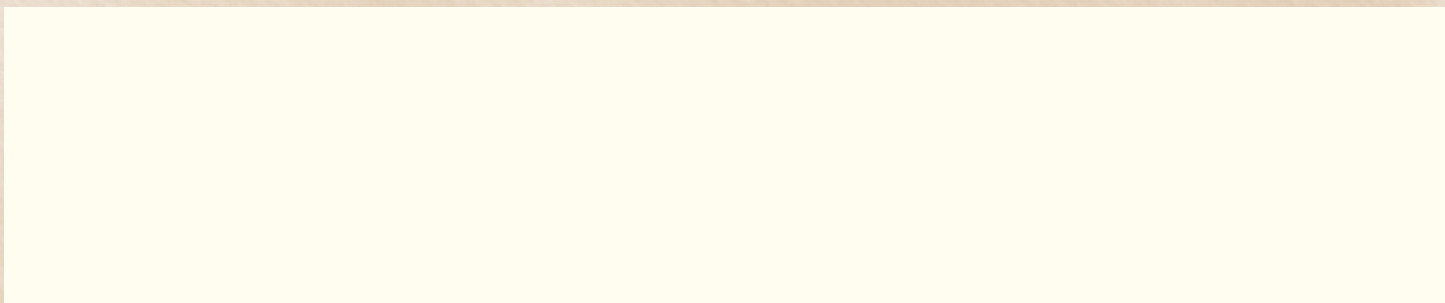
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



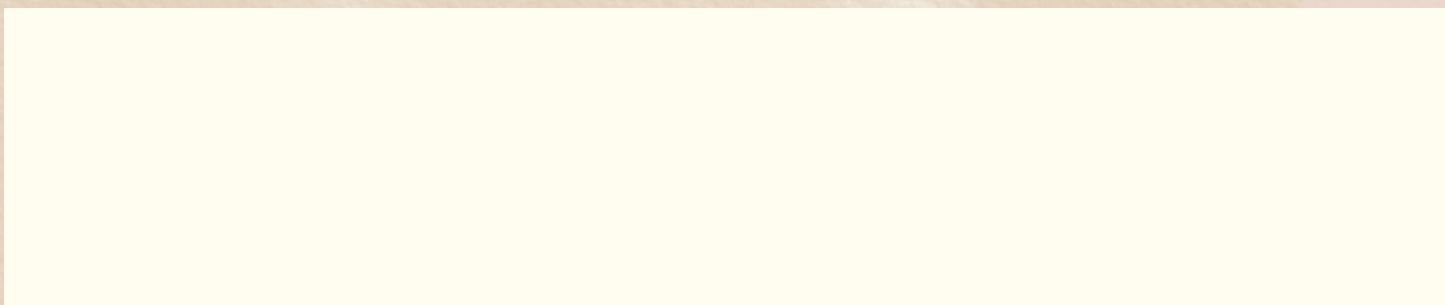
TRETJA stvar, za katero sem danes hvaležen/a:



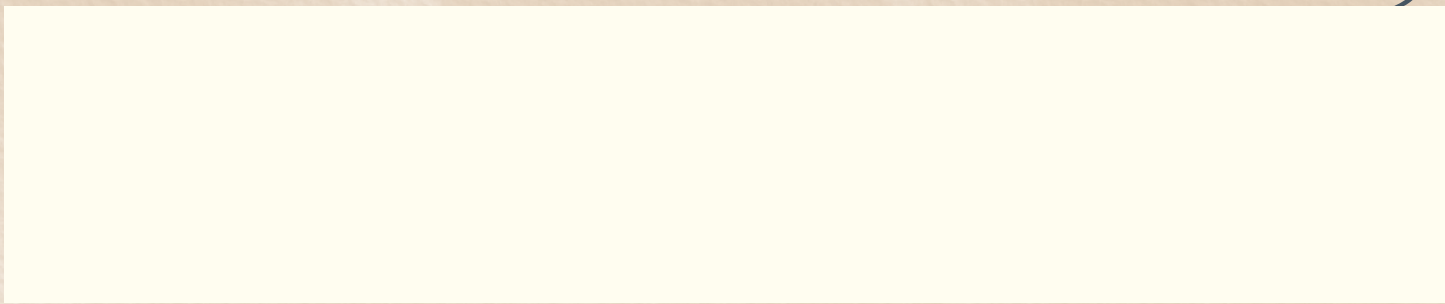


DATUM:

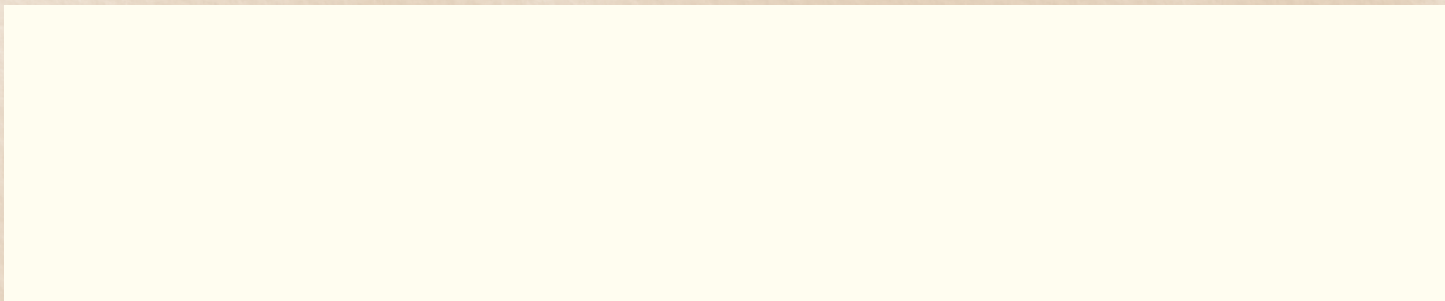
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



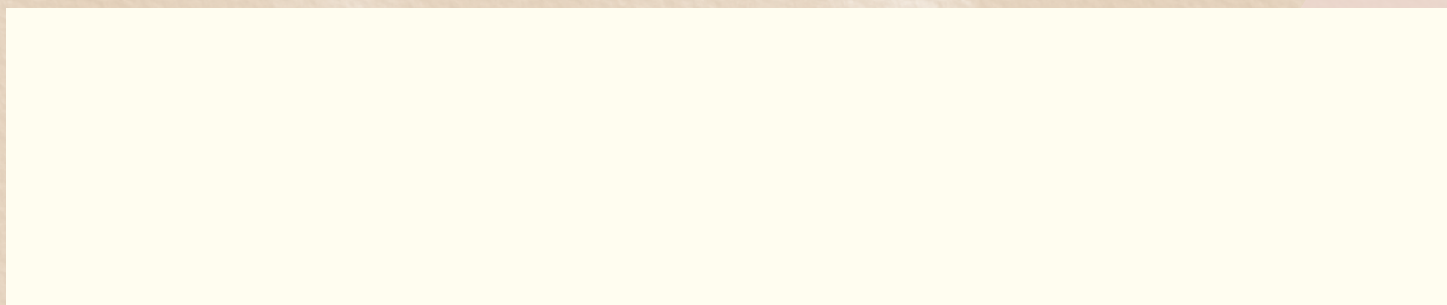
TRETJA stvar, za katero sem danes hvaležen/a:



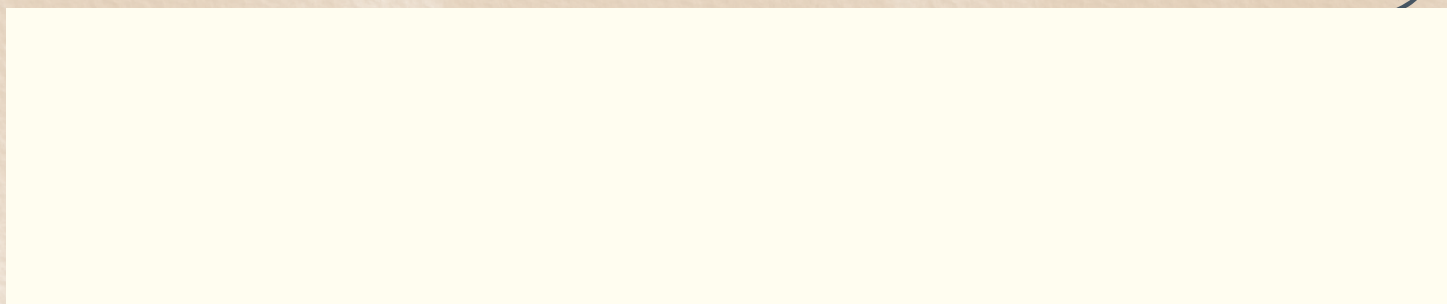


DATUM:

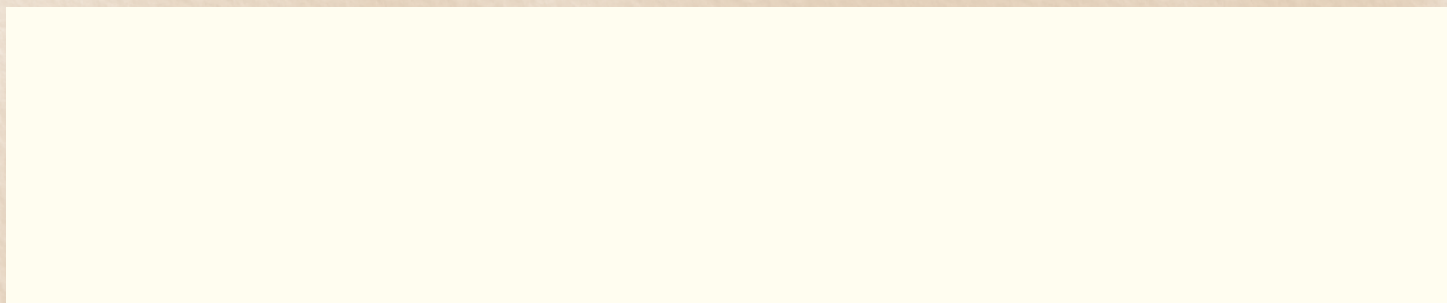
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



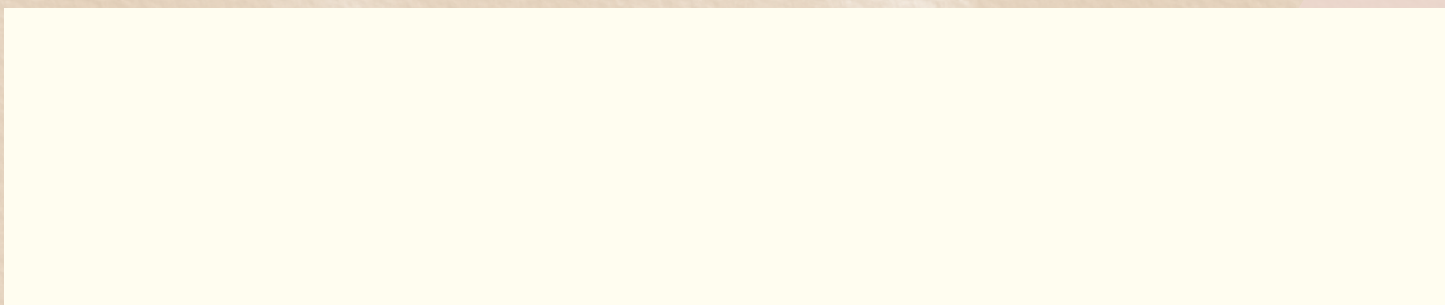
TRETJA stvar, za katero sem danes hvaležen/a:



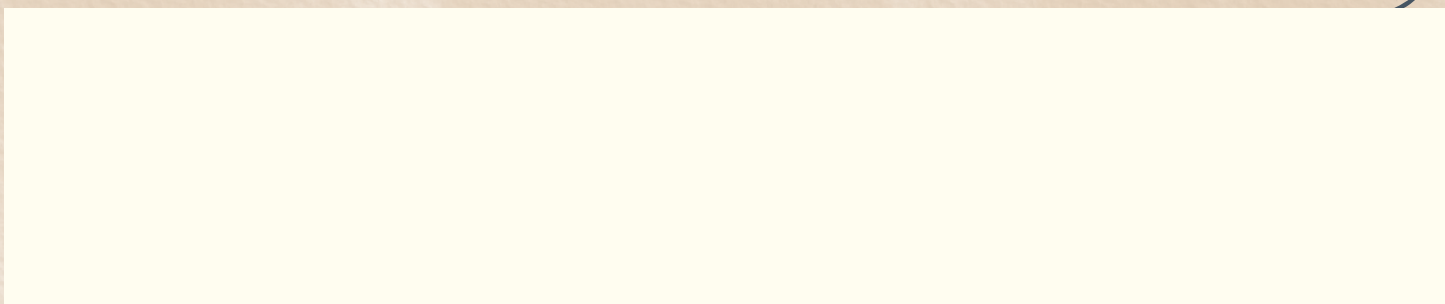


DATUM:

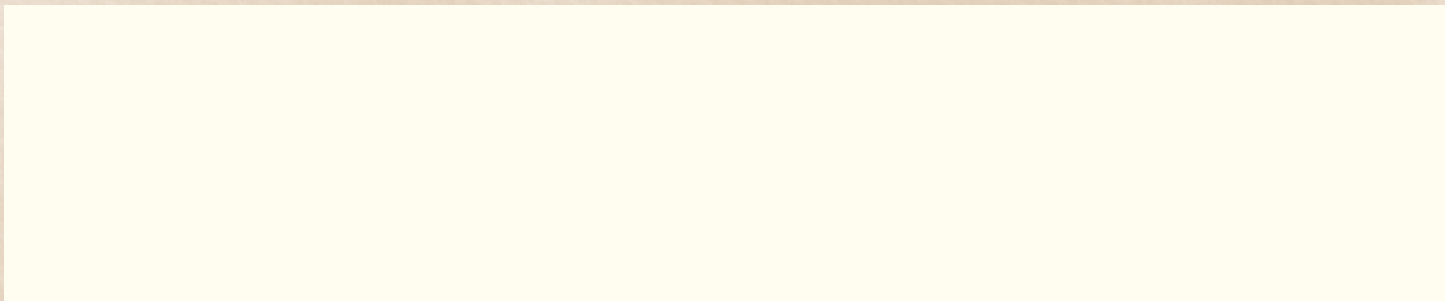
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



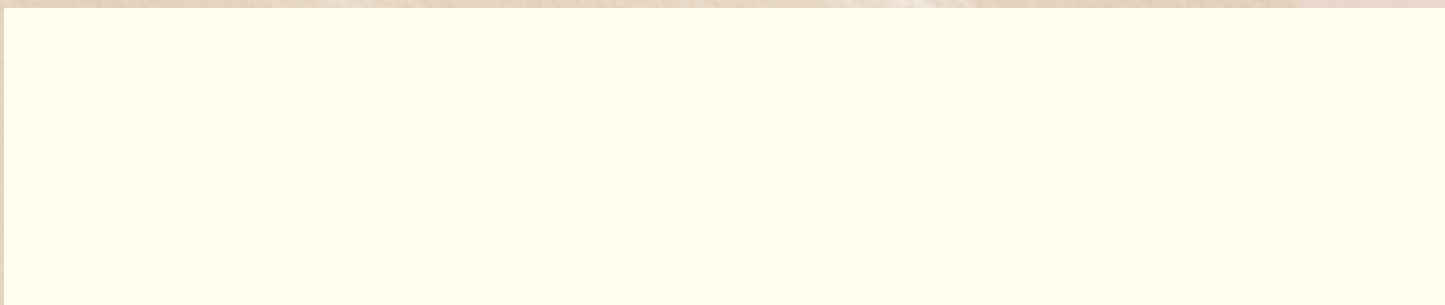
TRETJA stvar, za katero sem danes hvaležen/a:



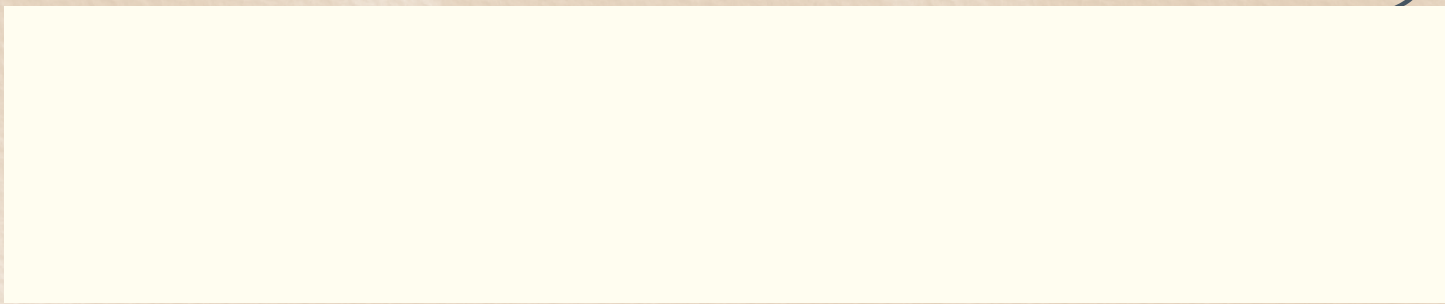


DATUM:

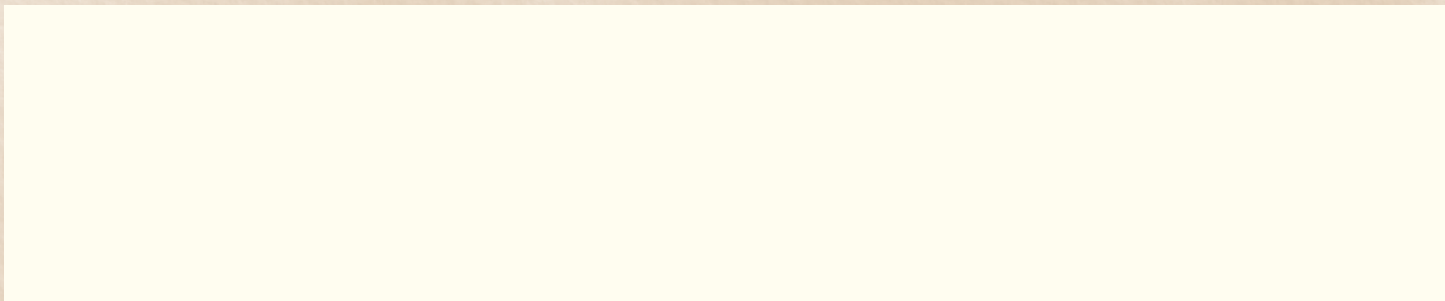
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



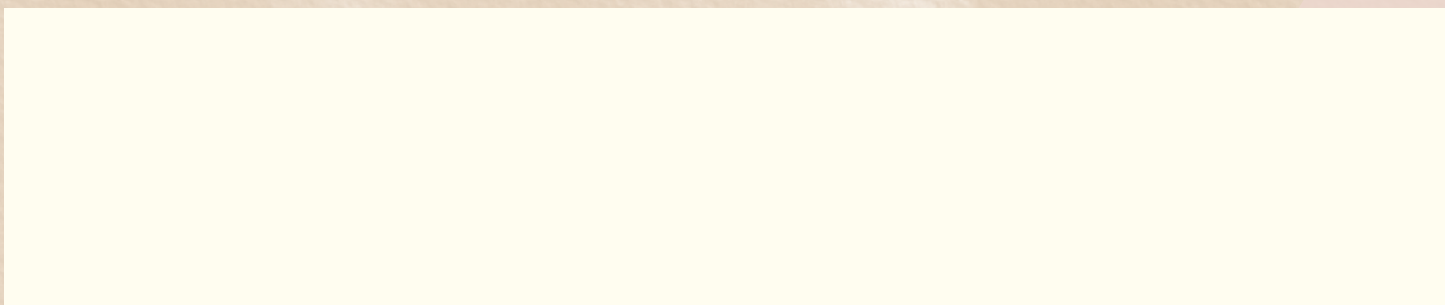
TRETJA stvar, za katero sem danes hvaležen/a:



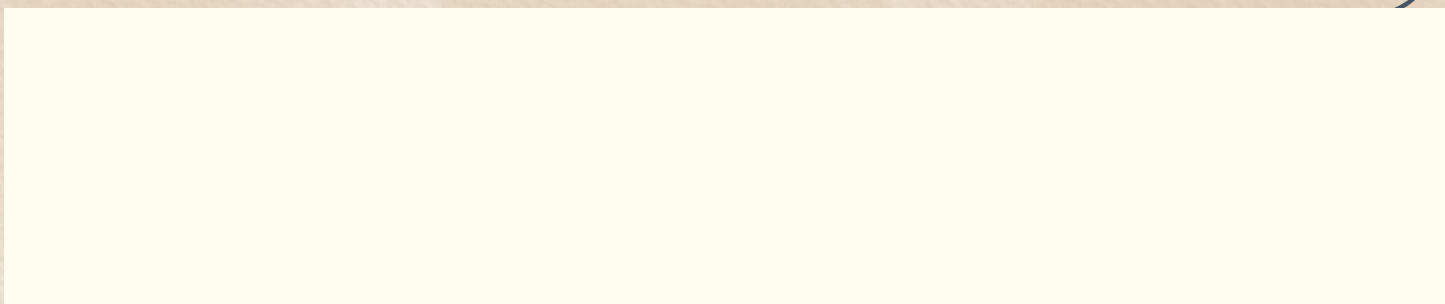


DATUM:

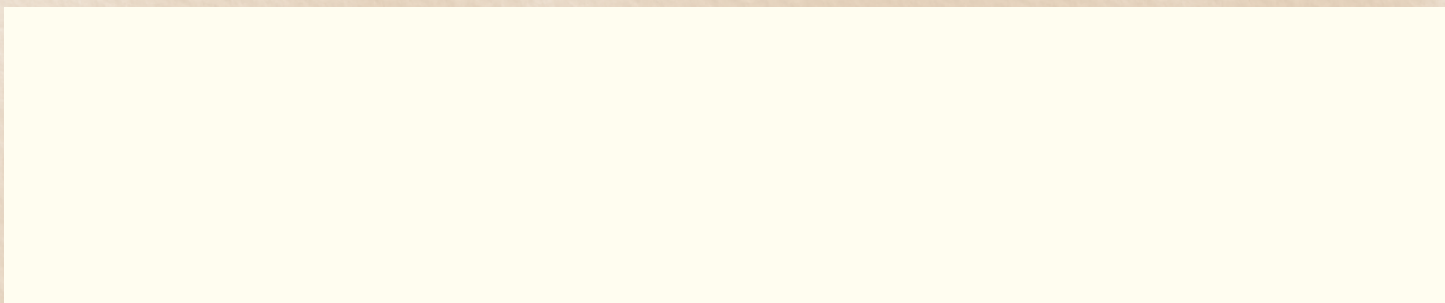
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



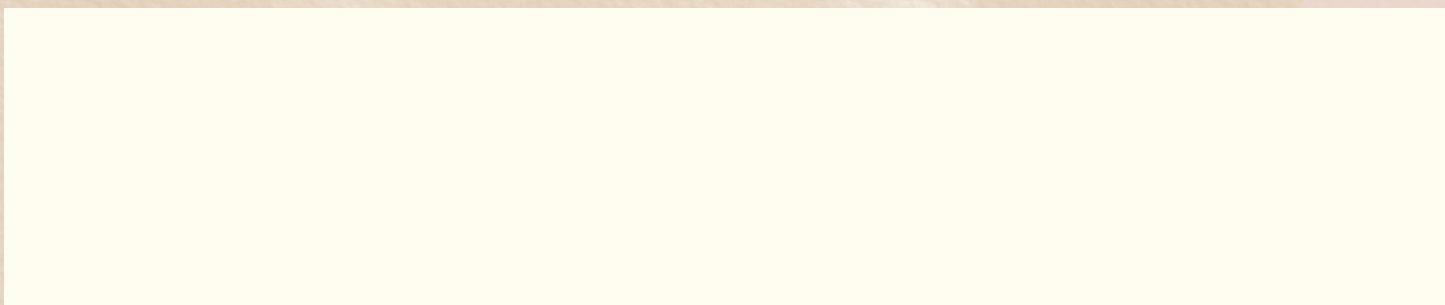
TRETJA stvar, za katero sem danes hvaležen/a:



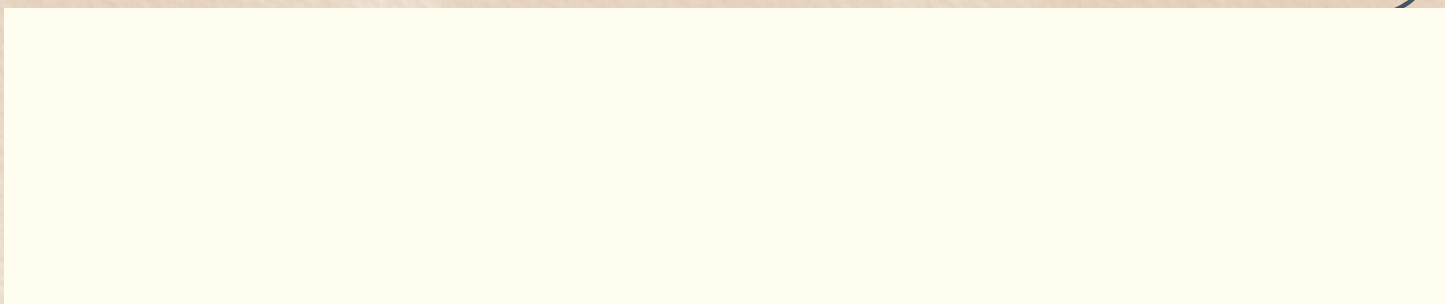


DATUM:

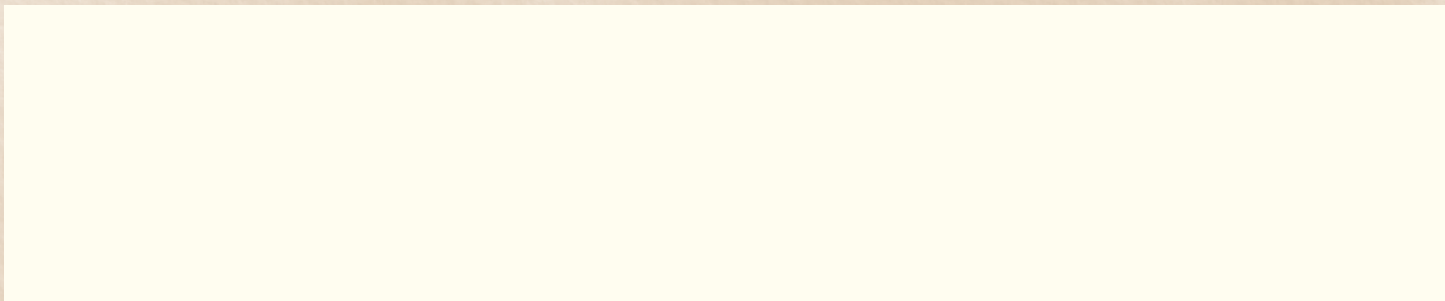
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



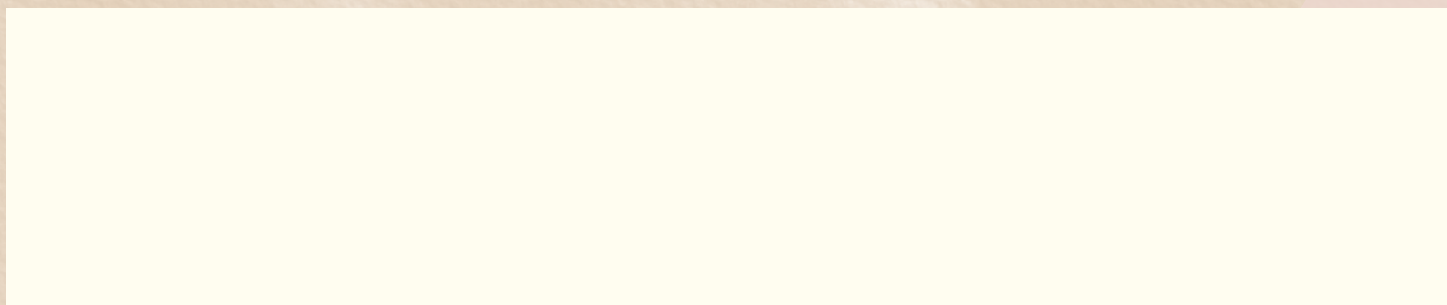
TRETJA stvar, za katero sem danes hvaležen/a:



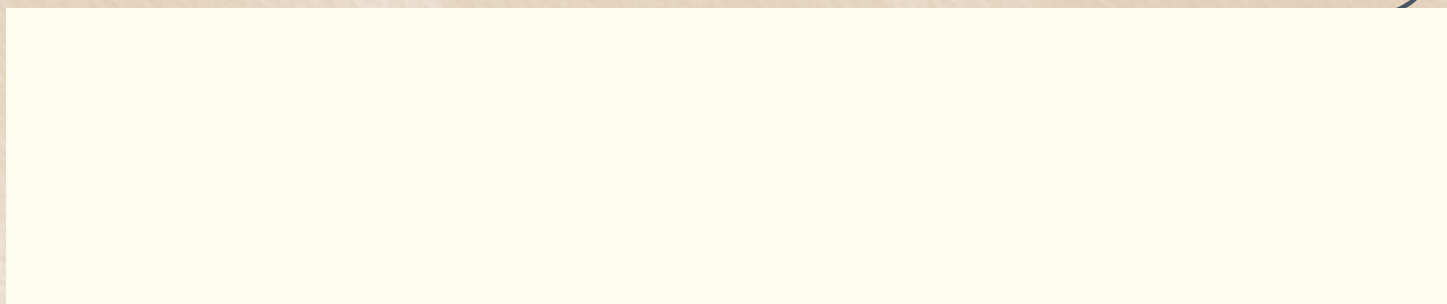


DATUM:

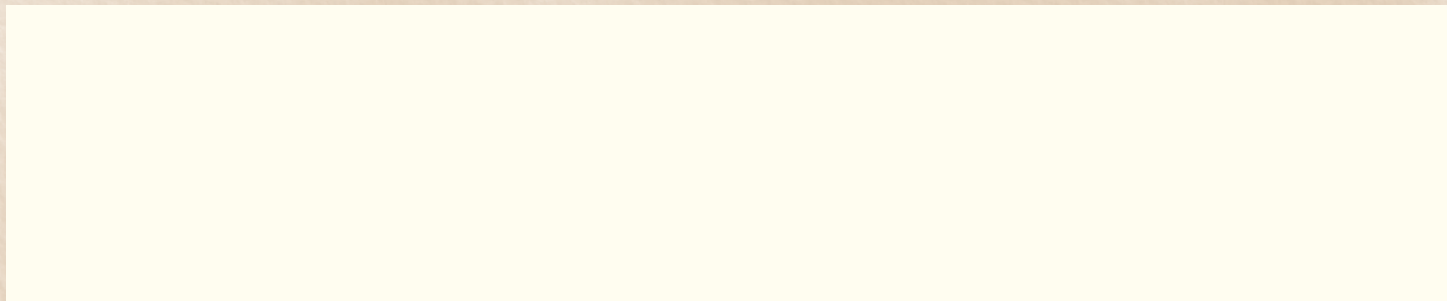
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



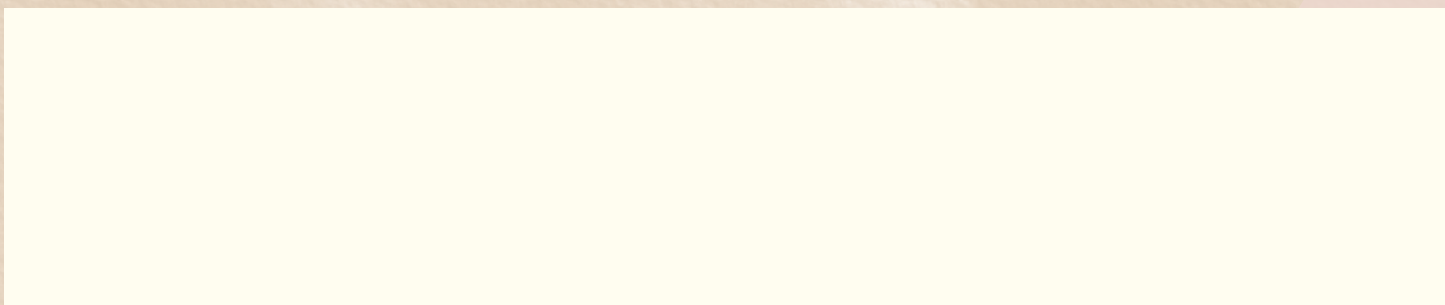
TRETJA stvar, za katero sem danes hvaležen/a:



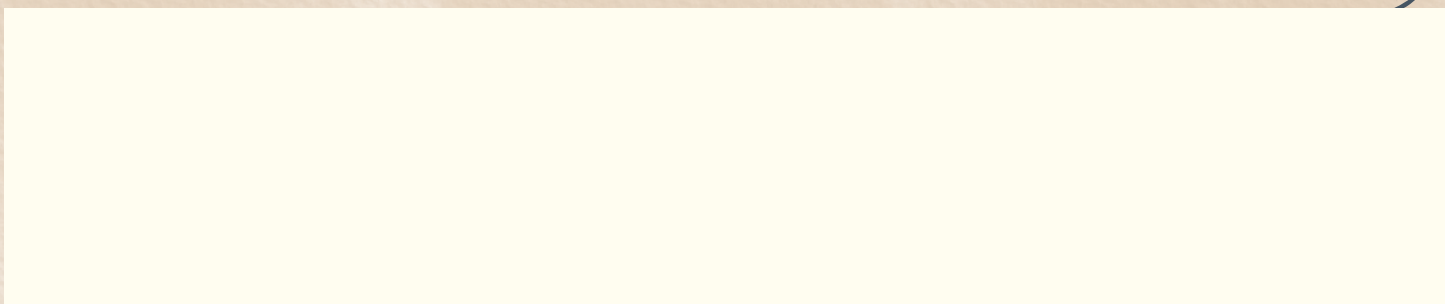


DATUM:

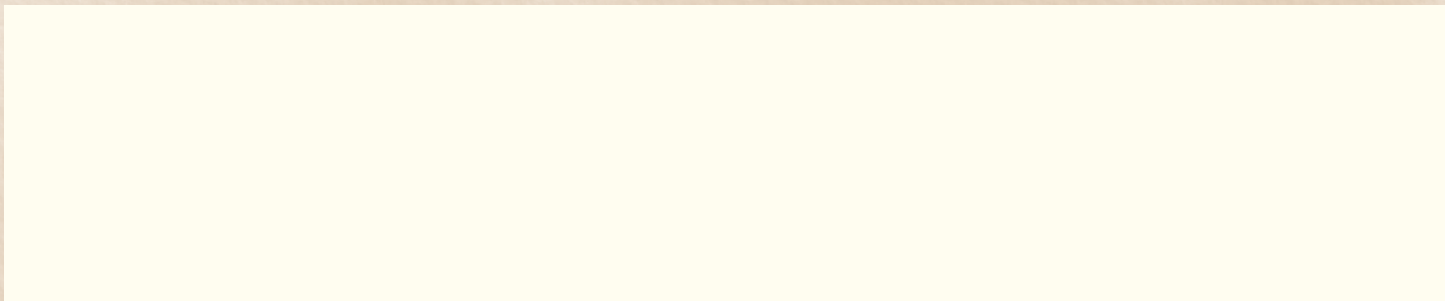
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



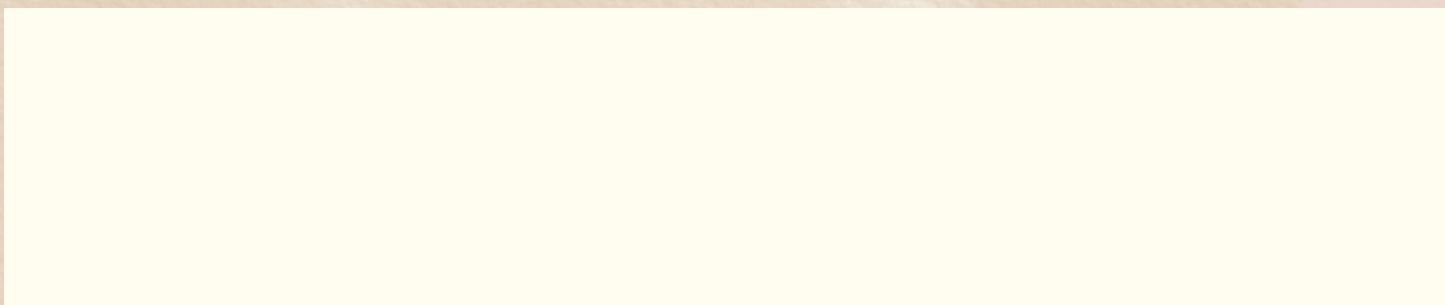
TRETJA stvar, za katero sem danes hvaležen/a:



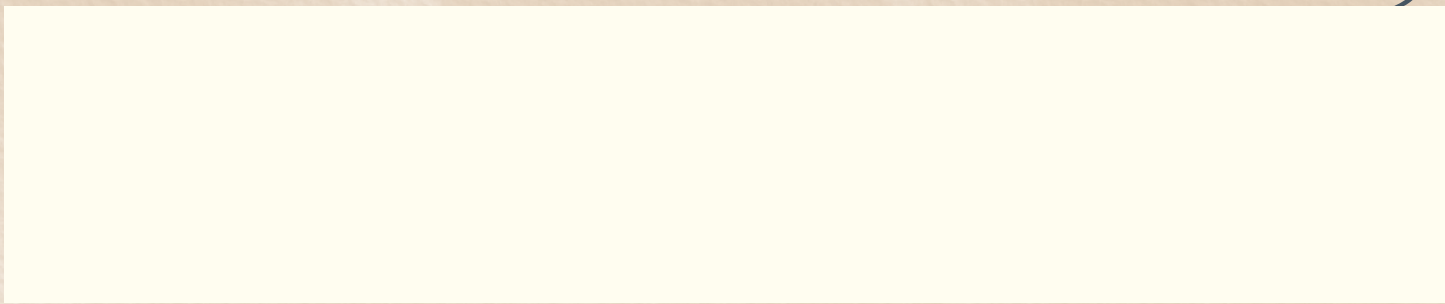


DATUM:

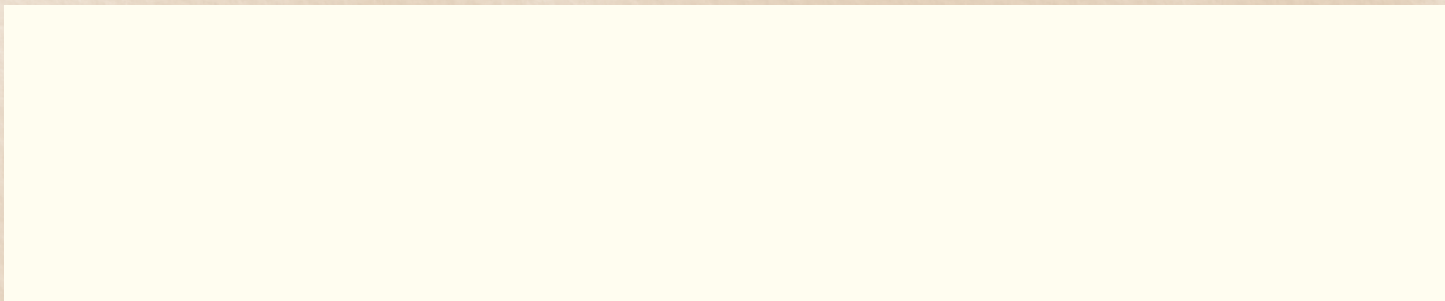
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



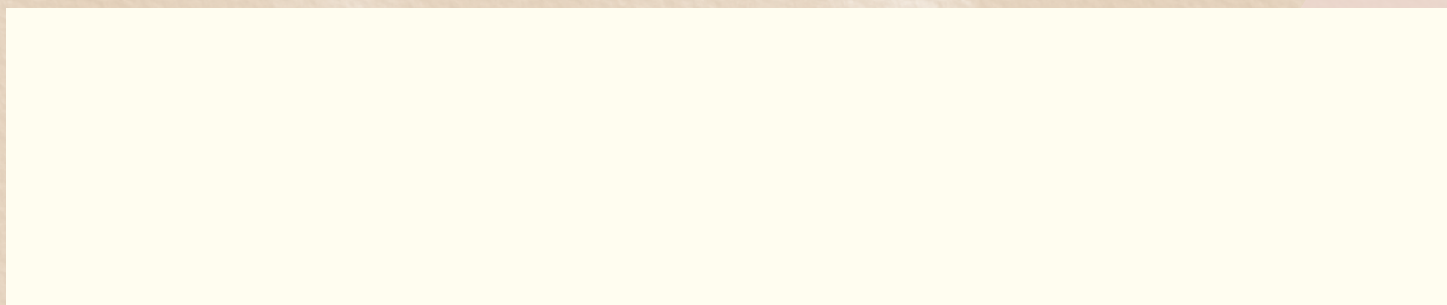
TRETJA stvar, za katero sem danes hvaležen/a:



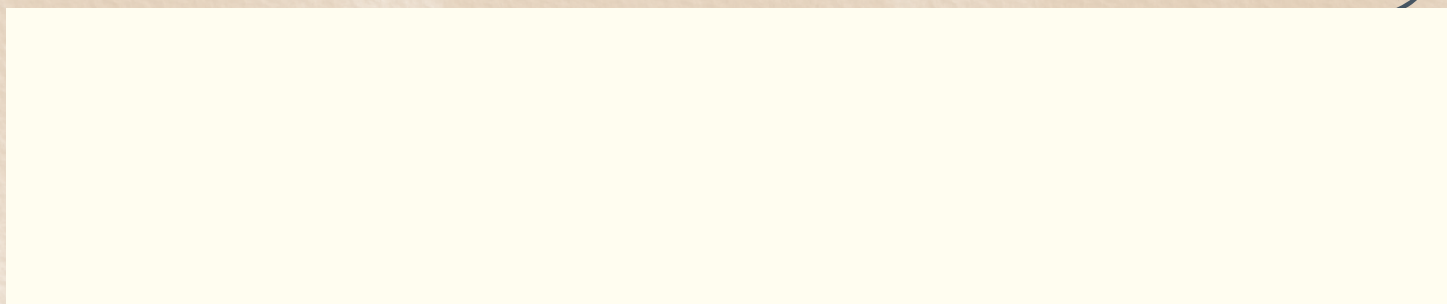


DATUM:

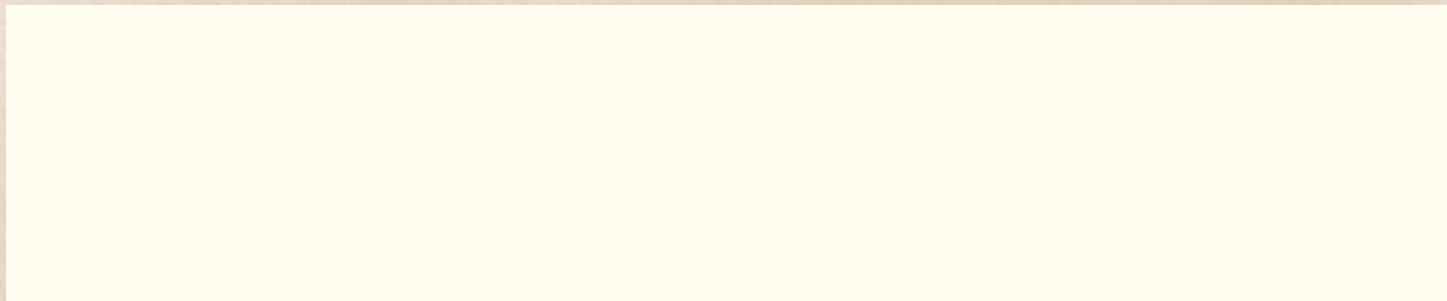
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



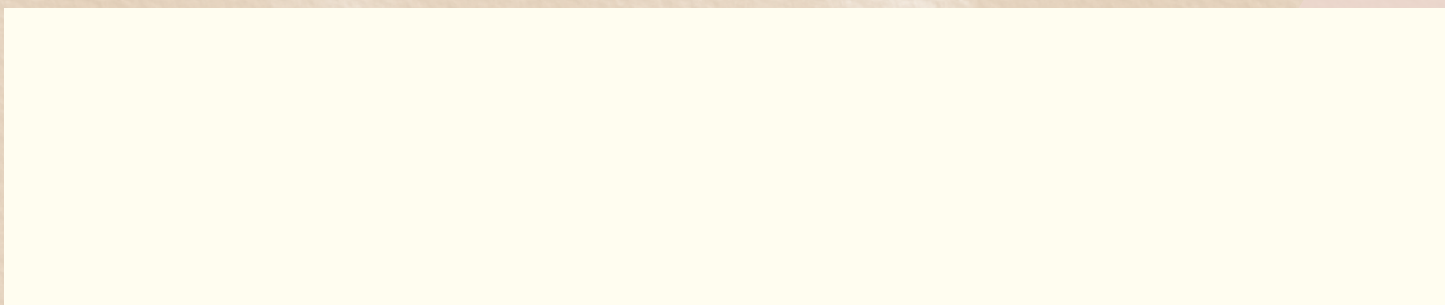
TRETJA stvar, za katero sem danes hvaležen/a:



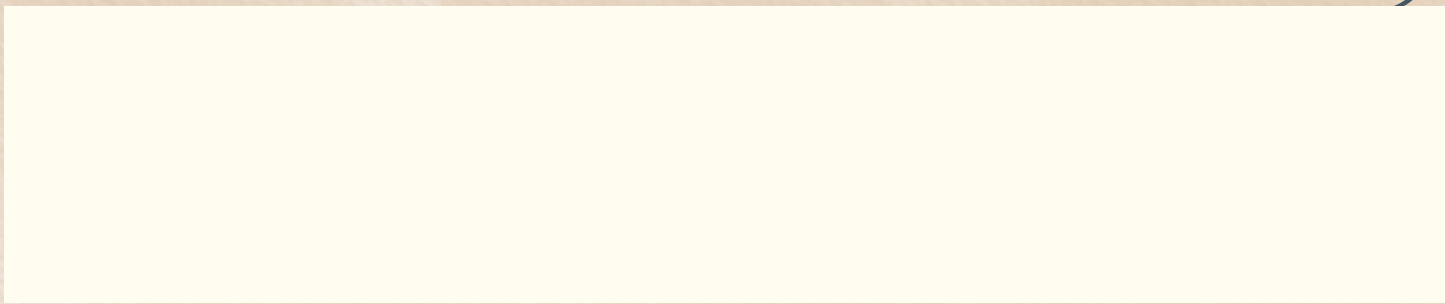


DATUM:

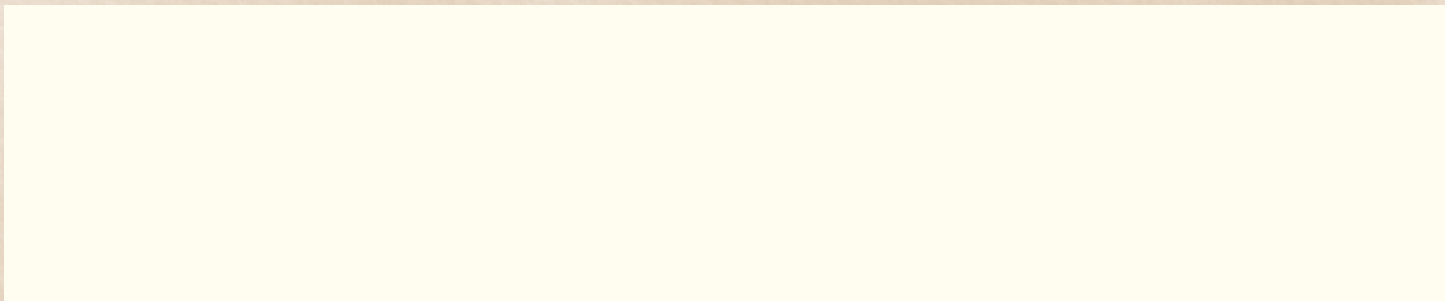
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



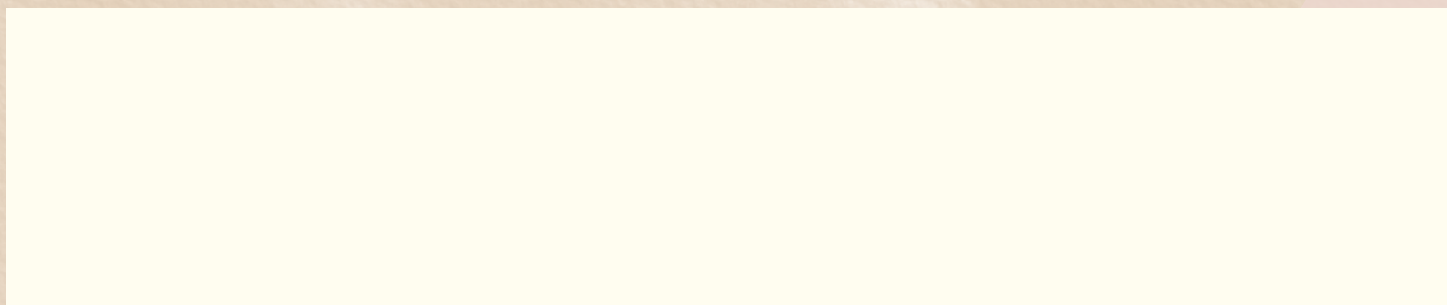
TRETJA stvar, za katero sem danes hvaležen/a:



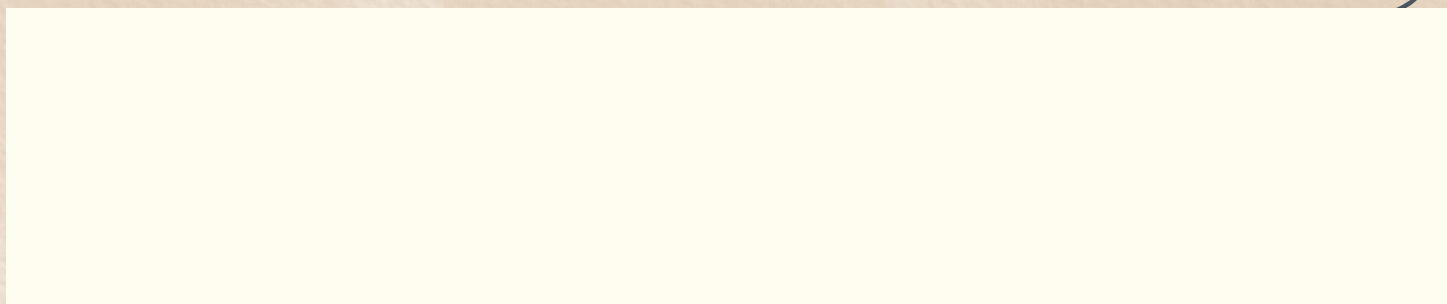


DATUM:


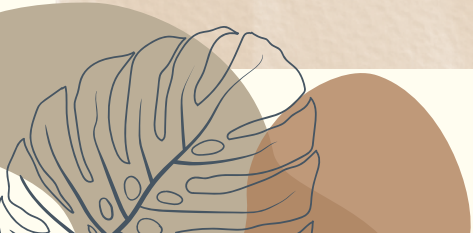
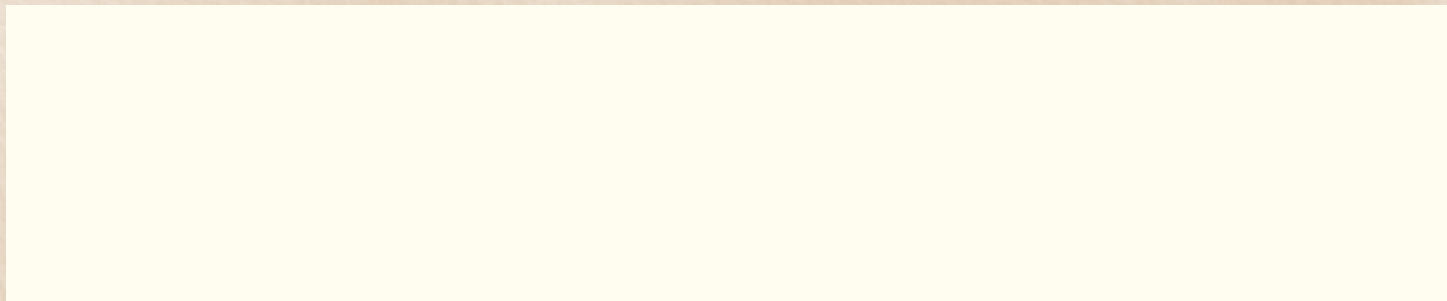
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



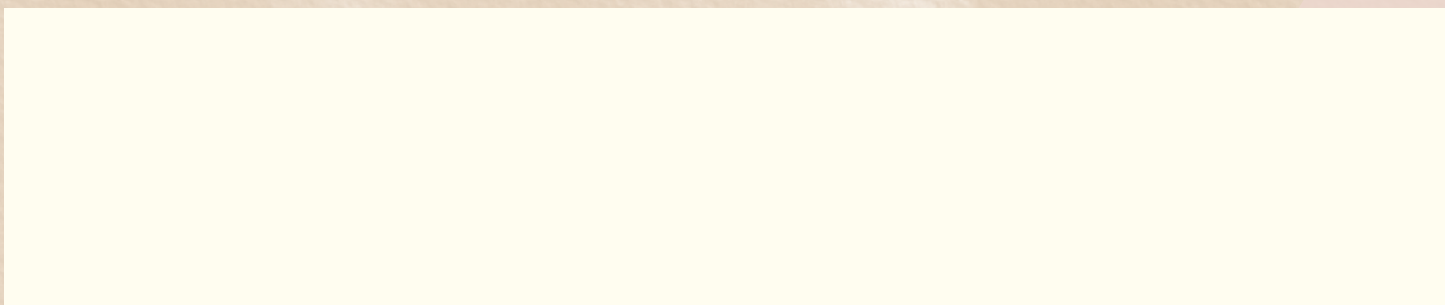
TRETJA stvar, za katero sem danes hvaležen/a:



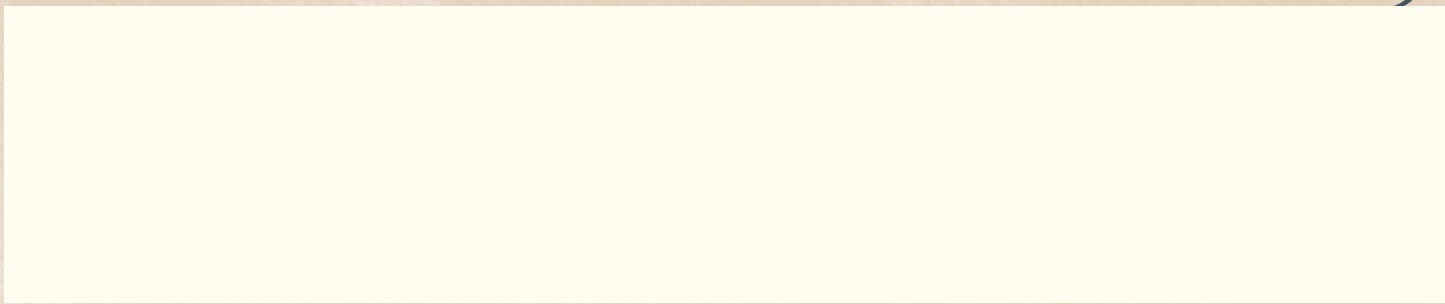


DATUM:


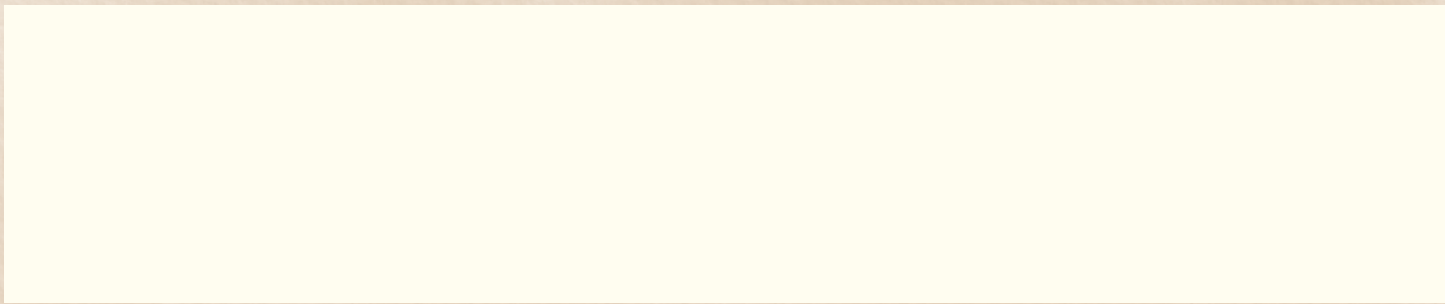
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



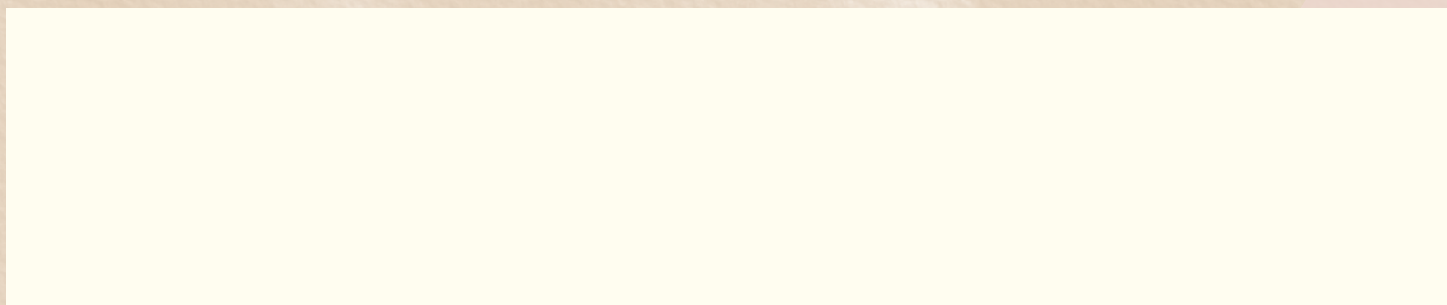
TRETJA stvar, za katero sem danes hvaležen/a:



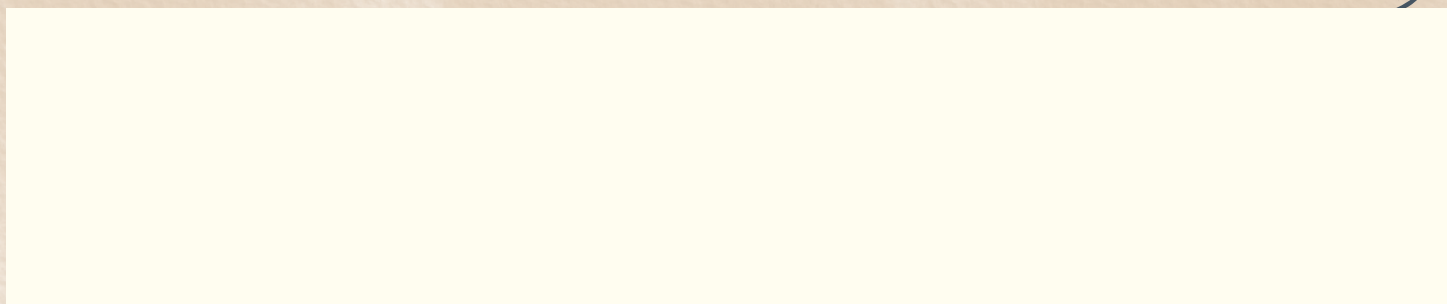


DATUM:

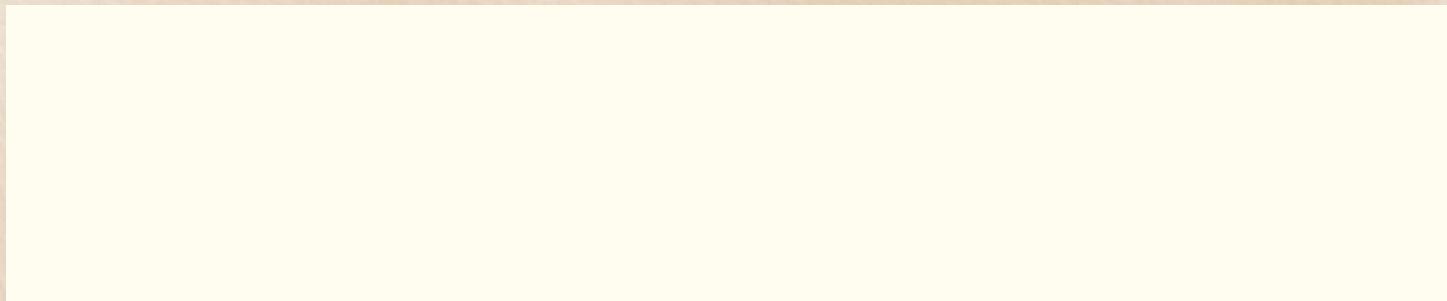
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



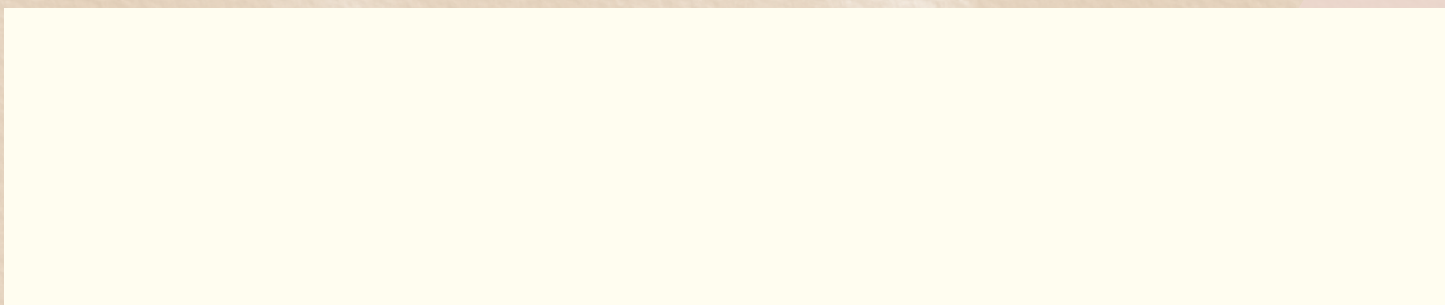
TRETJA stvar, za katero sem danes hvaležen/a:



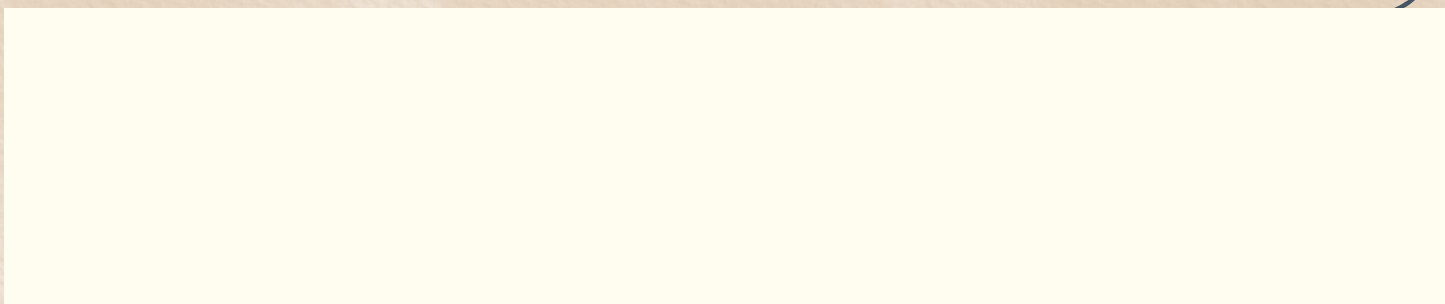


DATUM:

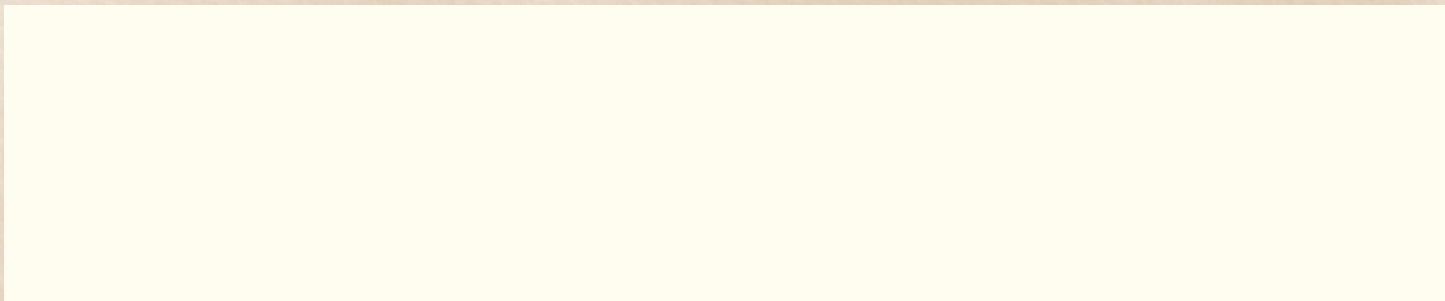
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



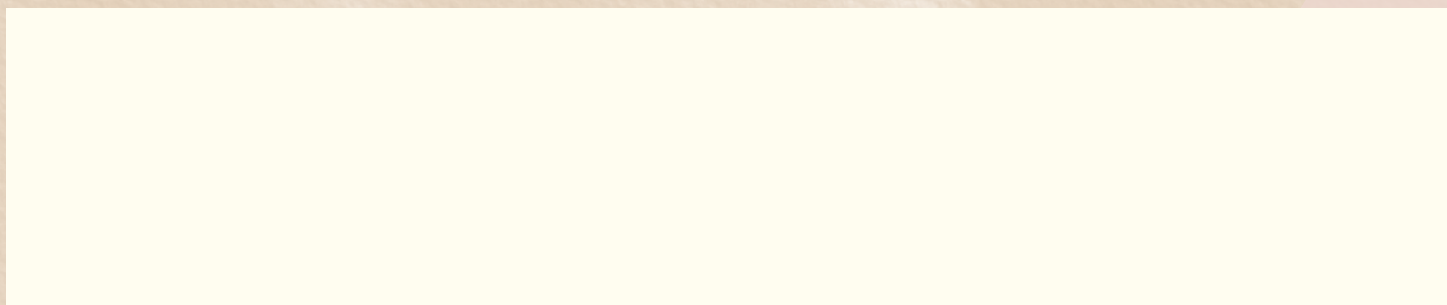
TRETJA stvar, za katero sem danes hvaležen/a:



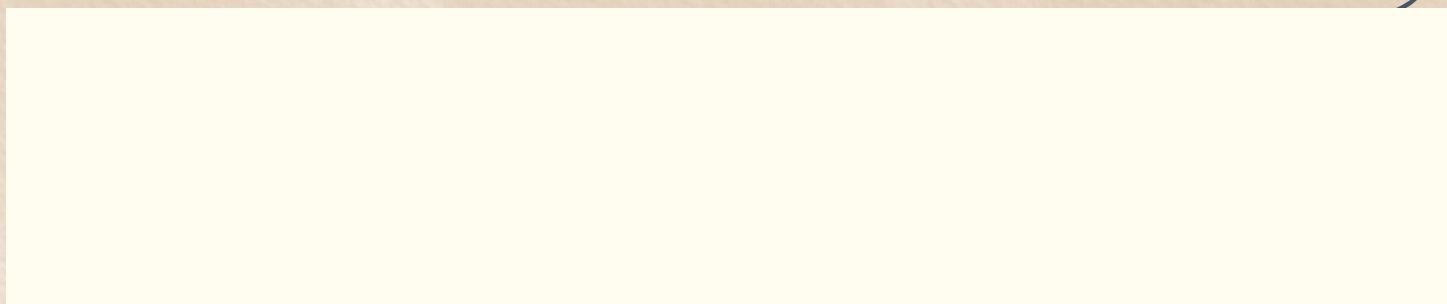


DATUM:

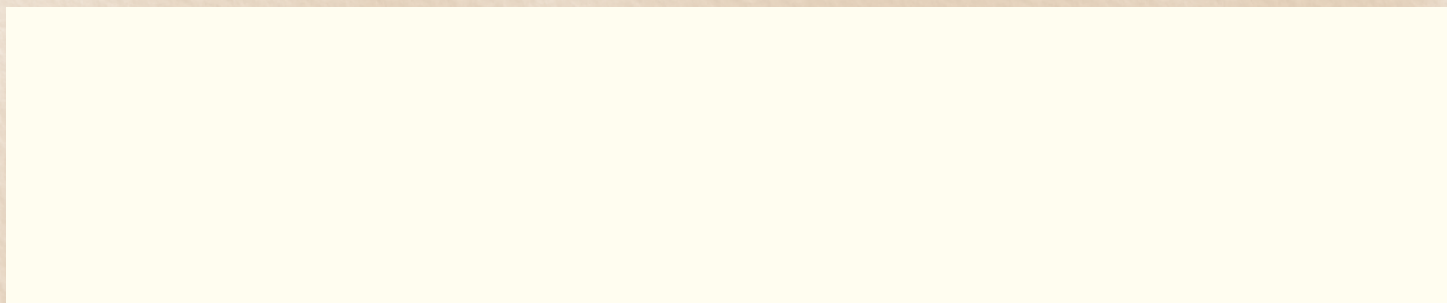
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



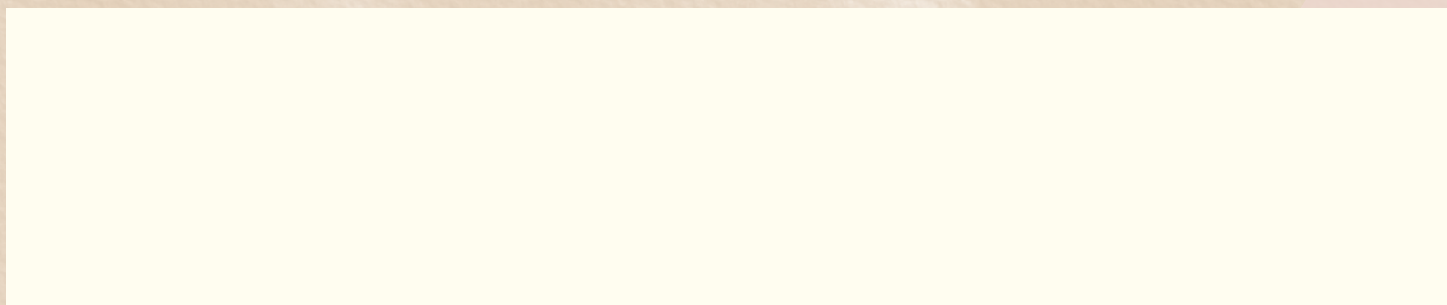
TRETJA stvar, za katero sem danes hvaležen/a:



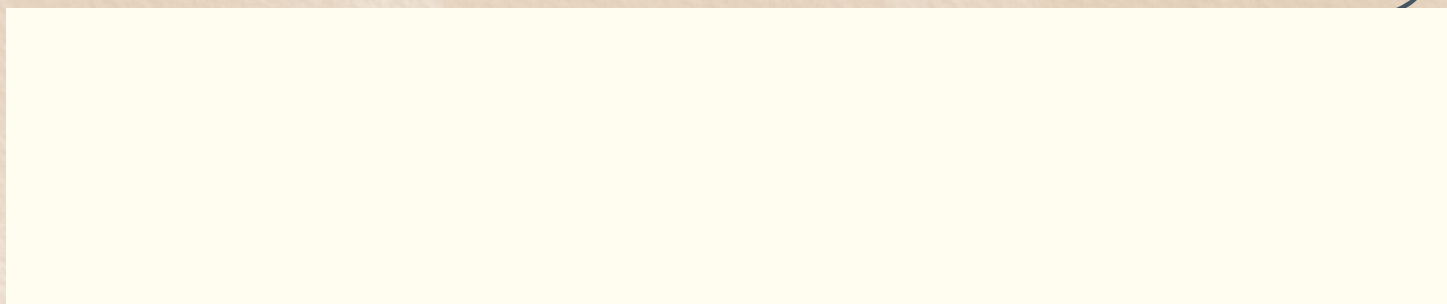


DATUM:

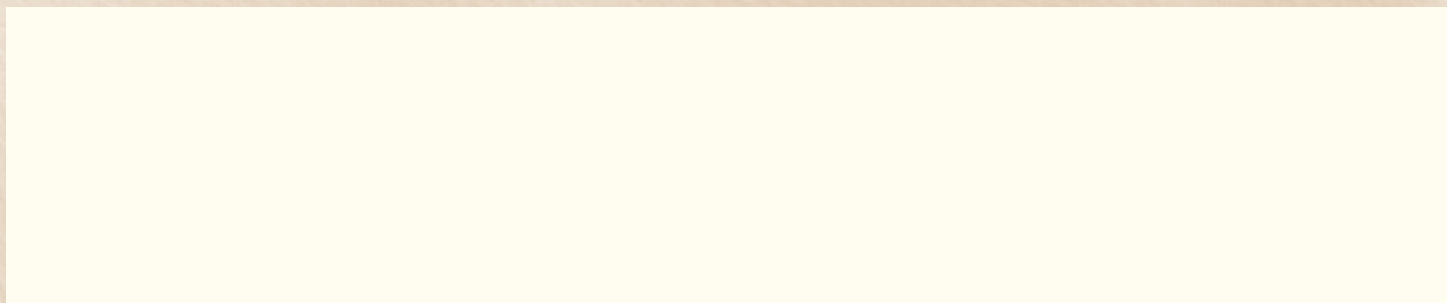
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



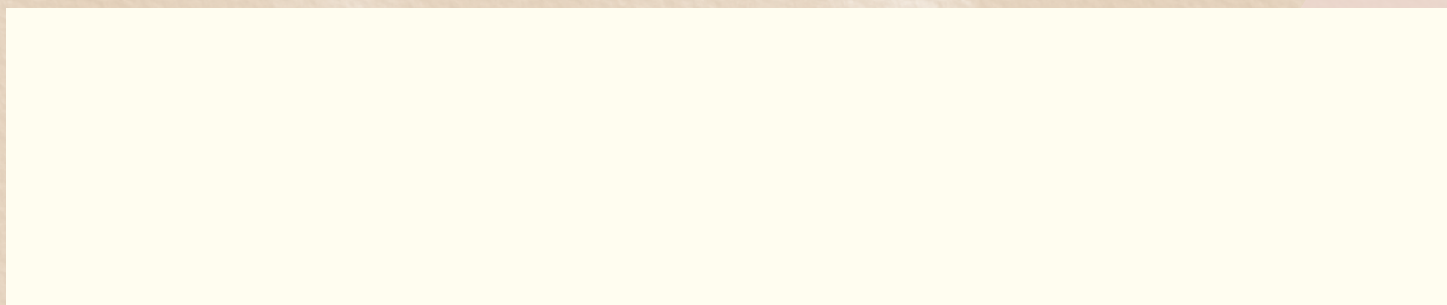
TRETJA stvar, za katero sem danes hvaležen/a:



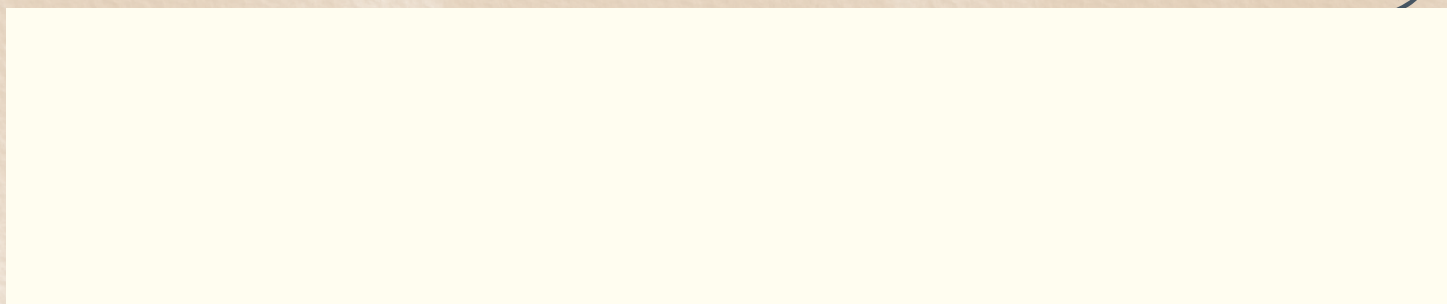


DATUM:

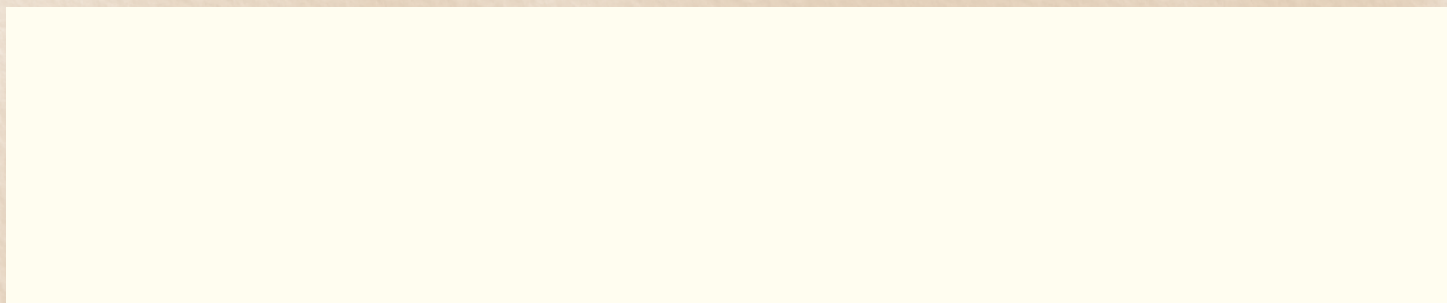
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



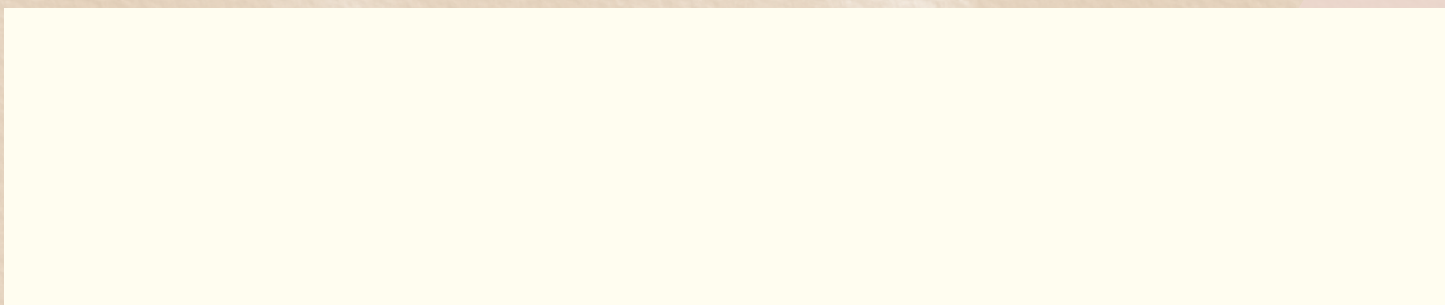
TRETJA stvar, za katero sem danes hvaležen/a:



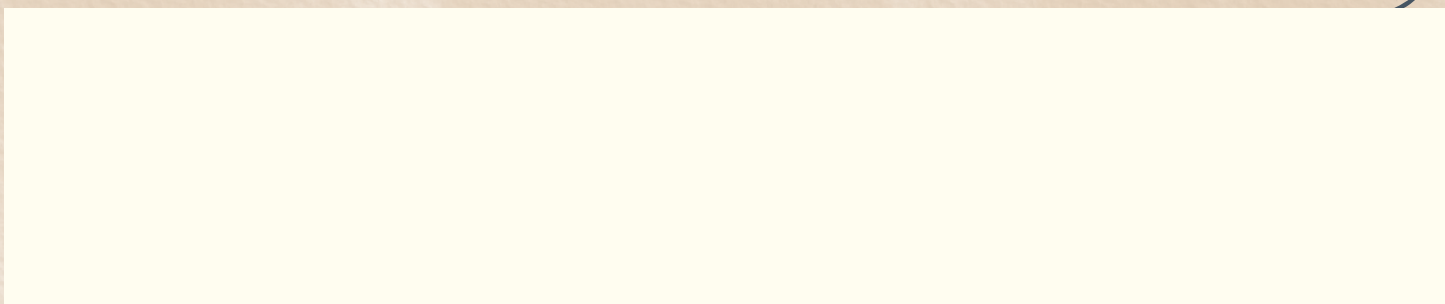


DATUM:

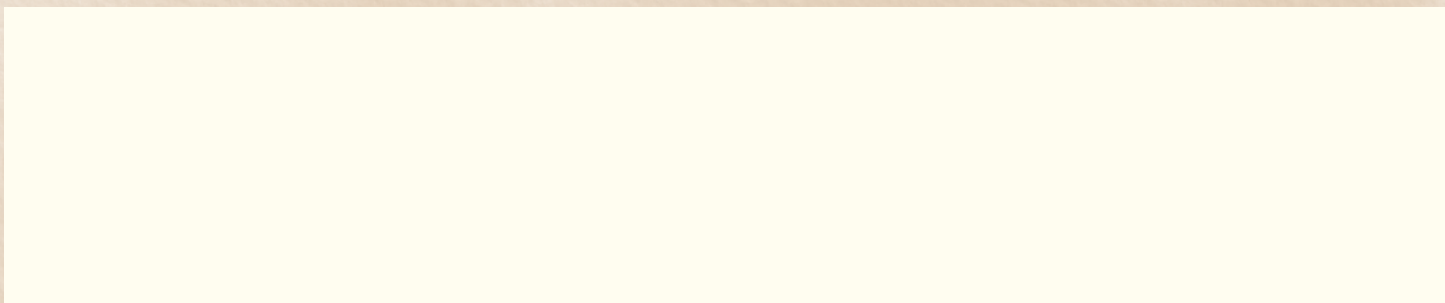
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



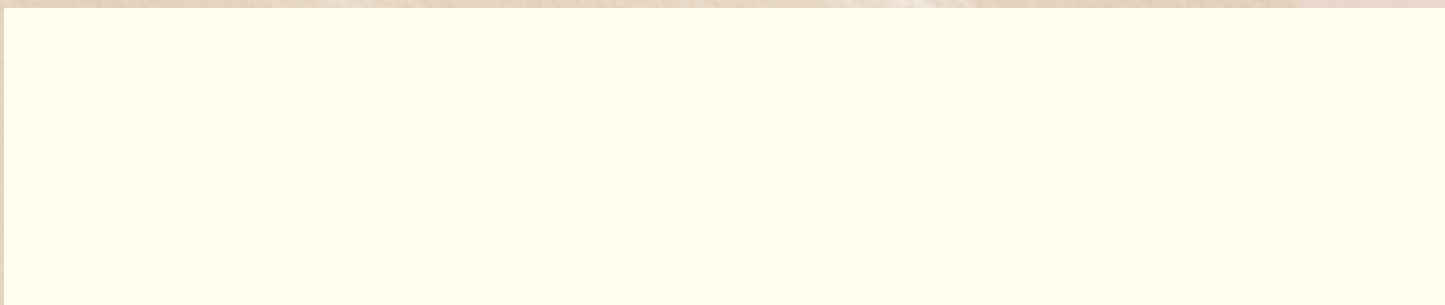
TRETJA stvar, za katero sem danes hvaležen/a:



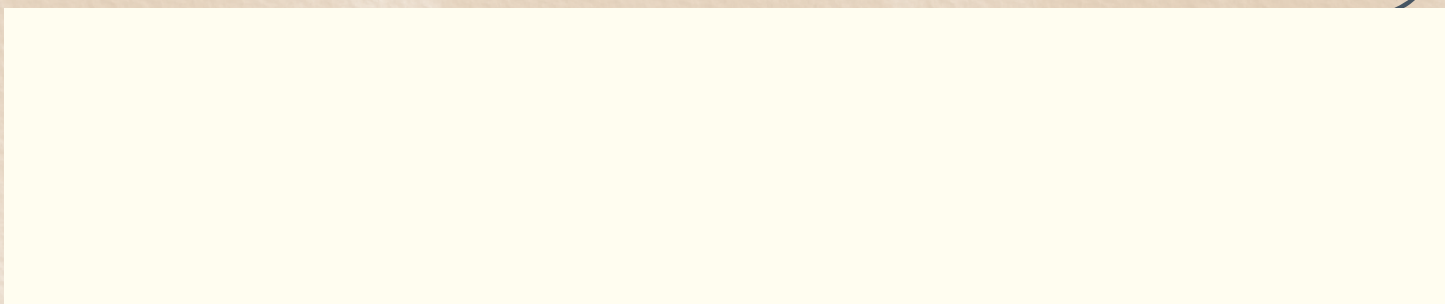


DATUM:

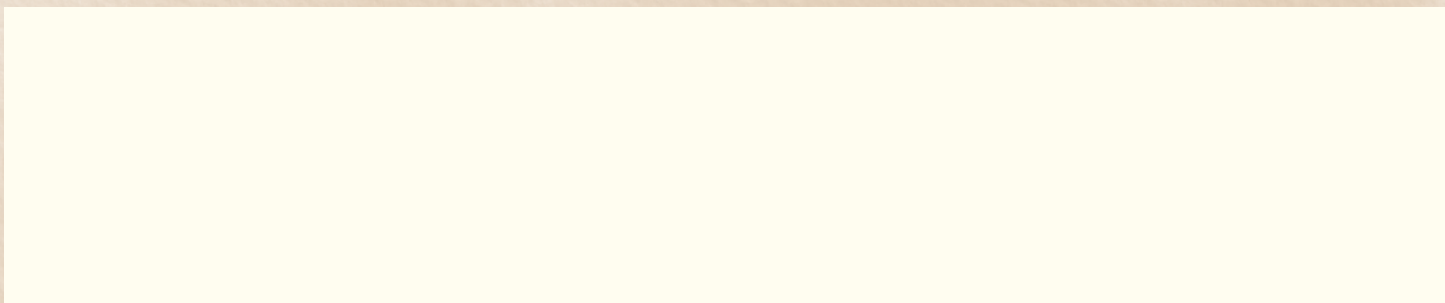
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



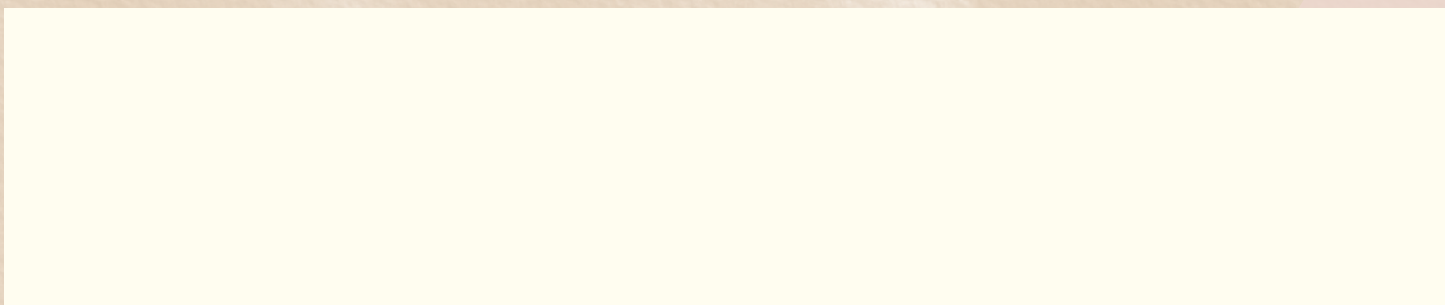
TRETJA stvar, za katero sem danes hvaležen/a:



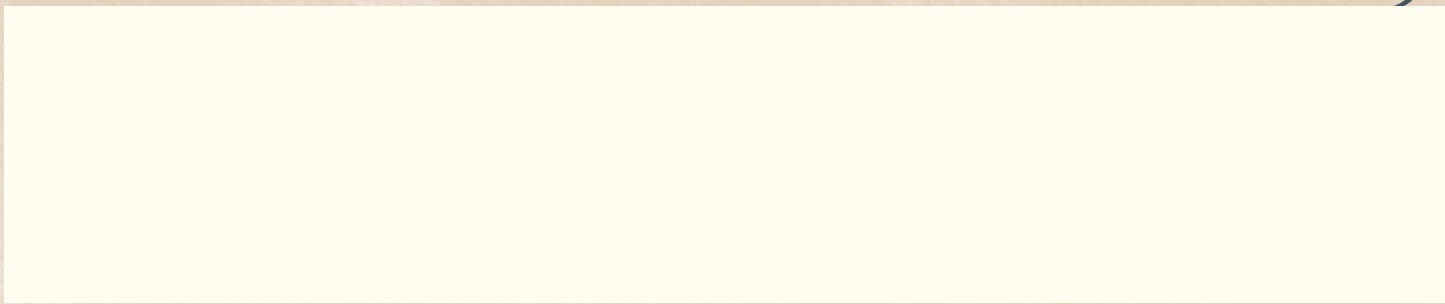


DATUM:

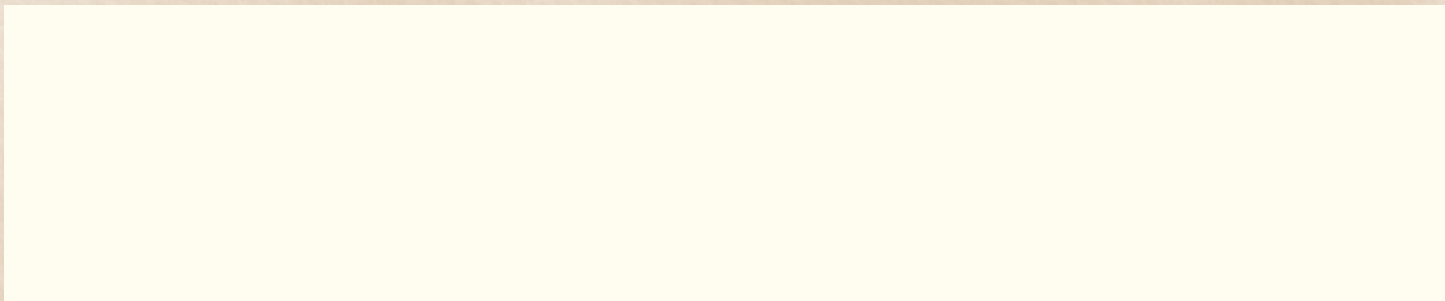
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



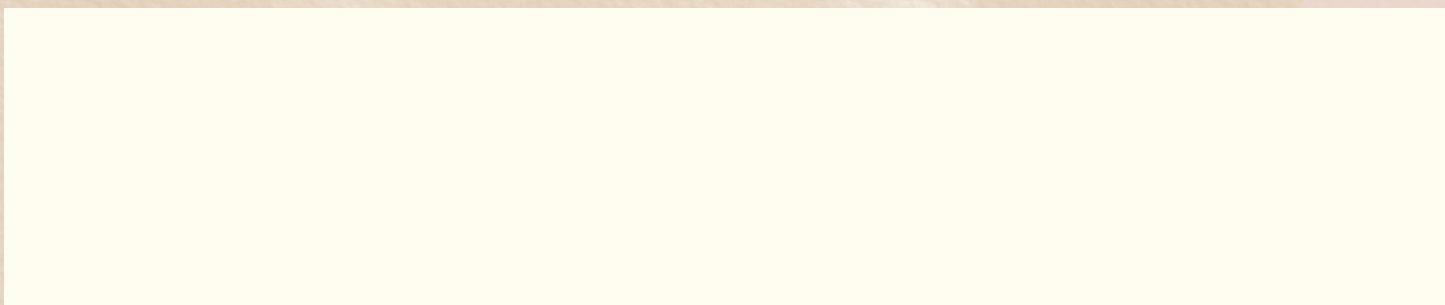
TRETJA stvar, za katero sem danes hvaležen/a:



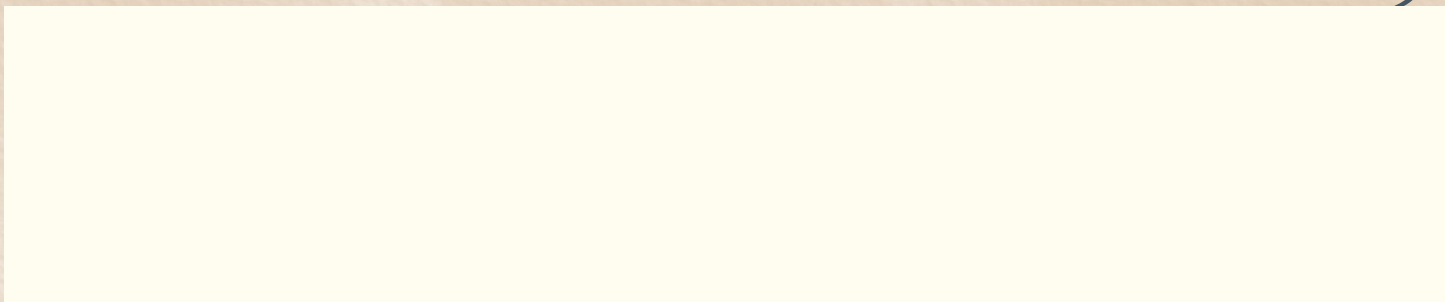


DATUM:

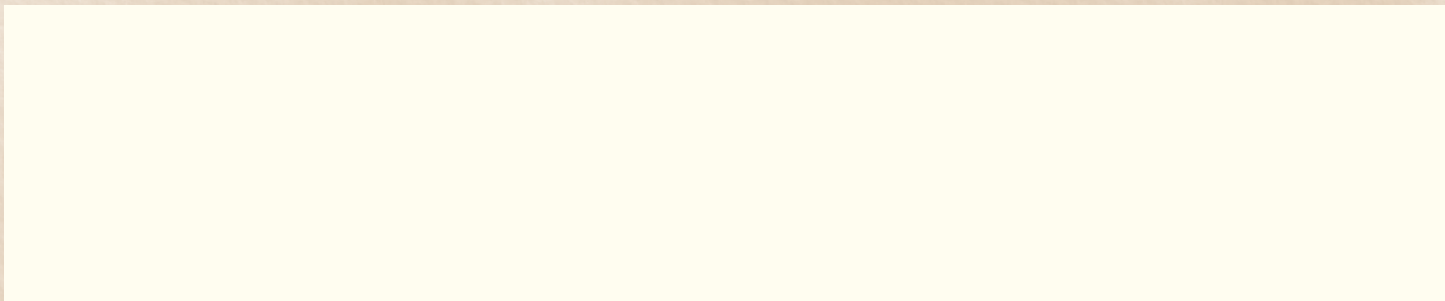
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



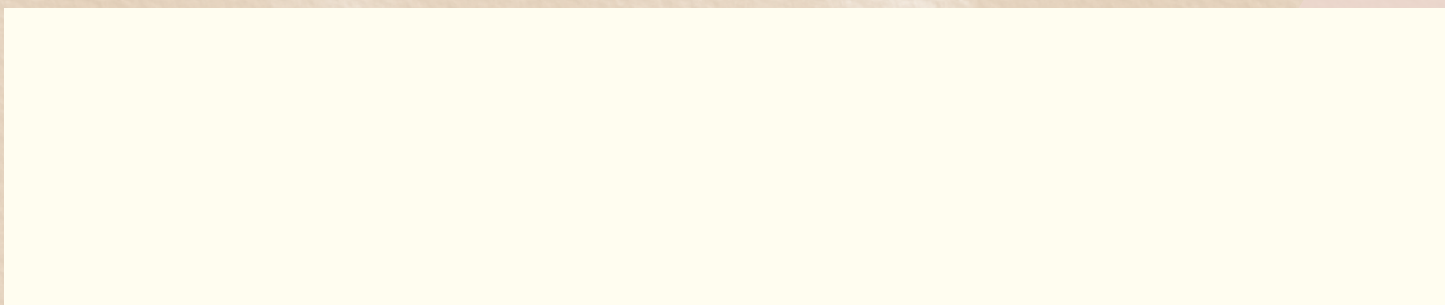
TRETJA stvar, za katero sem danes hvaležen/a:



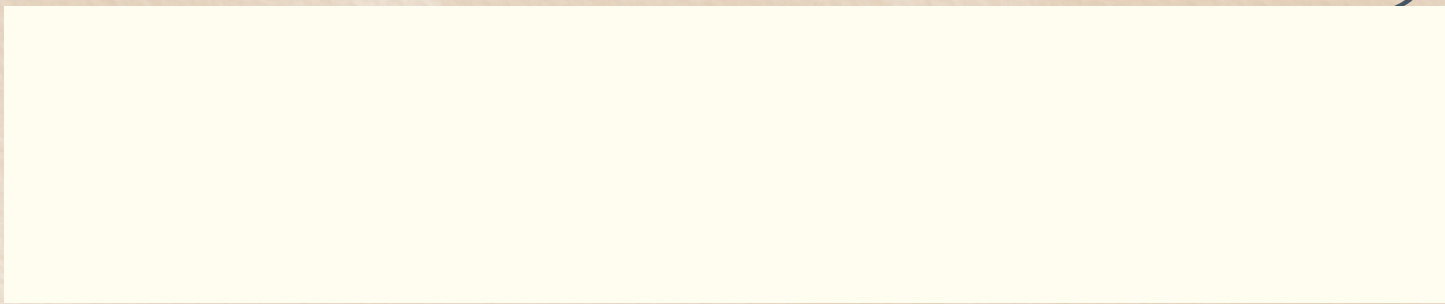


DATUM:

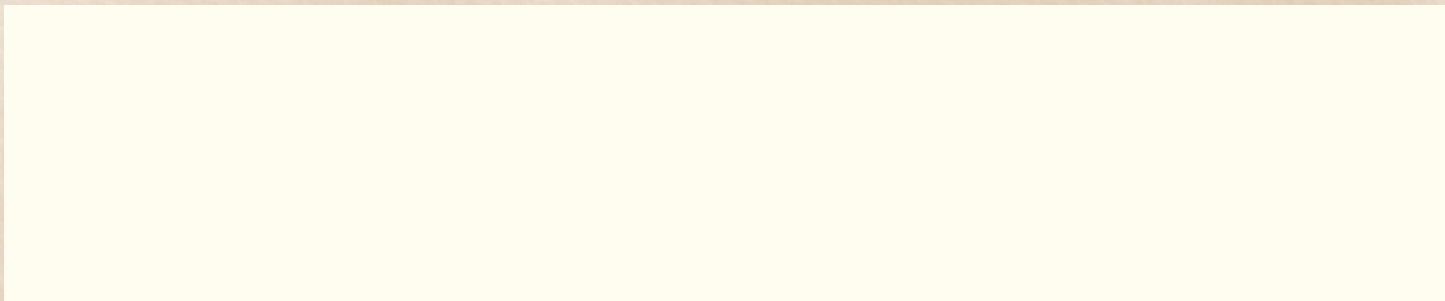
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



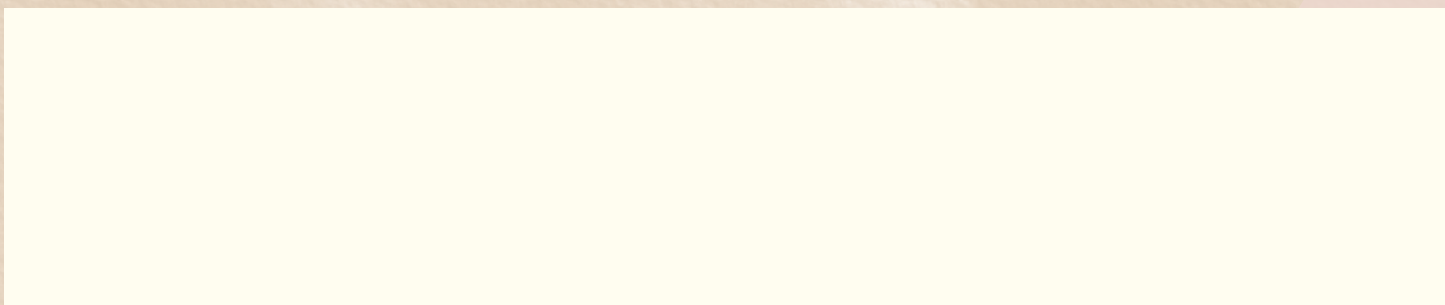
TRETJA stvar, za katero sem danes hvaležen/a:



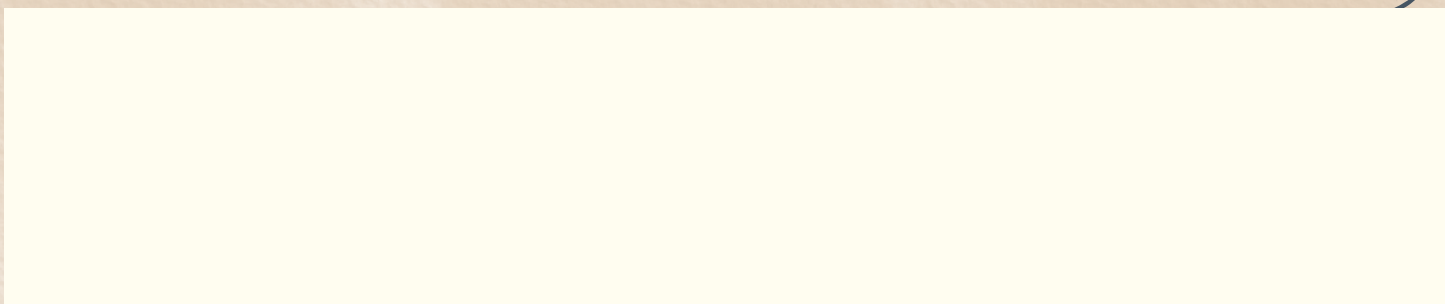


DATUM:

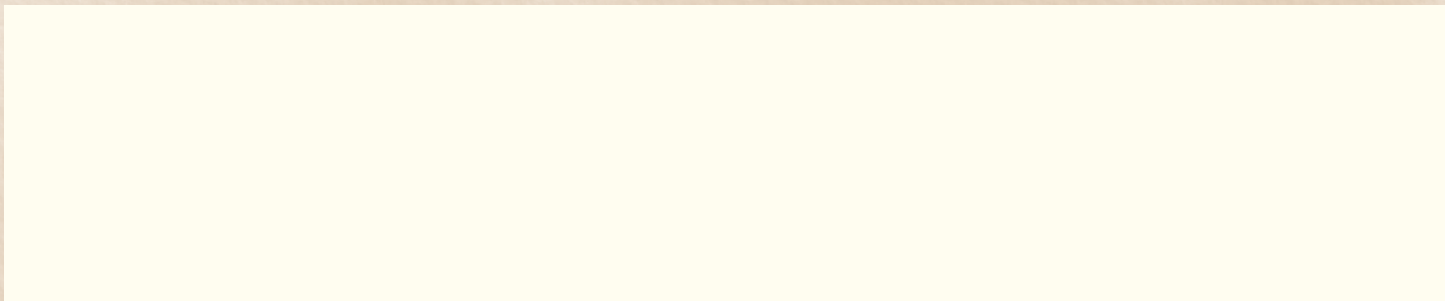
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



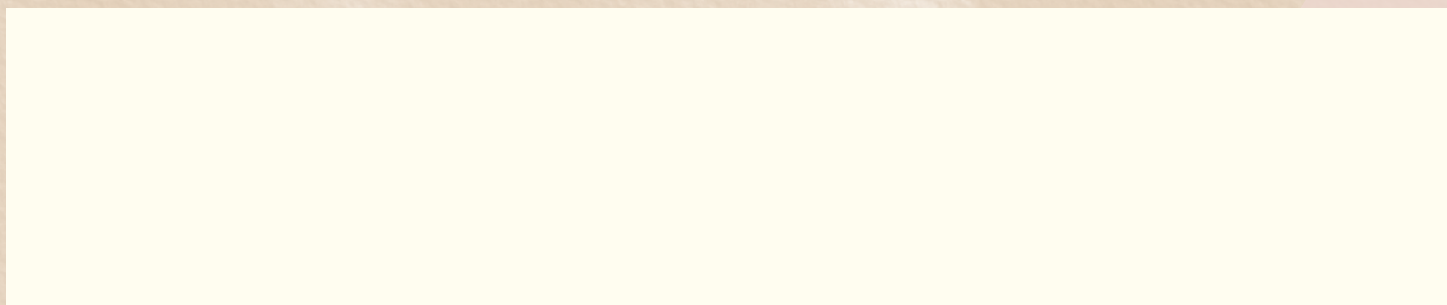
TRETJA stvar, za katero sem danes hvaležen/a:



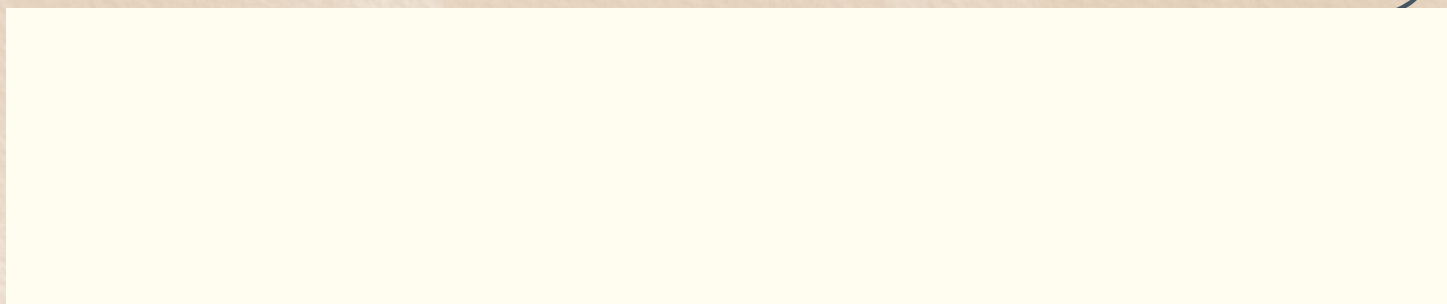


DATUM:

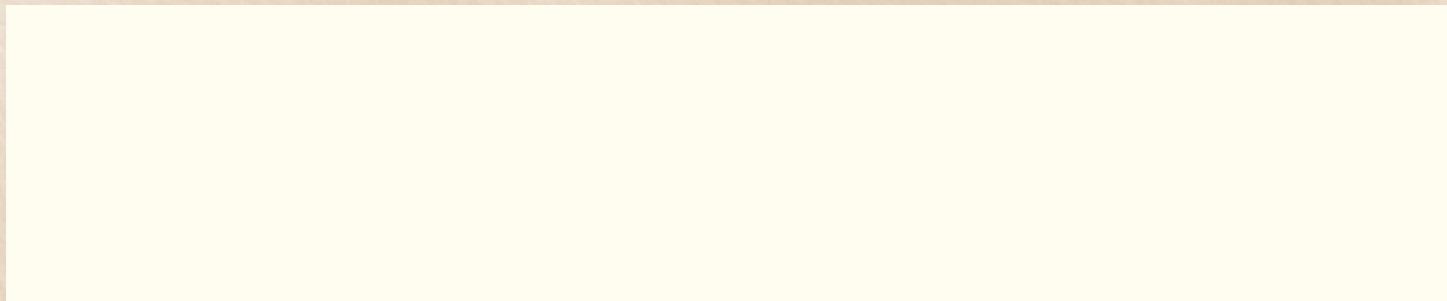
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



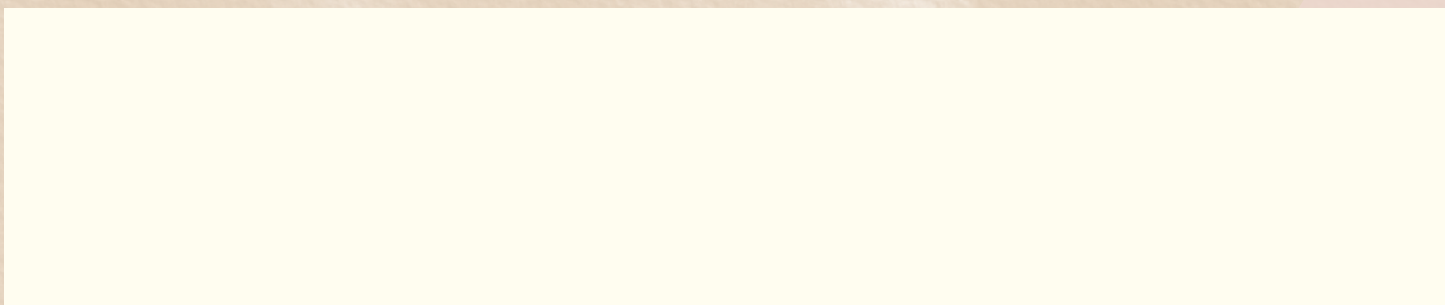
TRETJA stvar, za katero sem danes hvaležen/a:



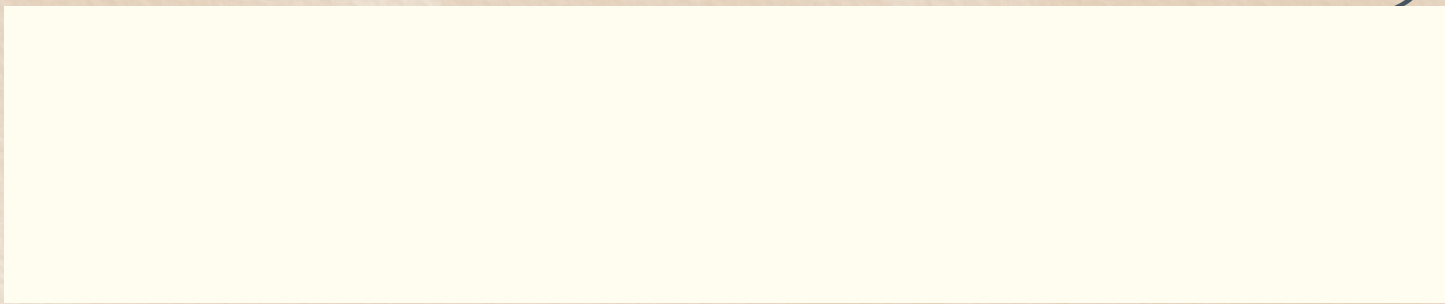


DATUM:

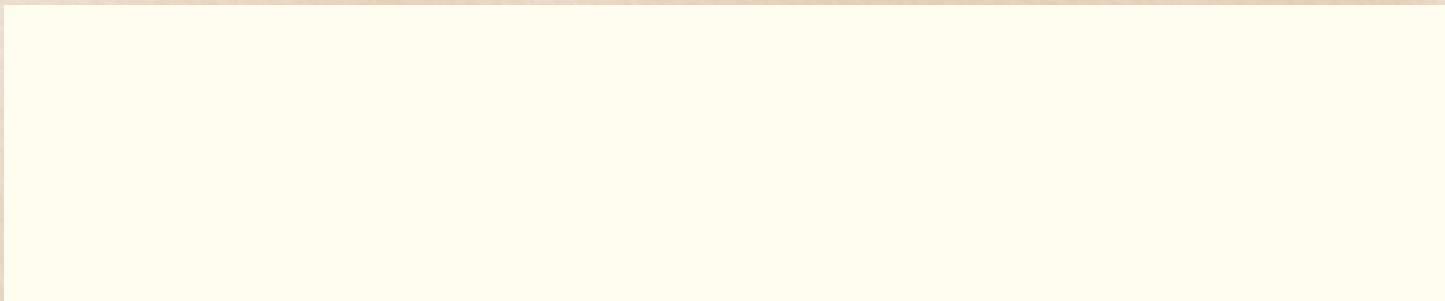
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



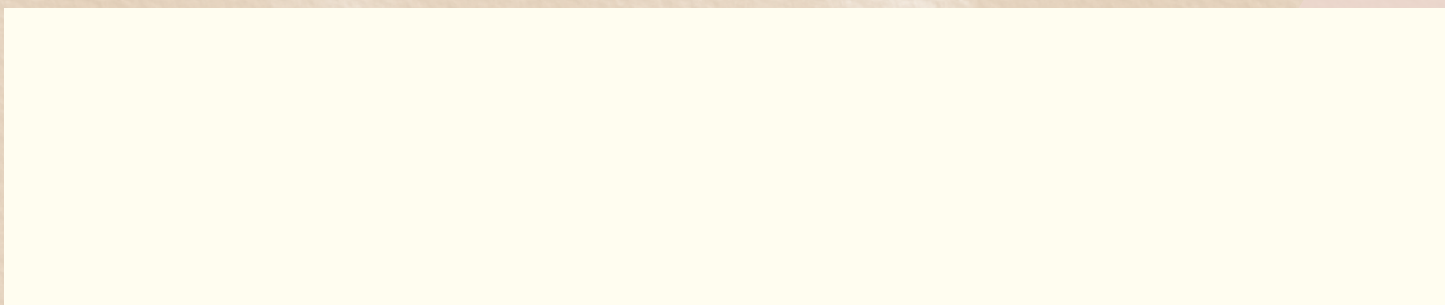
TRETJA stvar, za katero sem danes hvaležen/a:



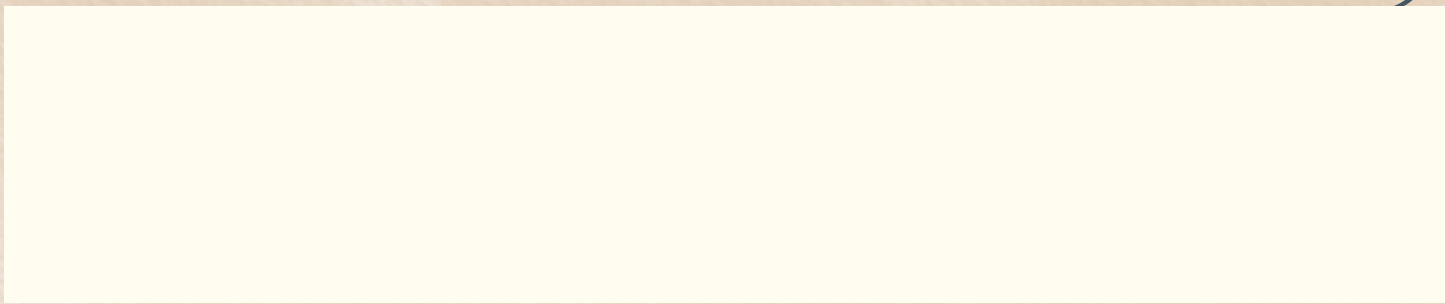


DATUM:

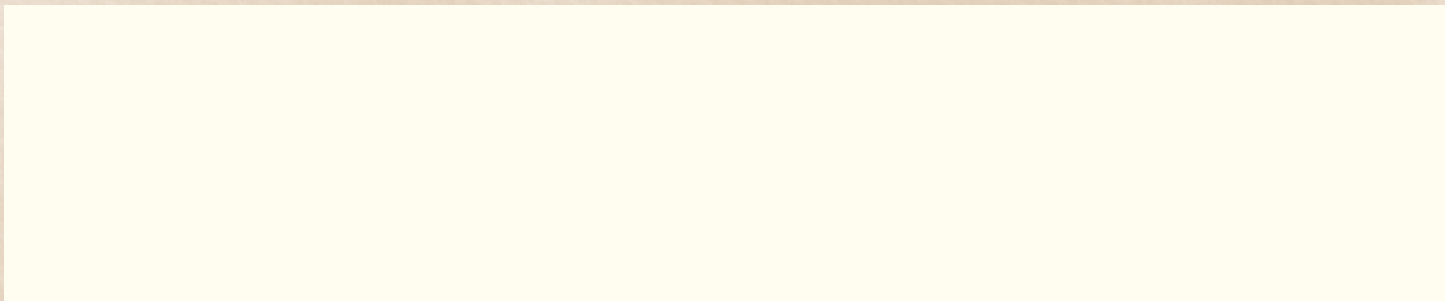
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



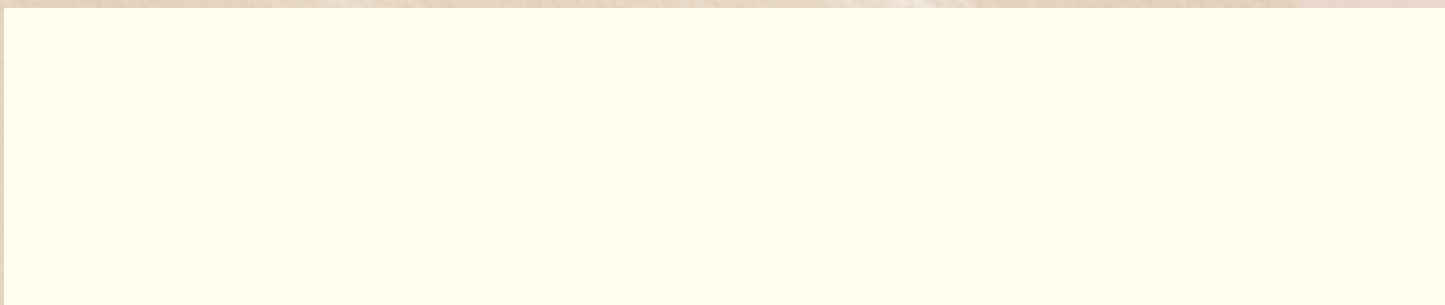
TRETJA stvar, za katero sem danes hvaležen/a:



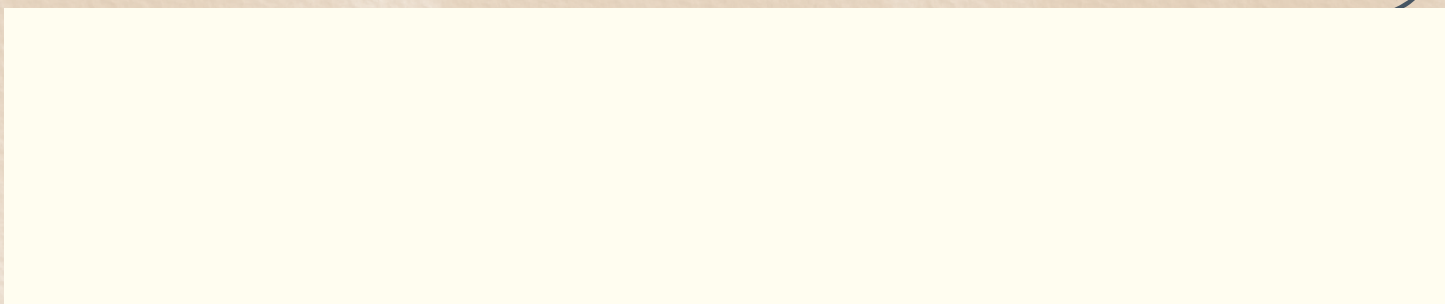


DATUM:

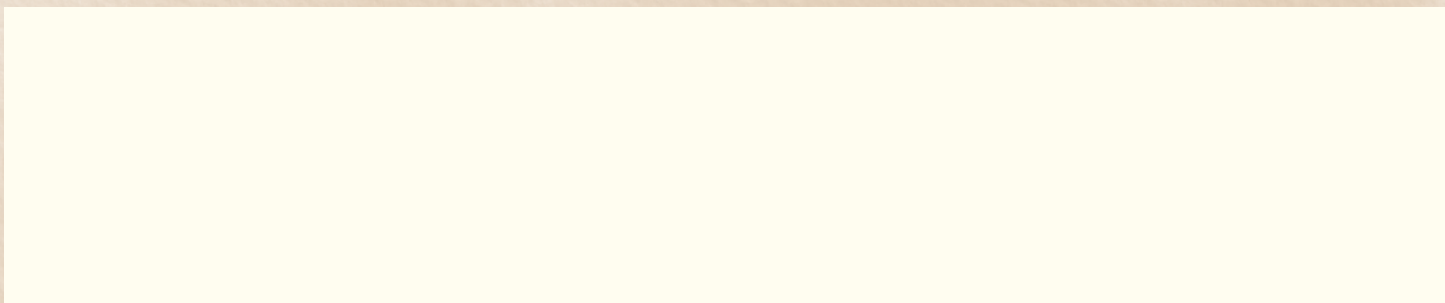
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



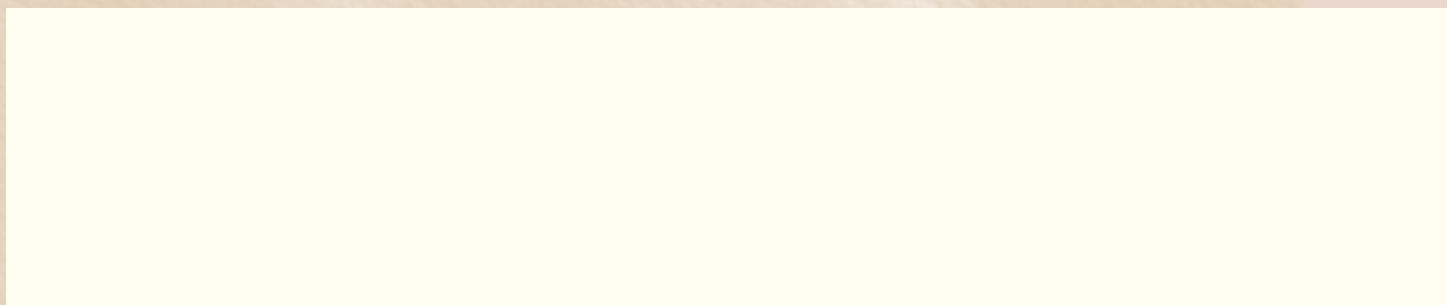
TRETJA stvar, za katero sem danes hvaležen/a:



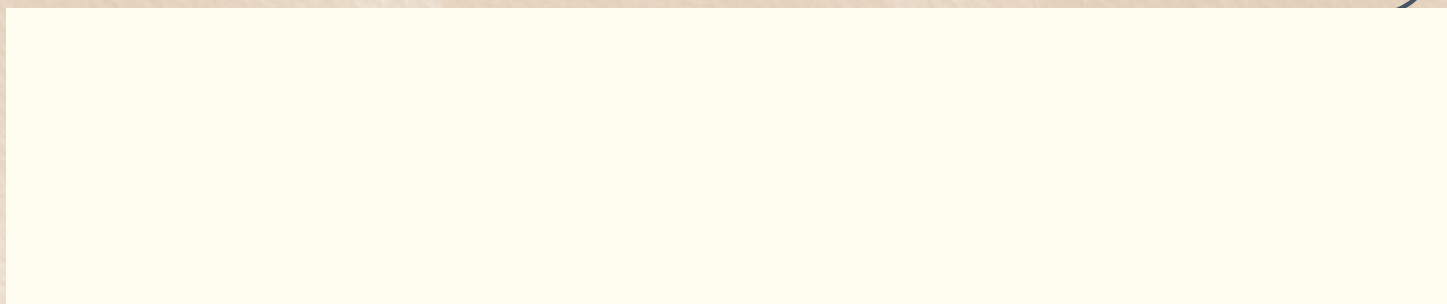


DATUM:

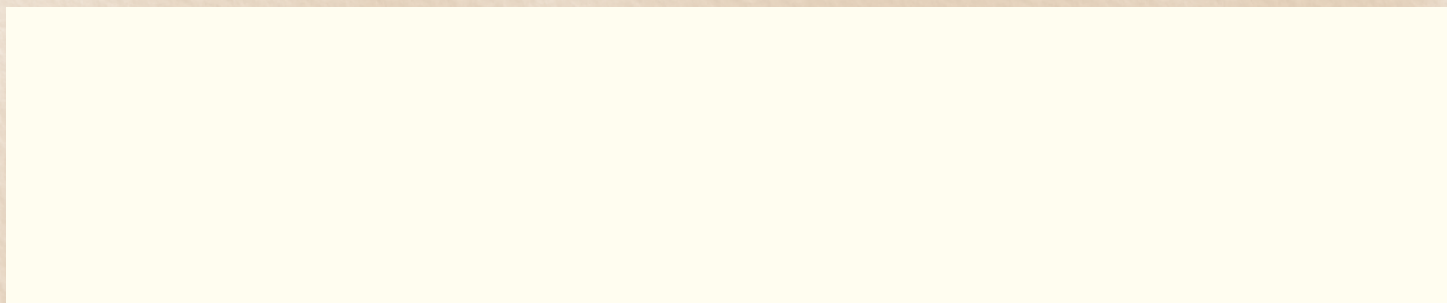
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



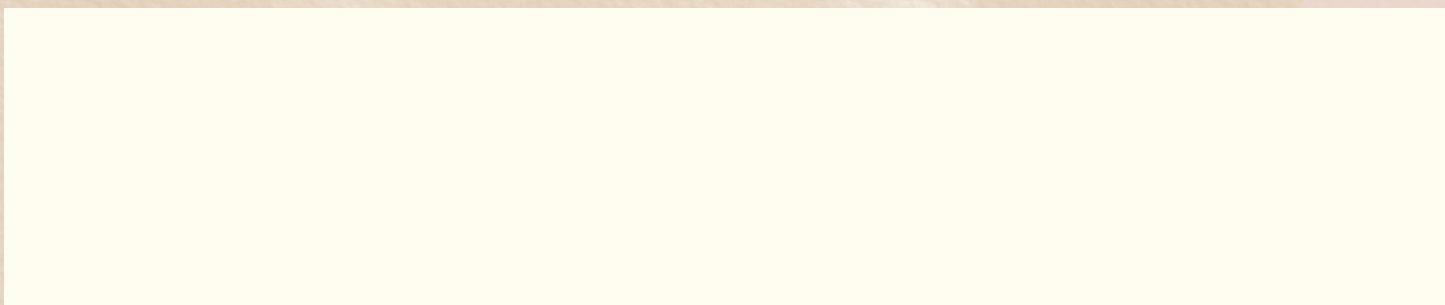
TRETJA stvar, za katero sem danes hvaležen/a:



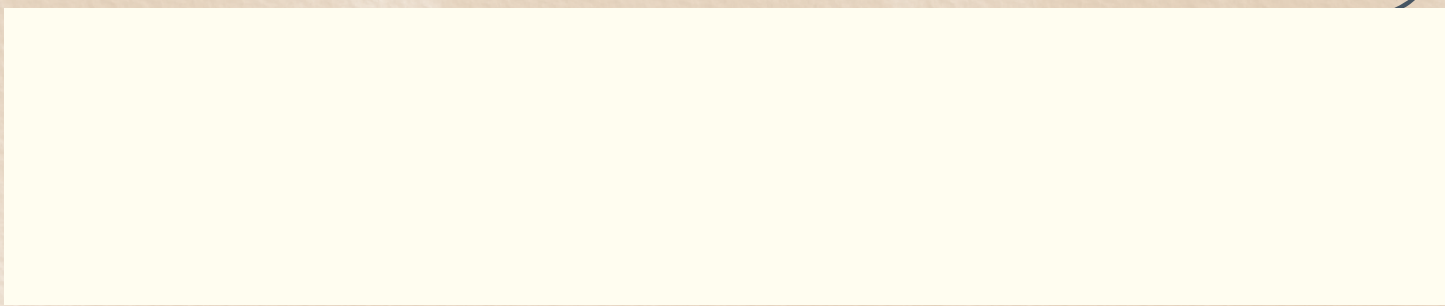


DATUM:

PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



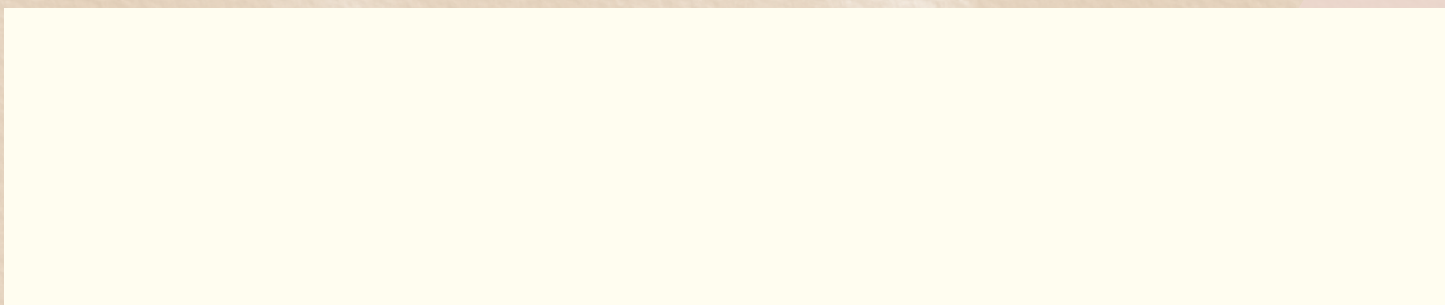
TRETJA stvar, za katero sem danes hvaležen/a:



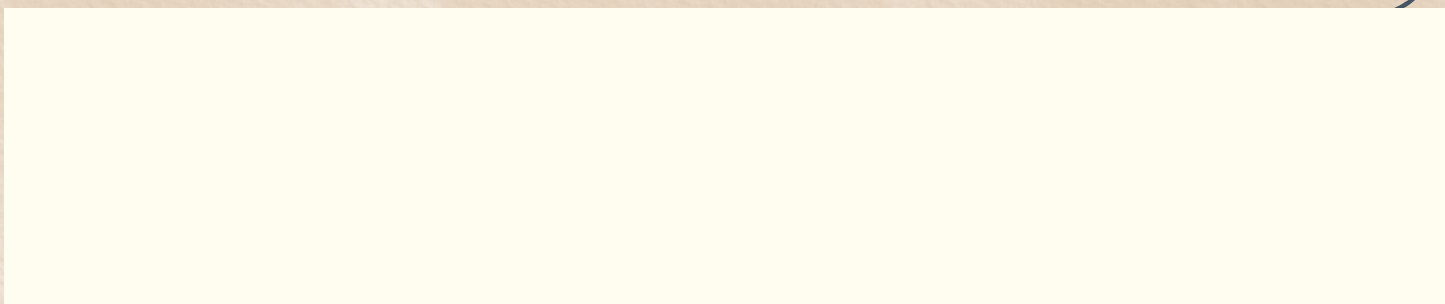


DATUM:

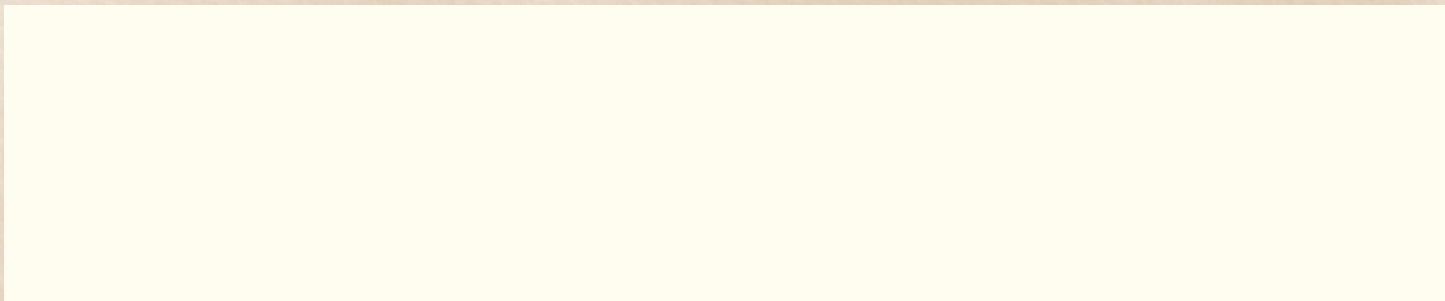
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



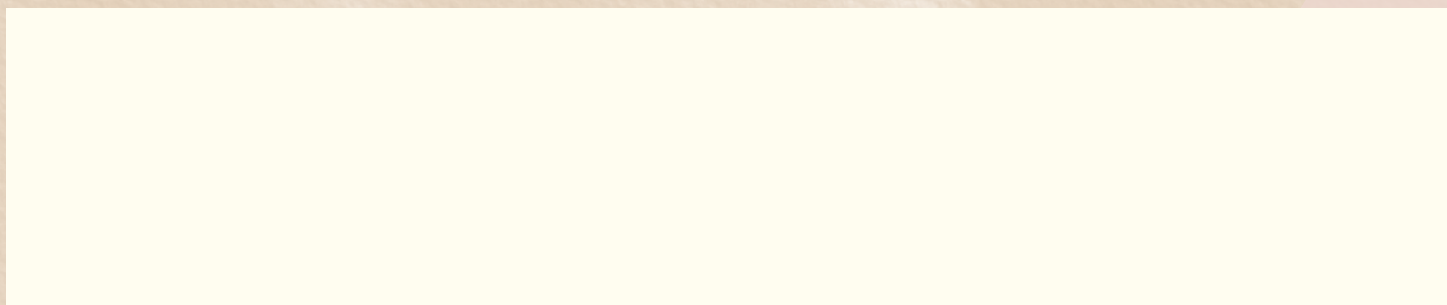
TRETJA stvar, za katero sem danes hvaležen/a:



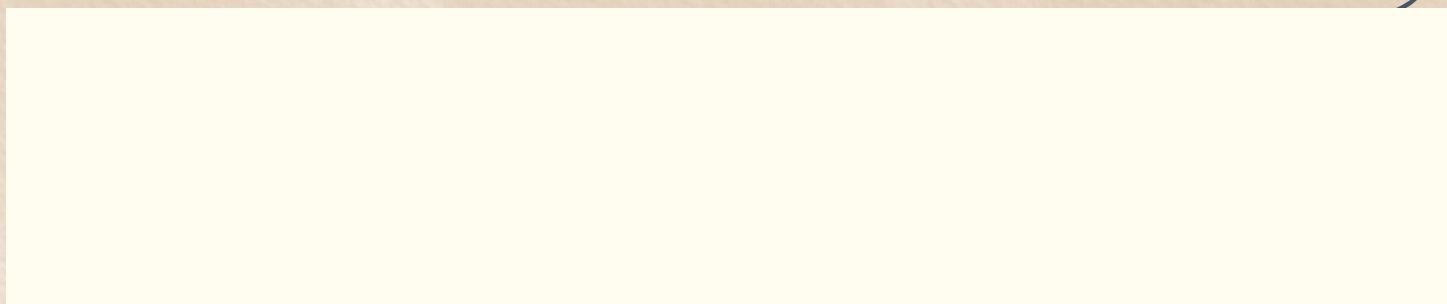


DATUM:

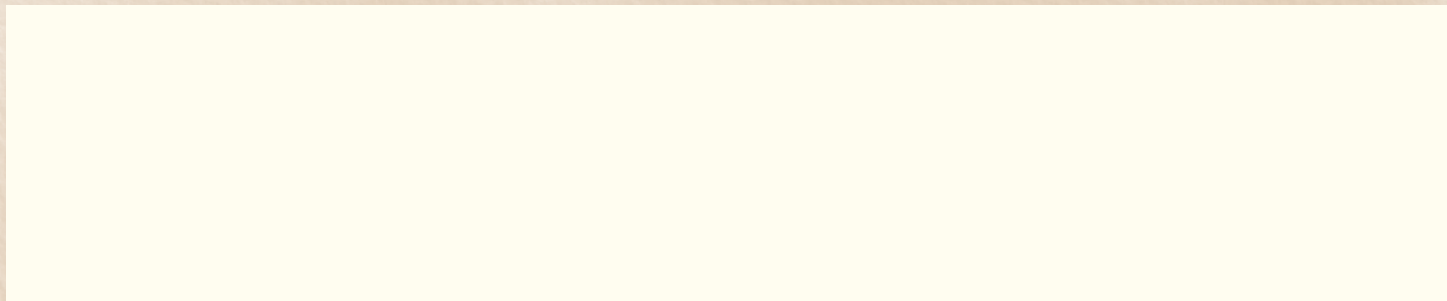
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



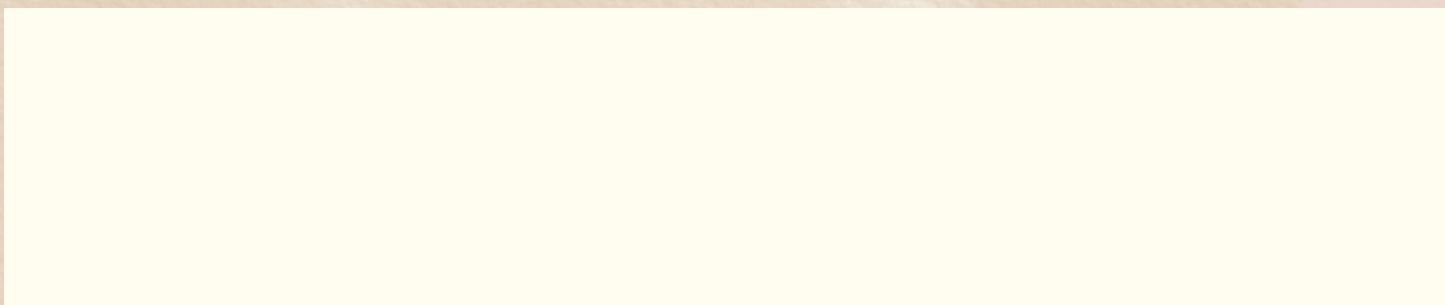
TRETJA stvar, za katero sem danes hvaležen/a:



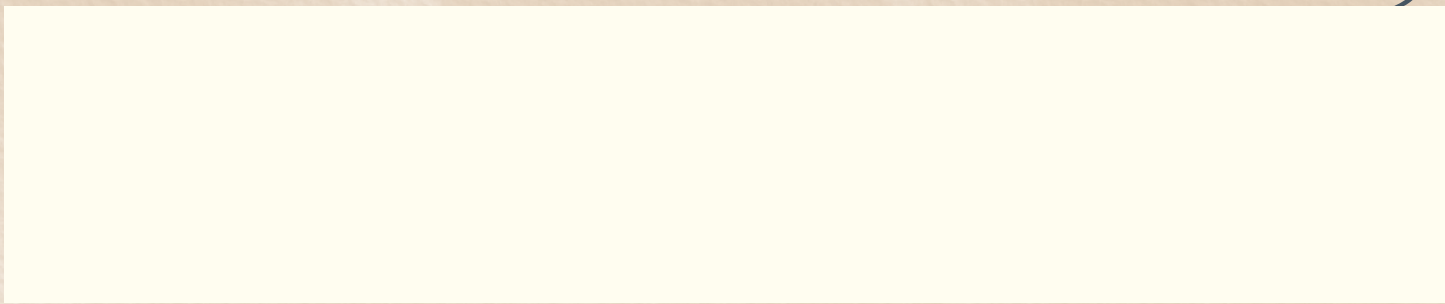


DATUM:

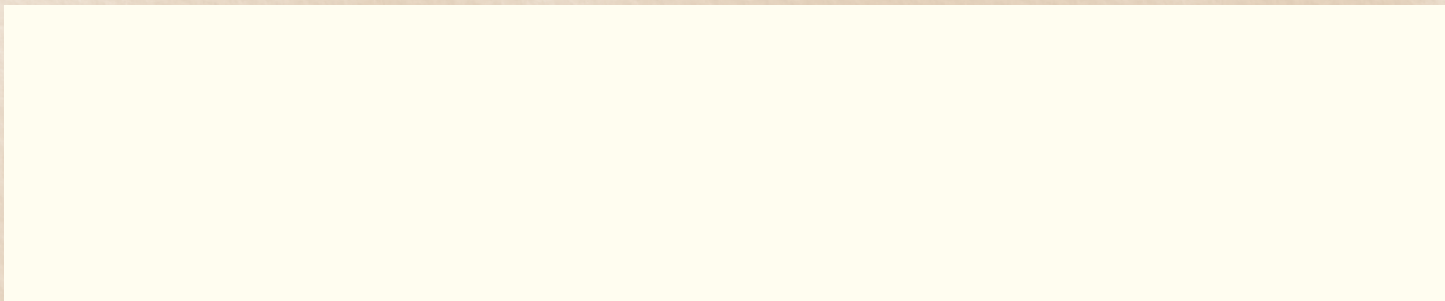
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



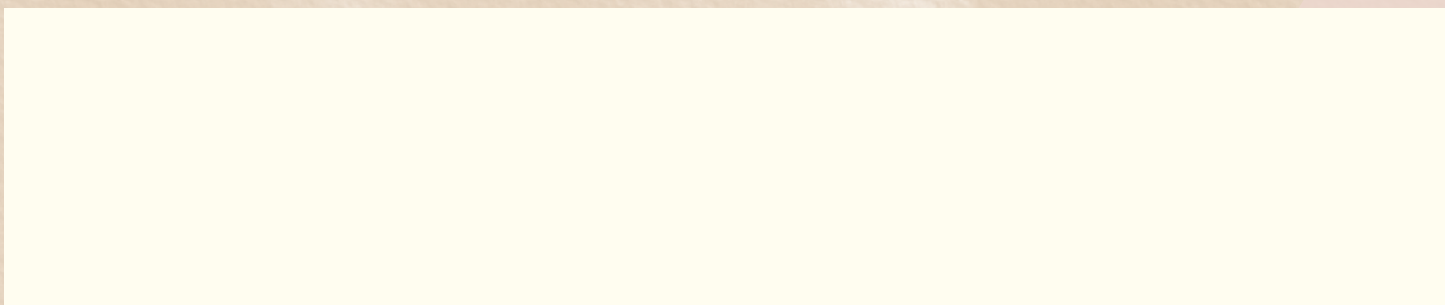
TRETJA stvar, za katero sem danes hvaležen/a:



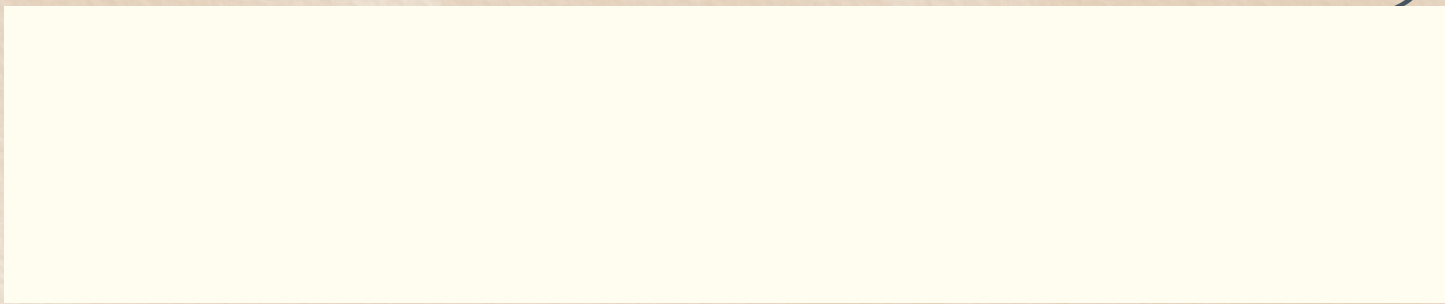


DATUM:

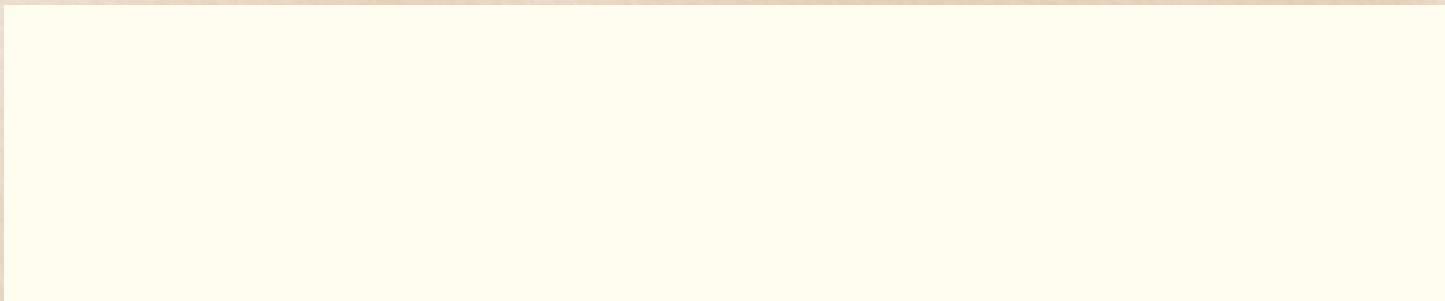
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



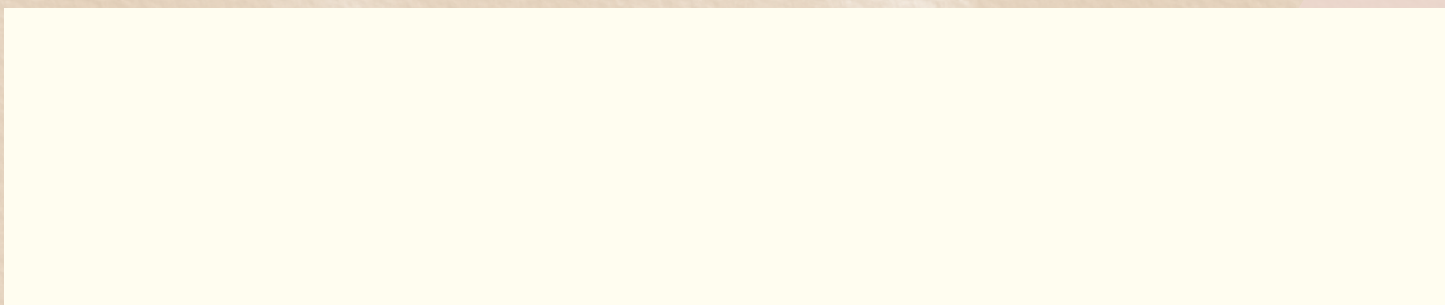
TRETJA stvar, za katero sem danes hvaležen/a:



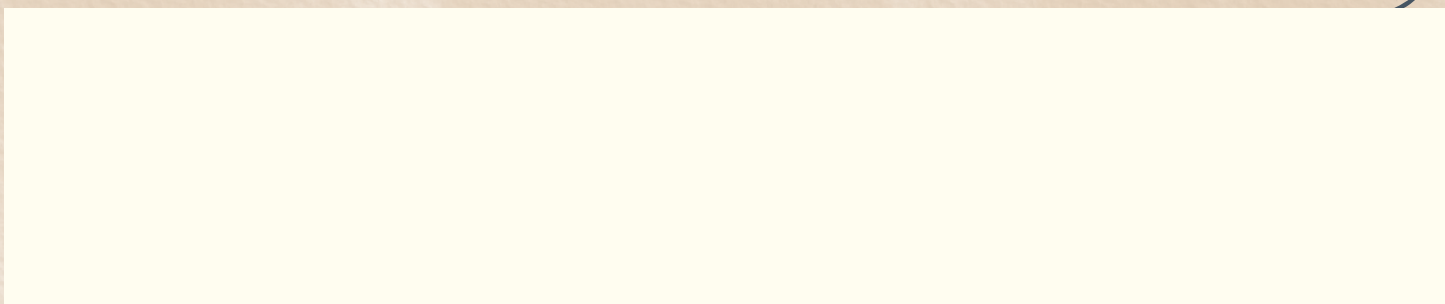


DATUM:

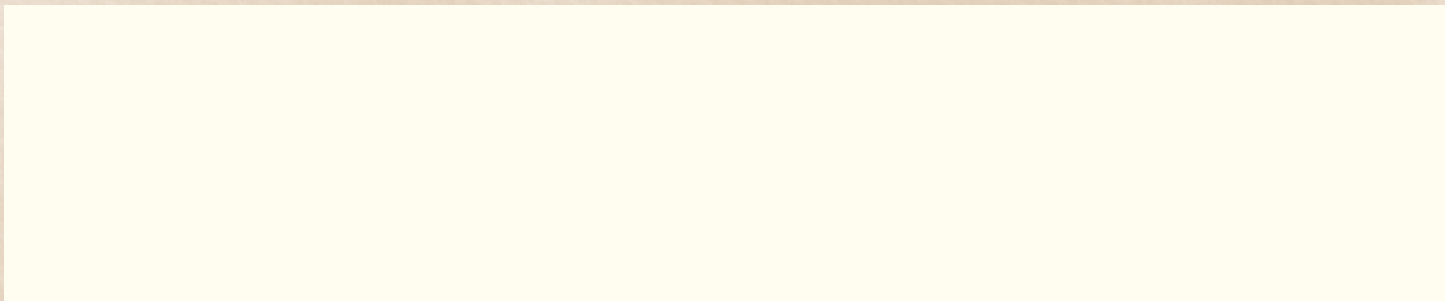
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



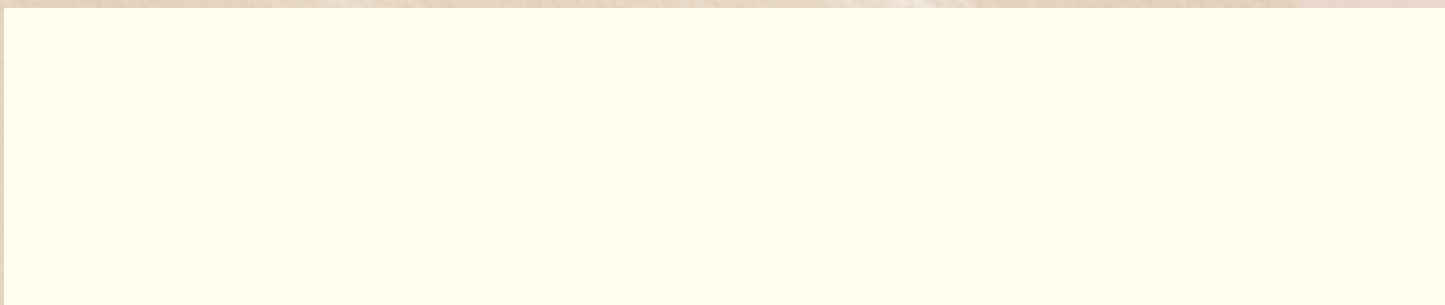
TRETJA stvar, za katero sem danes hvaležen/a:



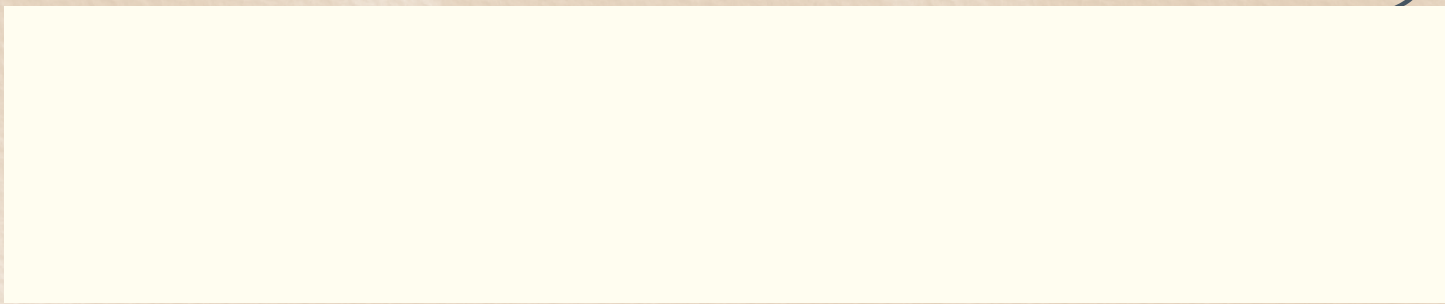


DATUM:

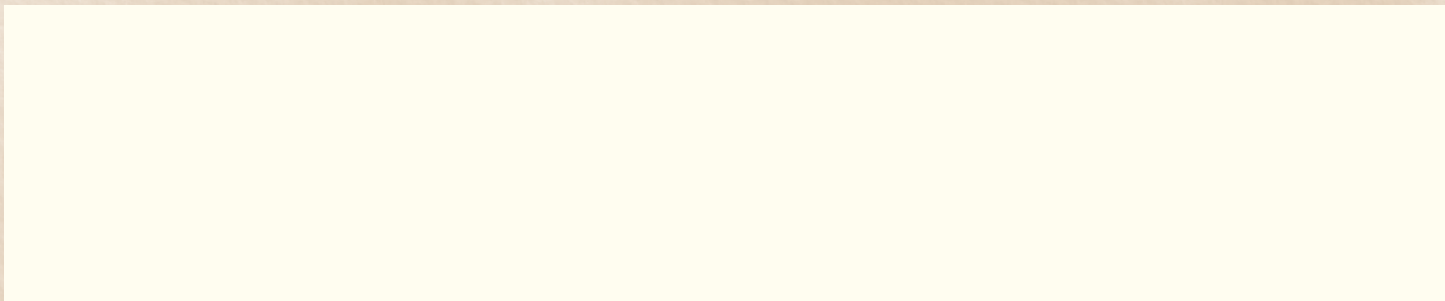
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



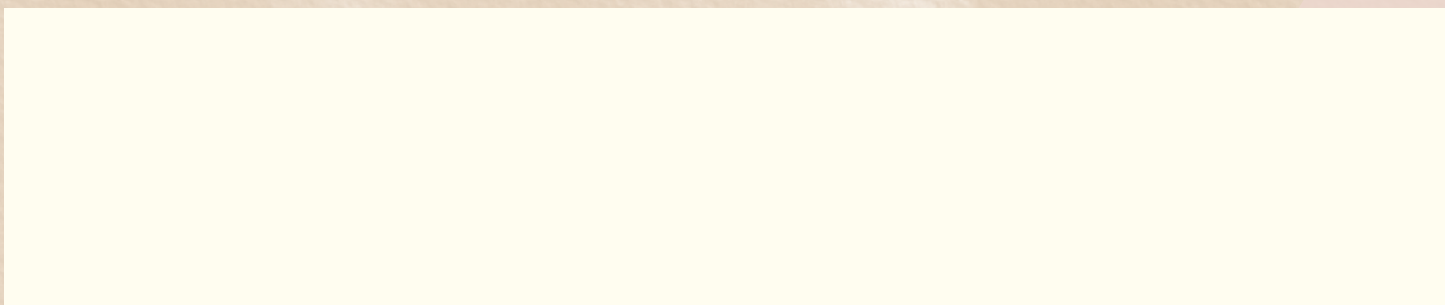
TRETJA stvar, za katero sem danes hvaležen/a:



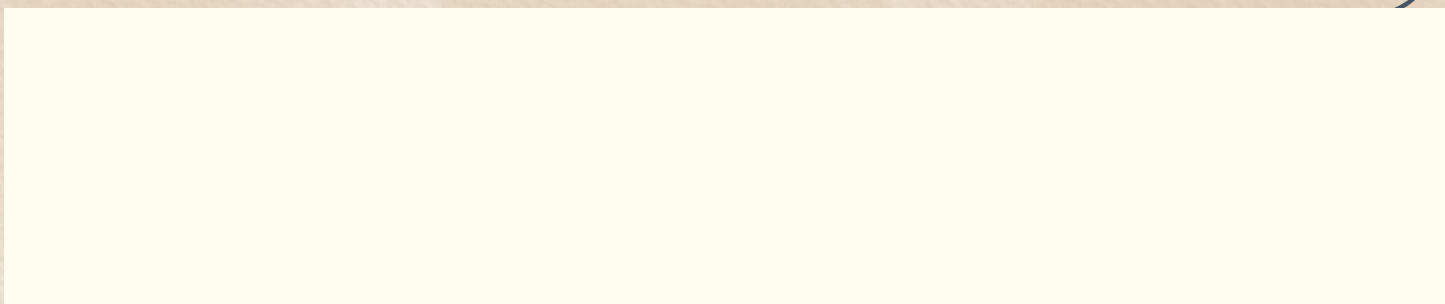


DATUM:

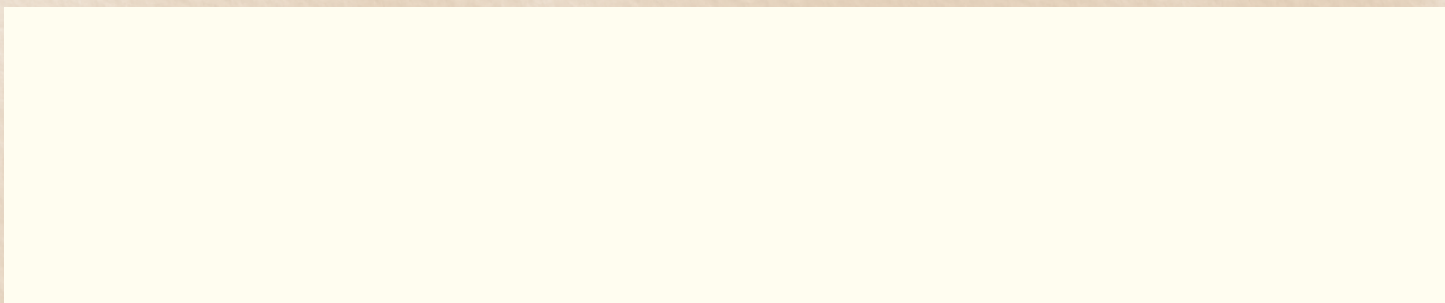
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



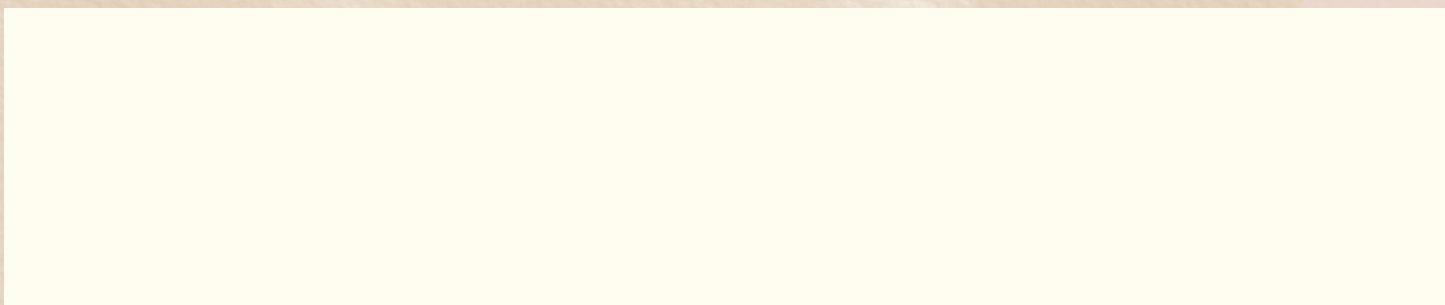
TRETJA stvar, za katero sem danes hvaležen/a:



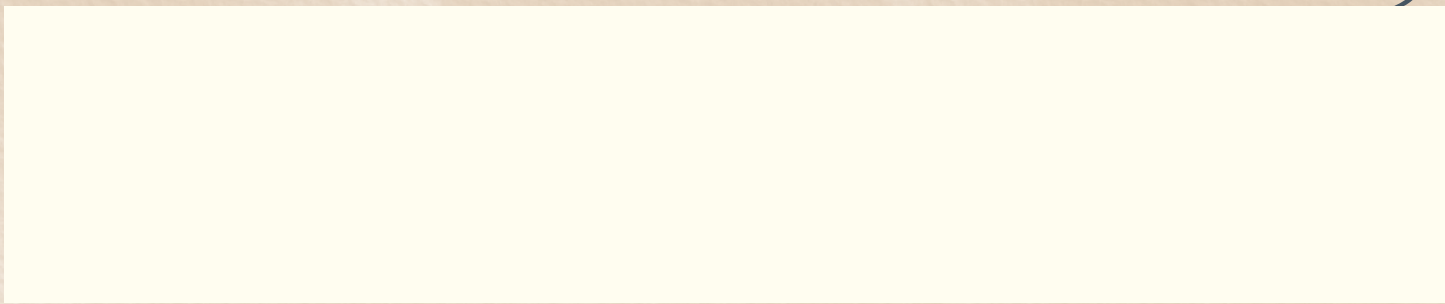


DATUM:

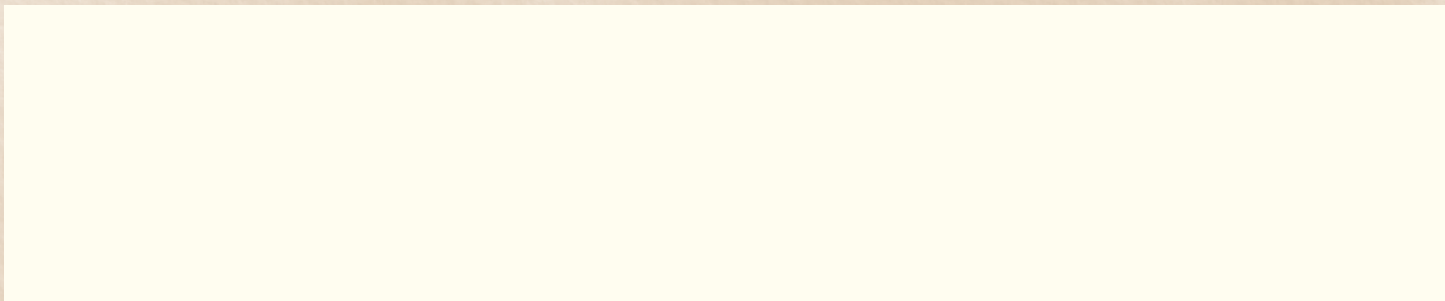
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



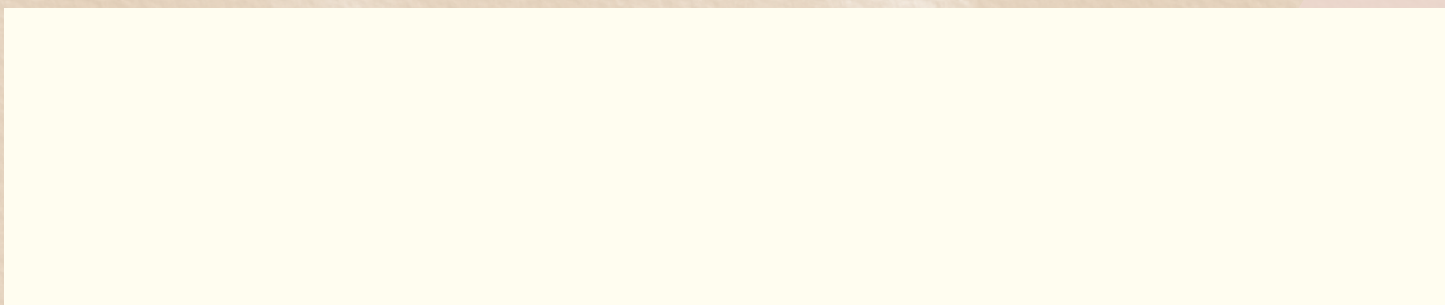
TRETJA stvar, za katero sem danes hvaležen/a:



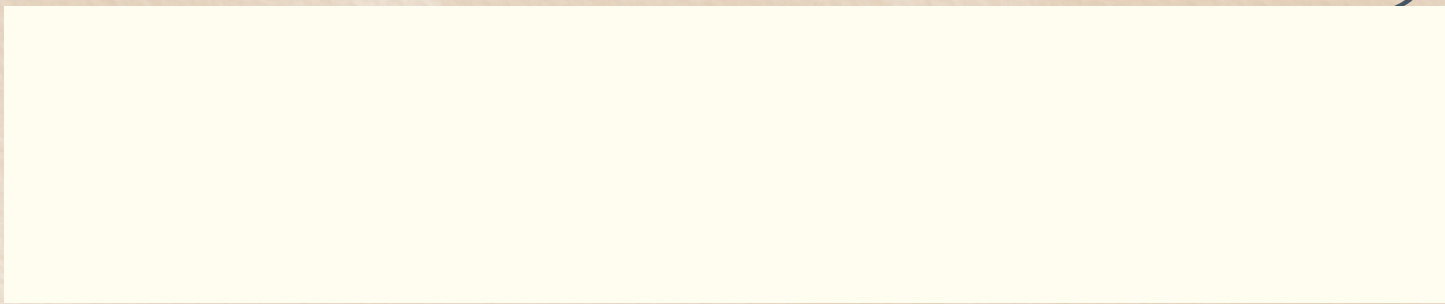


DATUM:

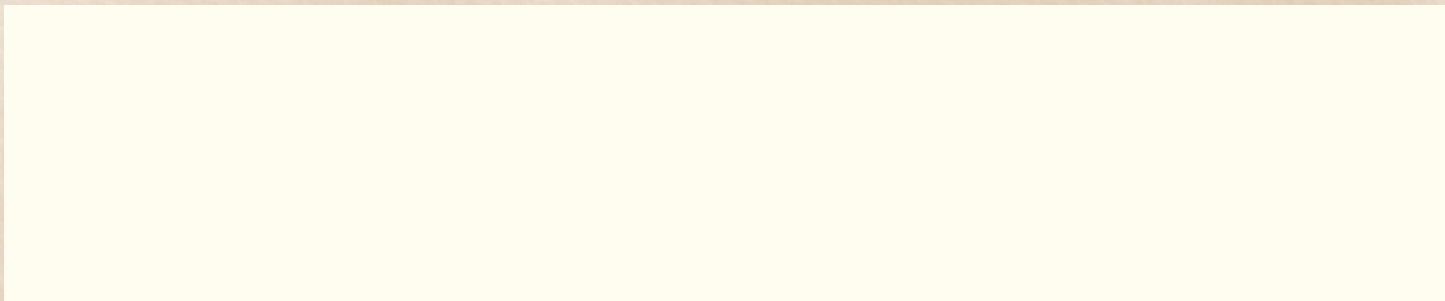
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



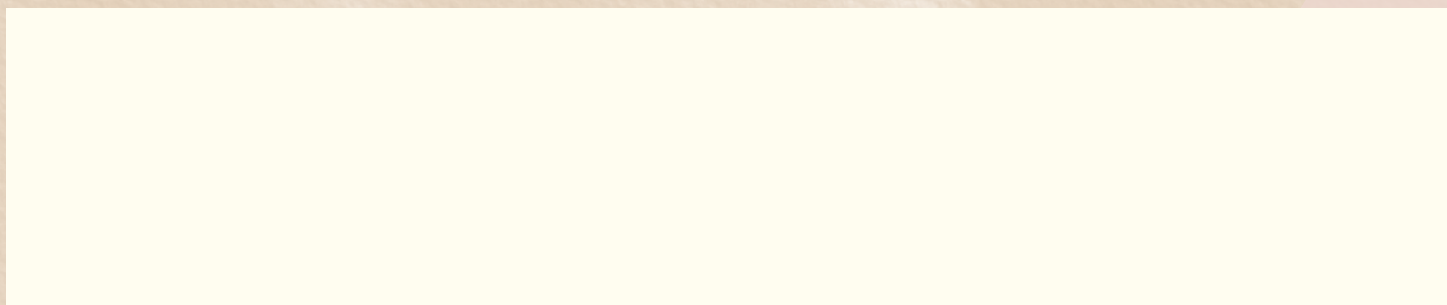
TRETJA stvar, za katero sem danes hvaležen/a:



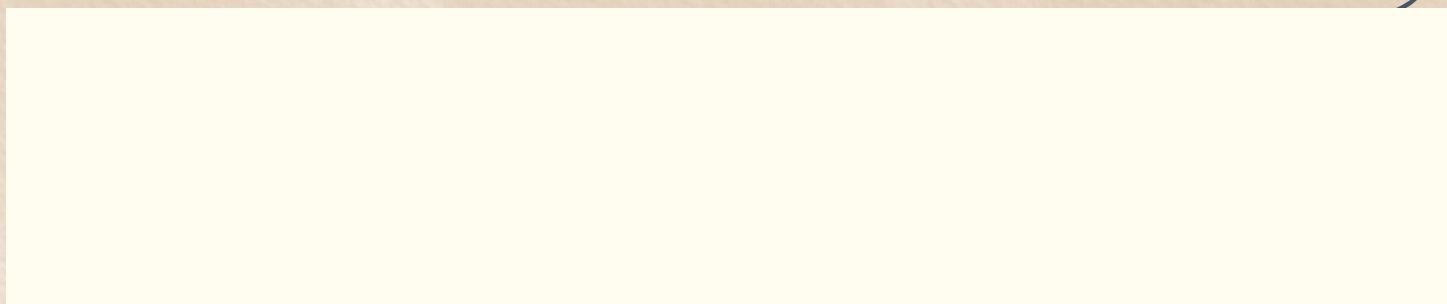


DATUM:

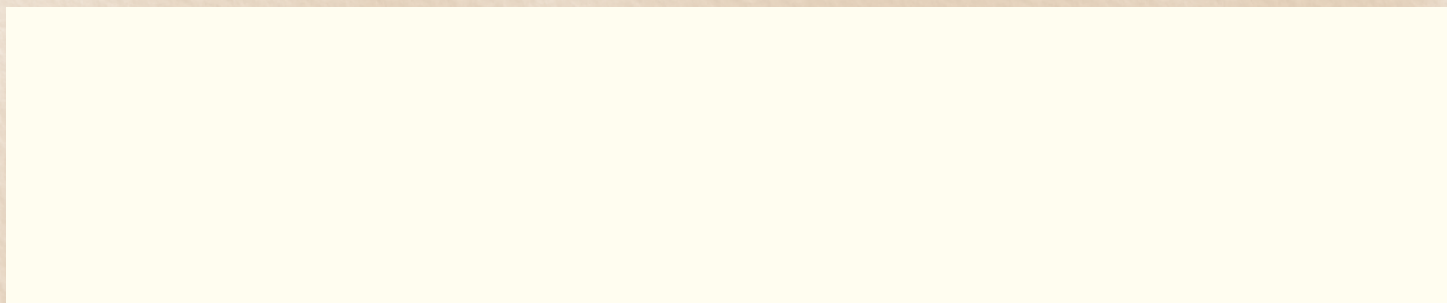
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



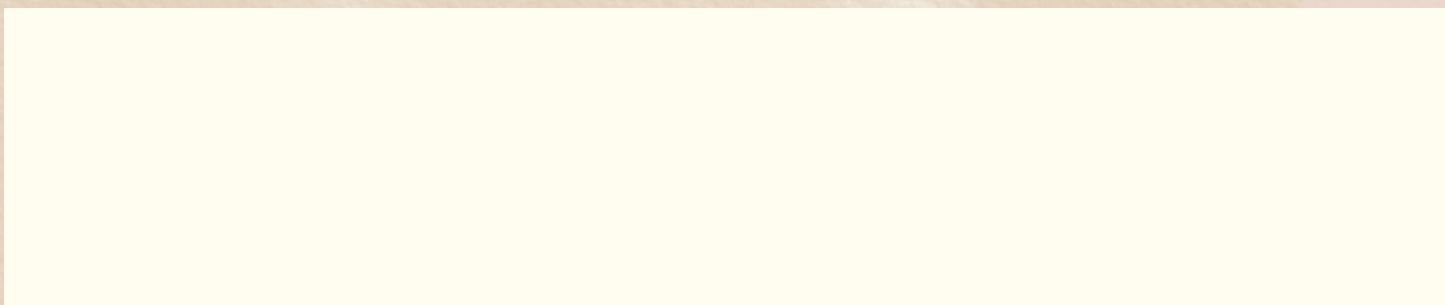
TRETJA stvar, za katero sem danes hvaležen/a:



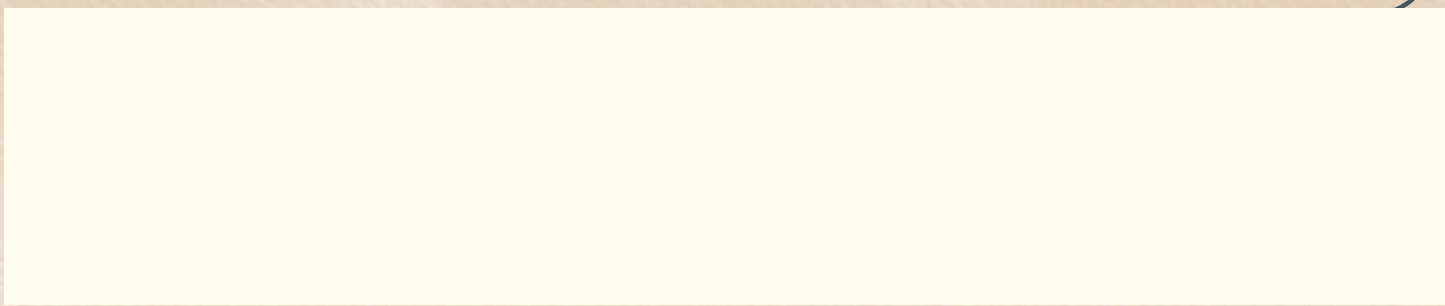


DATUM:

PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



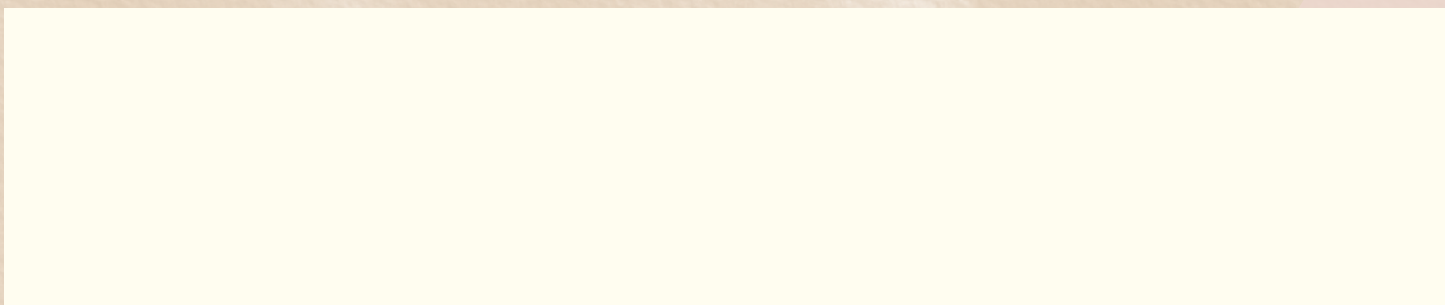
TRETJA stvar, za katero sem danes hvaležen/a:



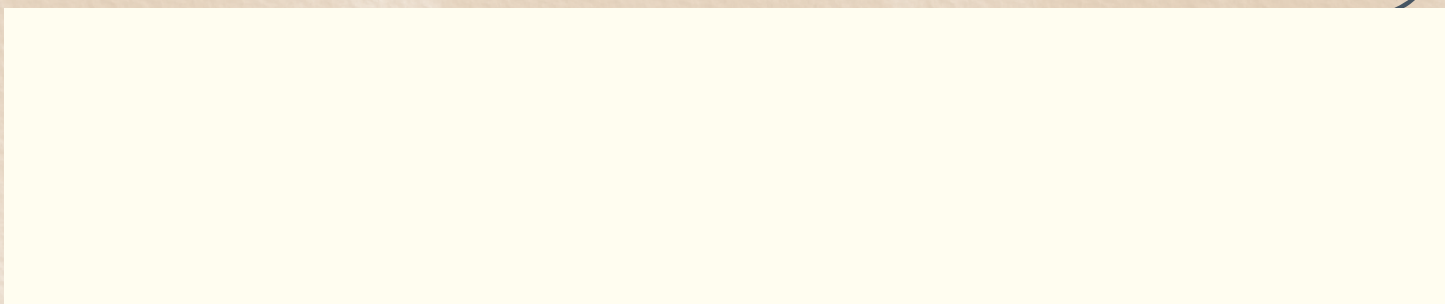


DATUM:

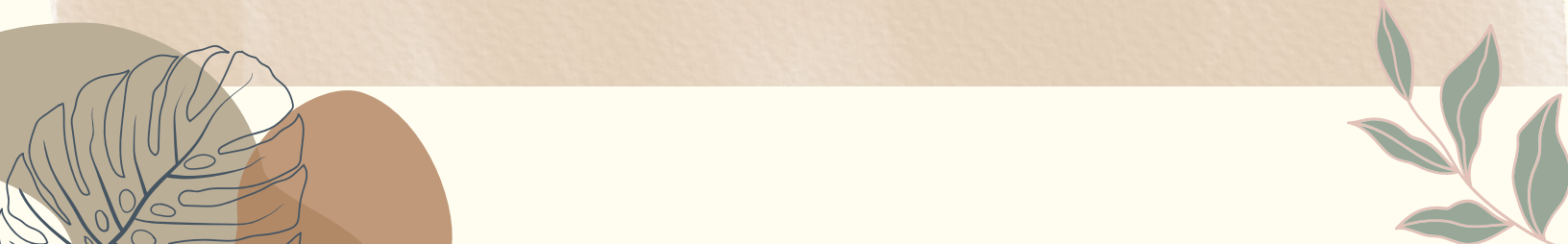
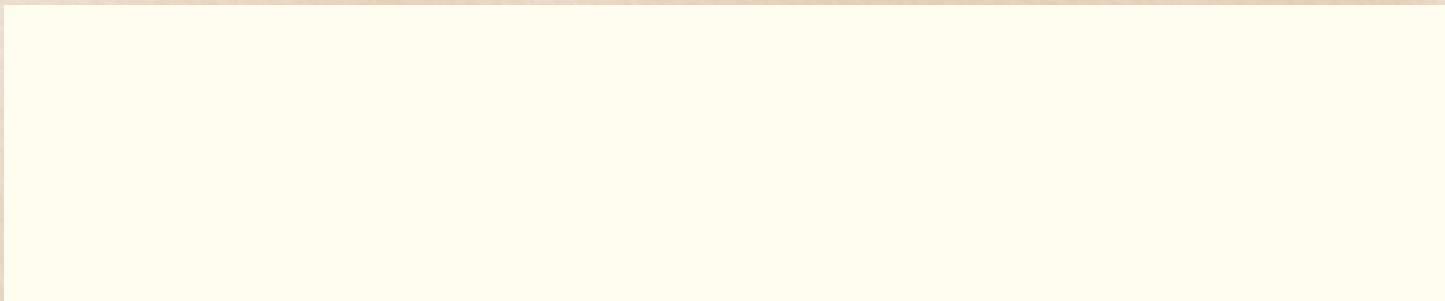
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



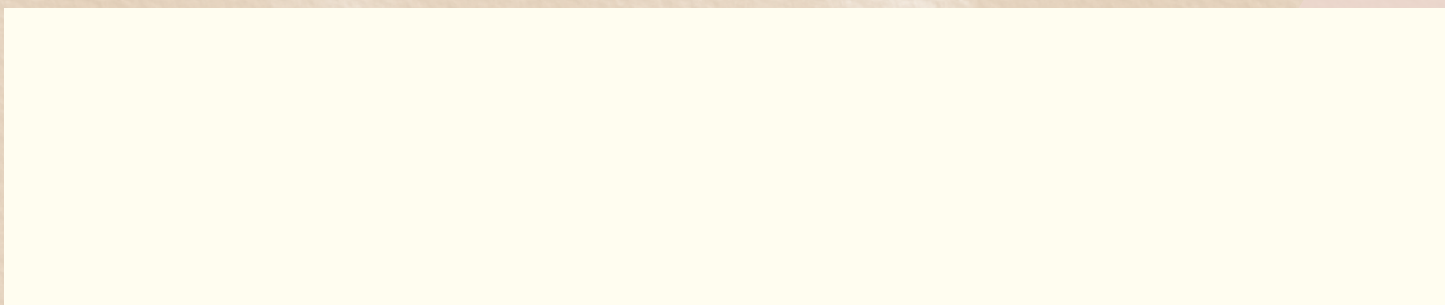
TRETJA stvar, za katero sem danes hvaležen/a:



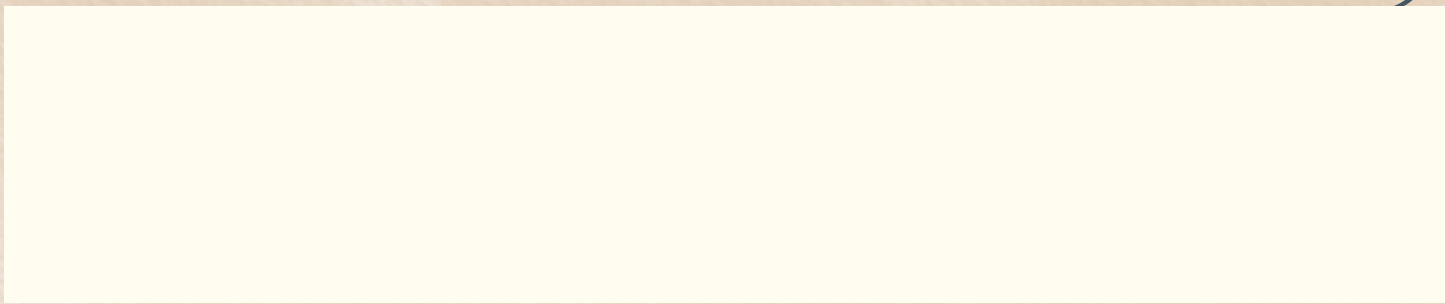


DATUM:

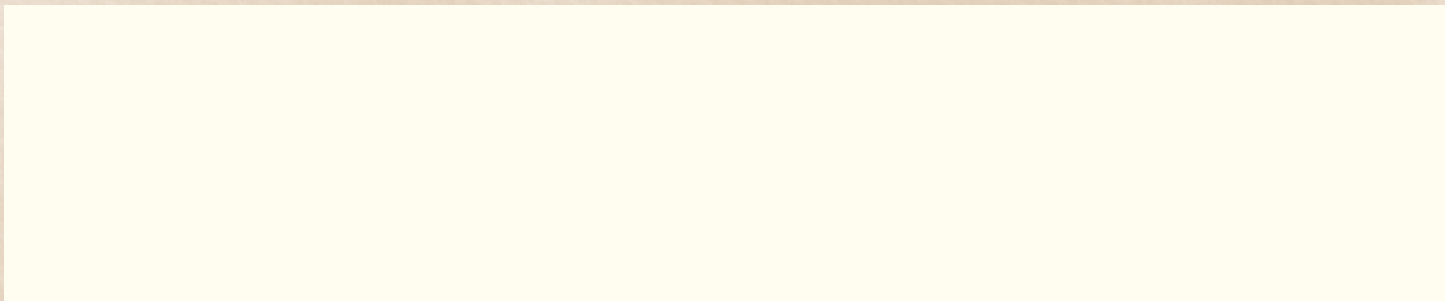
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



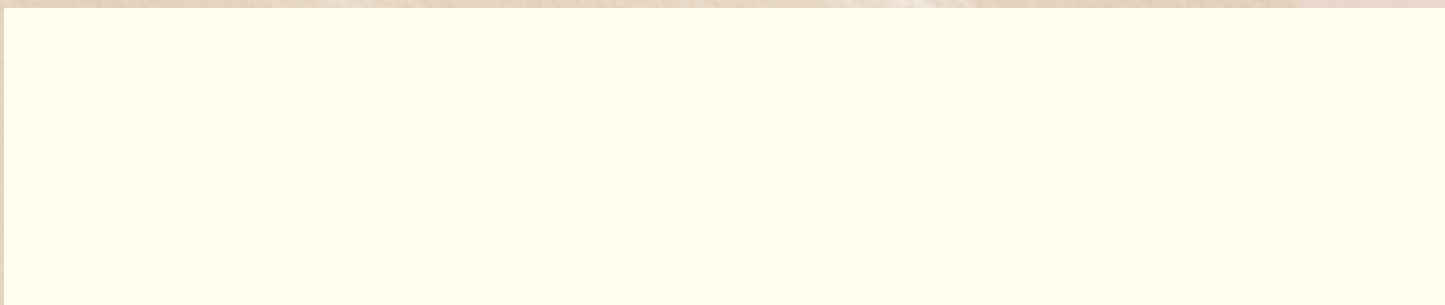
TRETJA stvar, za katero sem danes hvaležen/a:



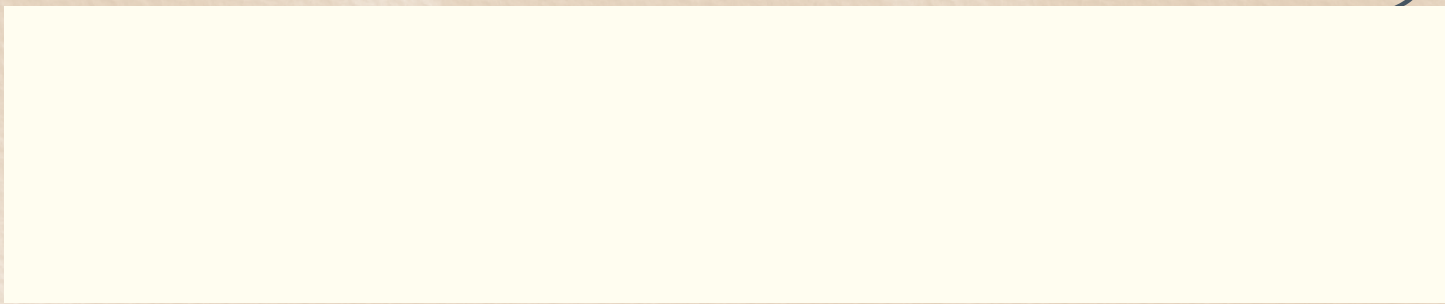


DATUM:

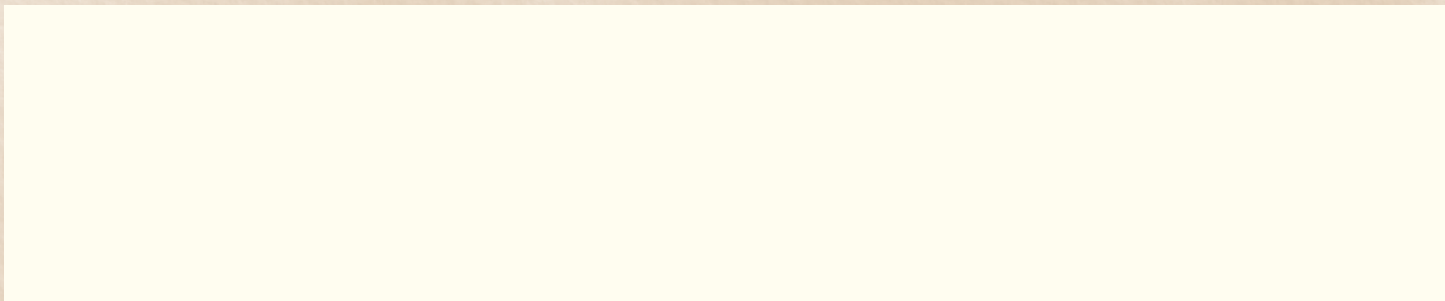
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



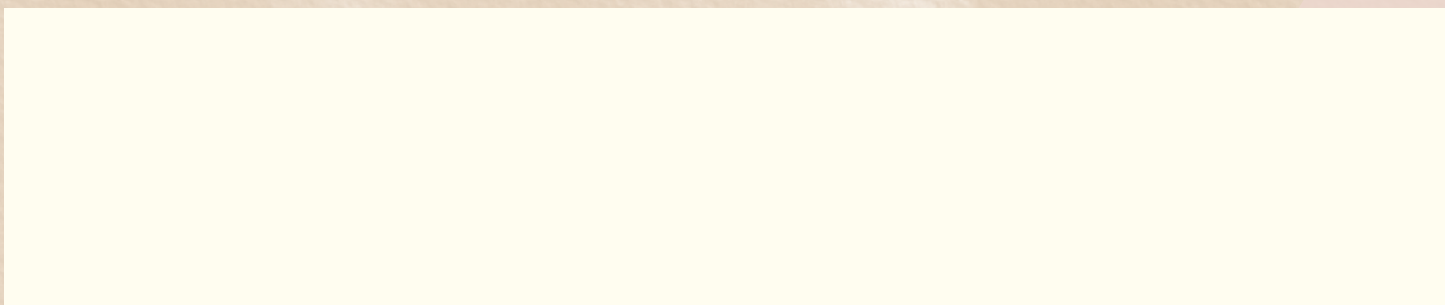
TRETJA stvar, za katero sem danes hvaležen/a:



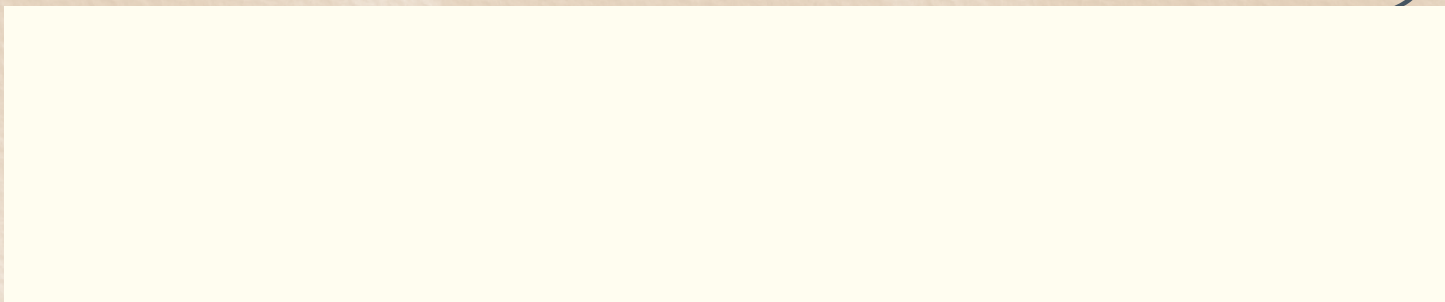


DATUM:

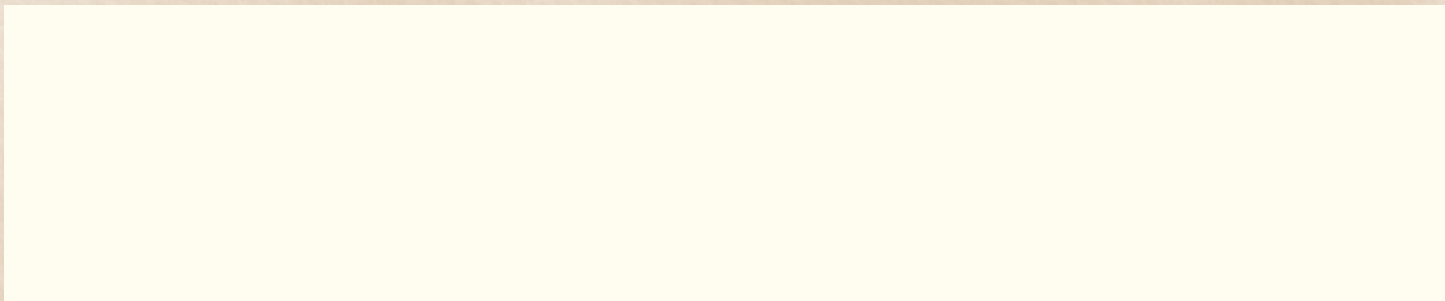
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



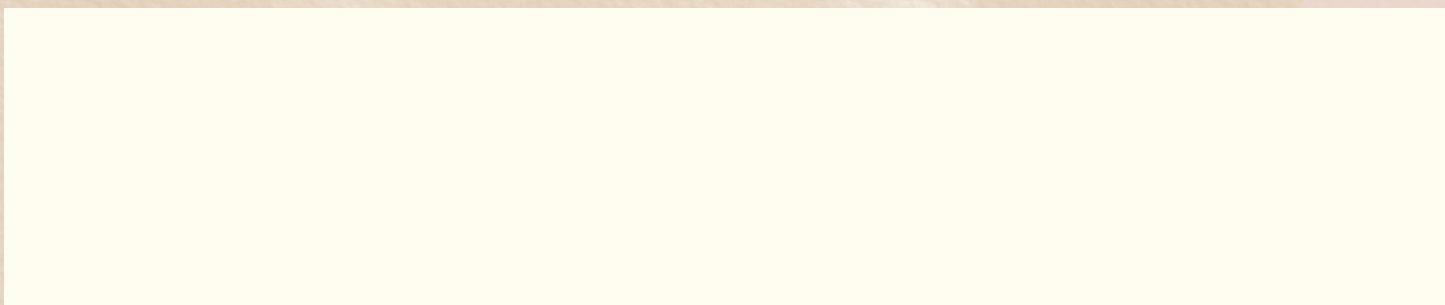
TRETJA stvar, za katero sem danes hvaležen/a:



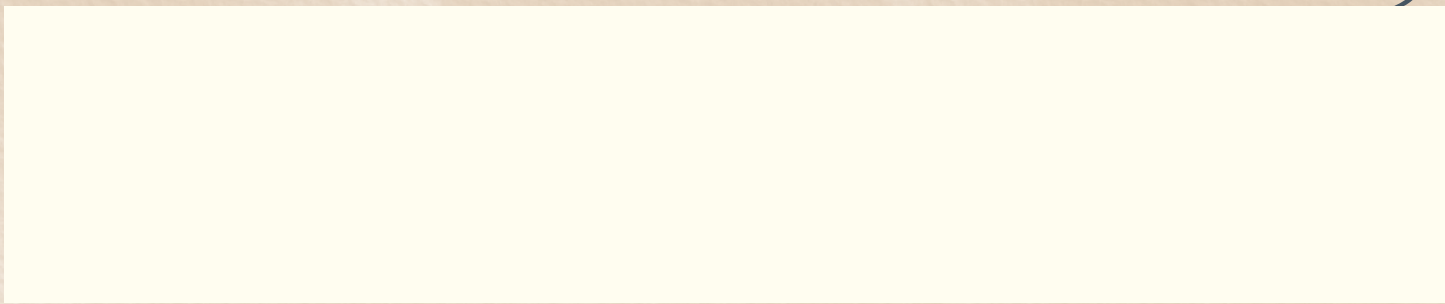


DATUM:

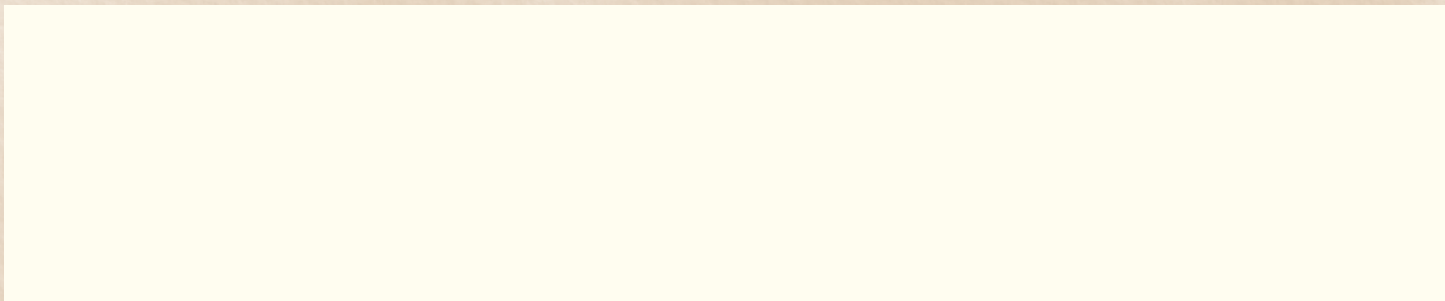
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



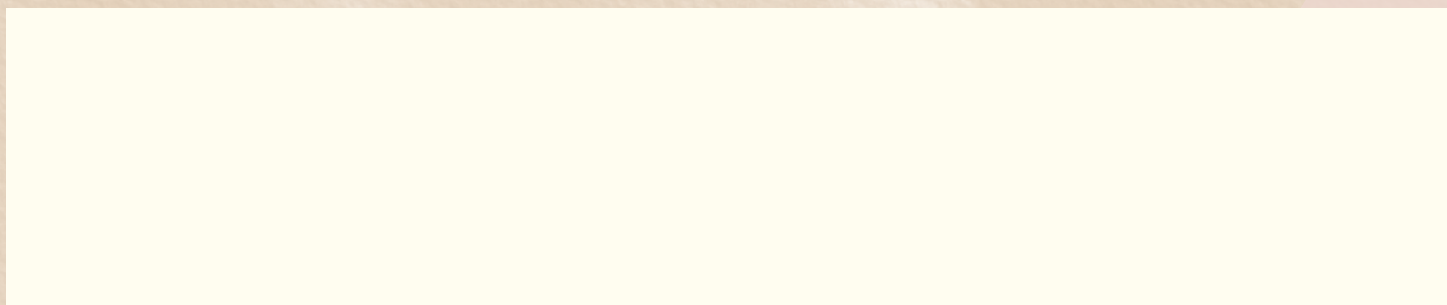
TRETJA stvar, za katero sem danes hvaležen/a:



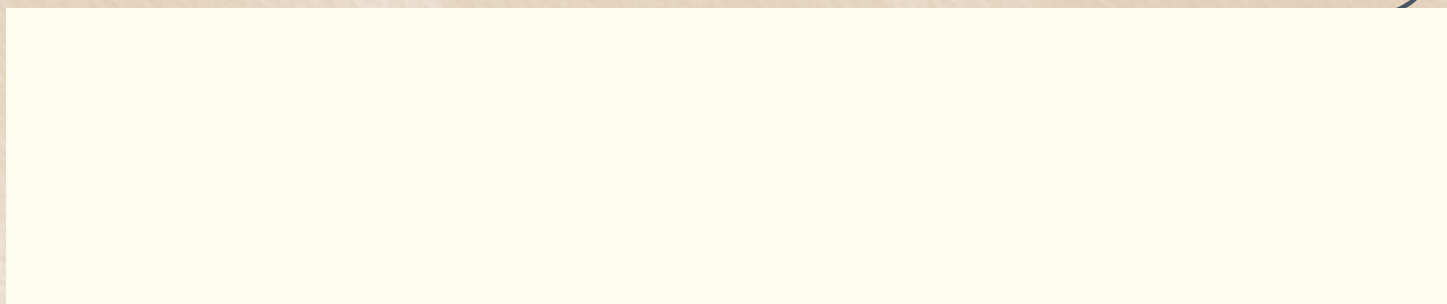


DATUM:

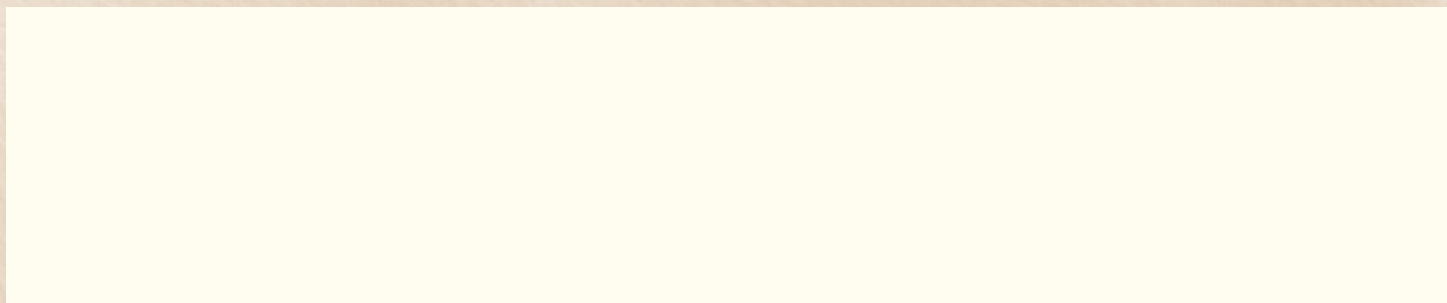
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



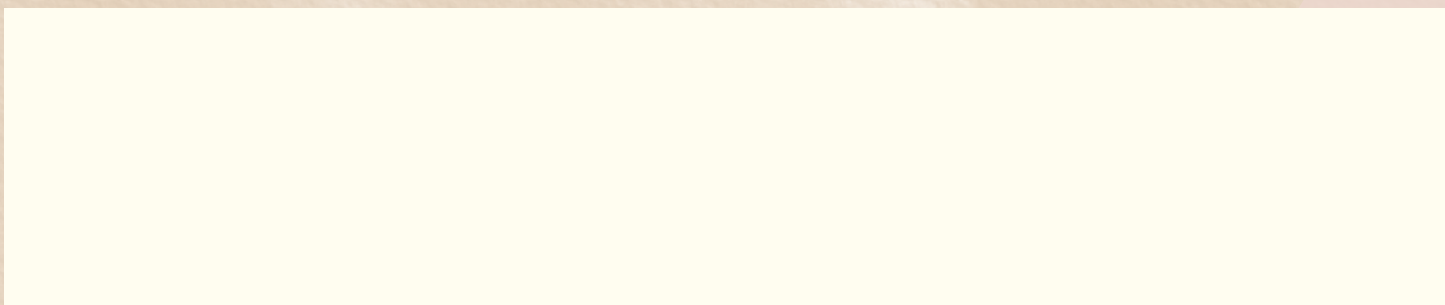
TRETJA stvar, za katero sem danes hvaležen/a:



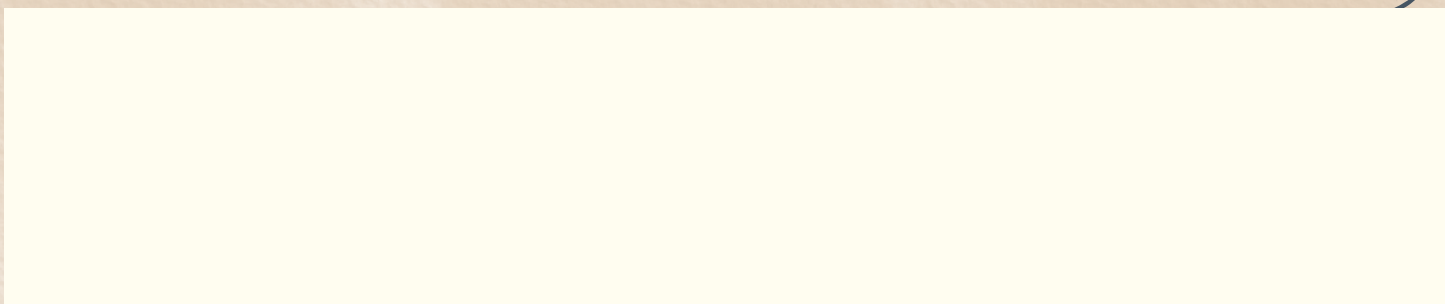


DATUM:

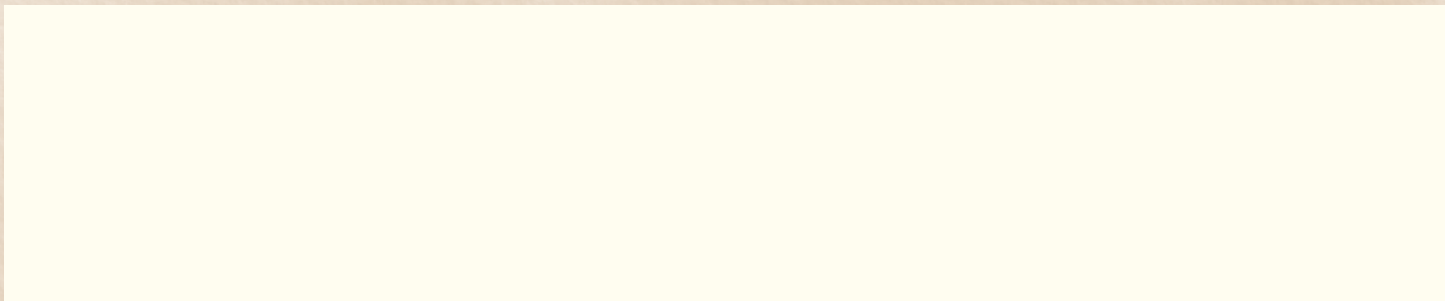
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



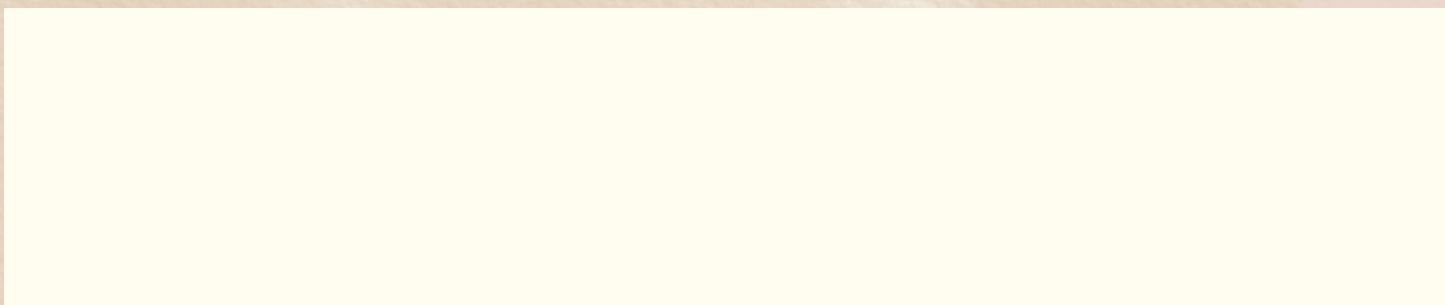
TRETJA stvar, za katero sem danes hvaležen/a:



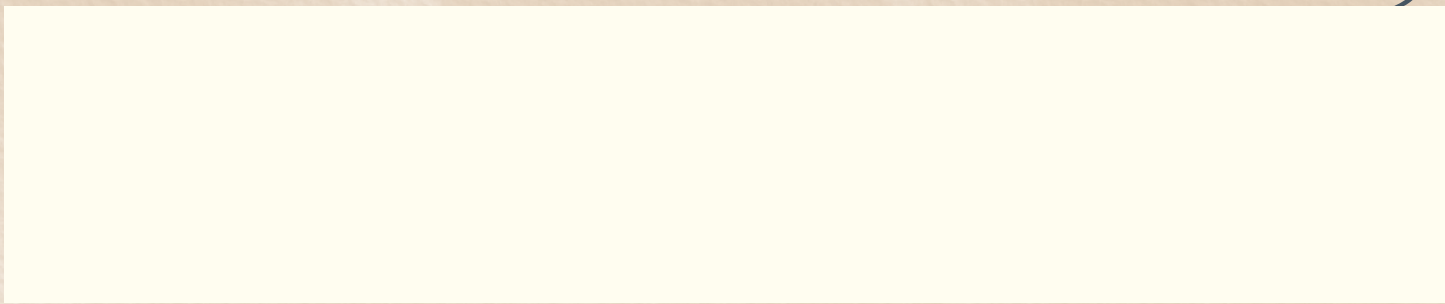


DATUM:

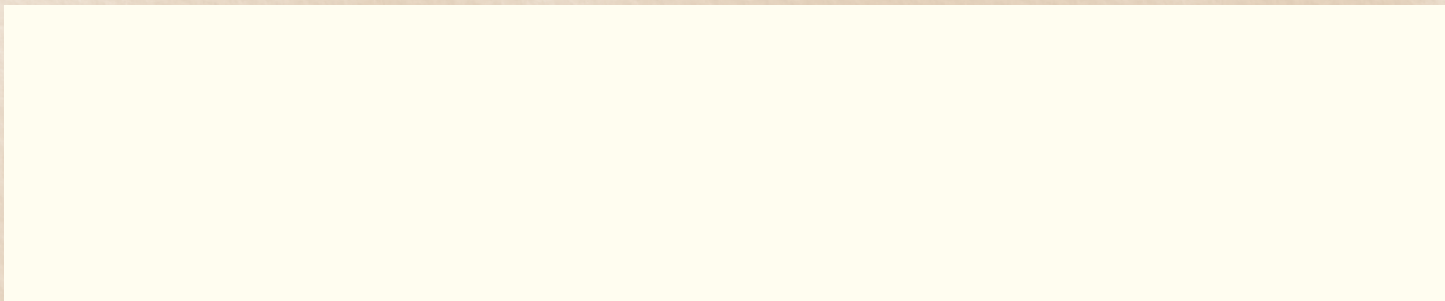
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



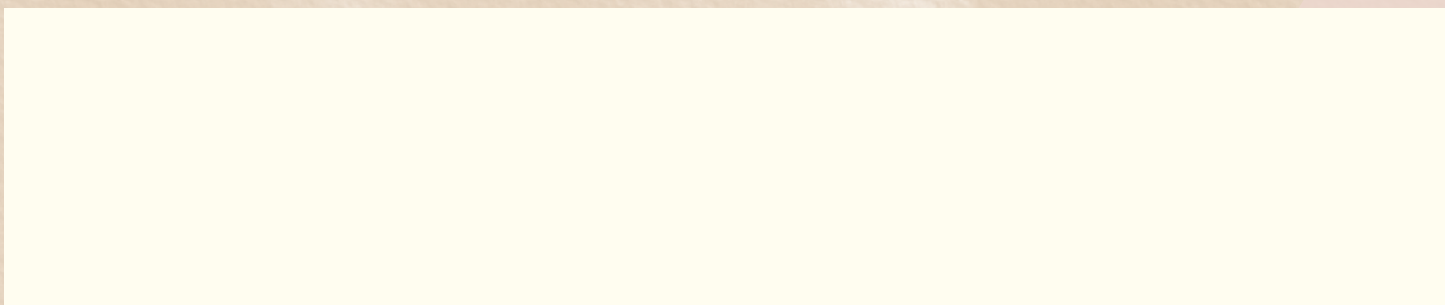
TRETJA stvar, za katero sem danes hvaležen/a:



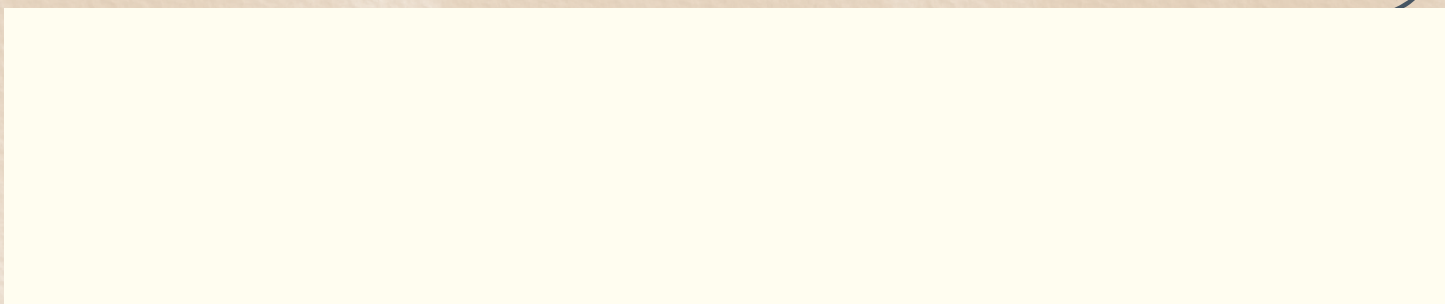


DATUM:

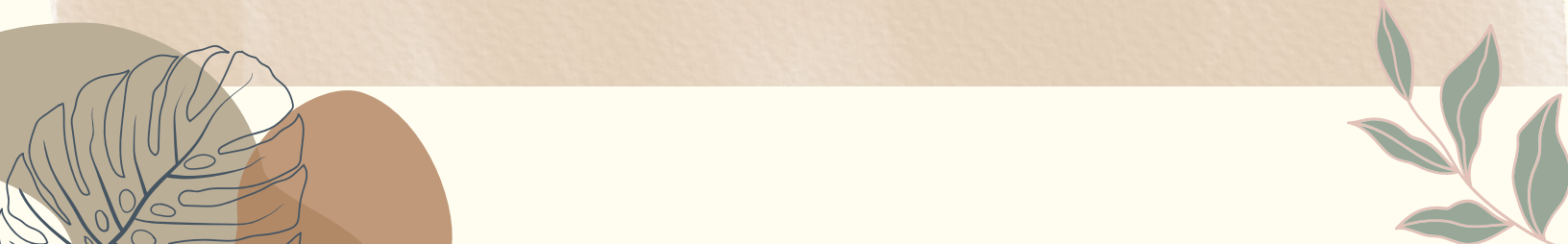
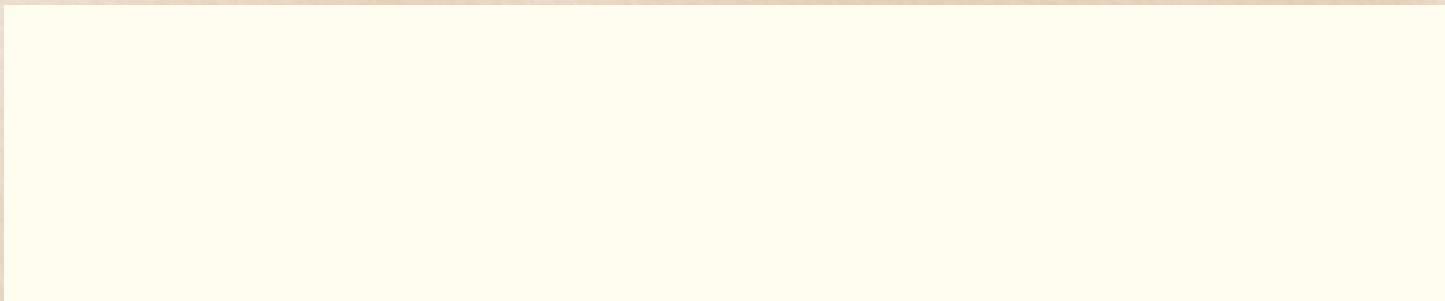
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



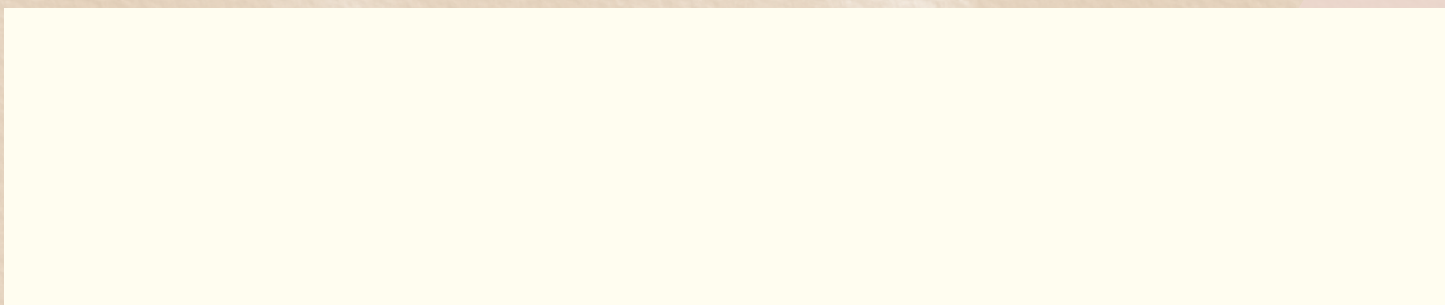
TRETJA stvar, za katero sem danes hvaležen/a:



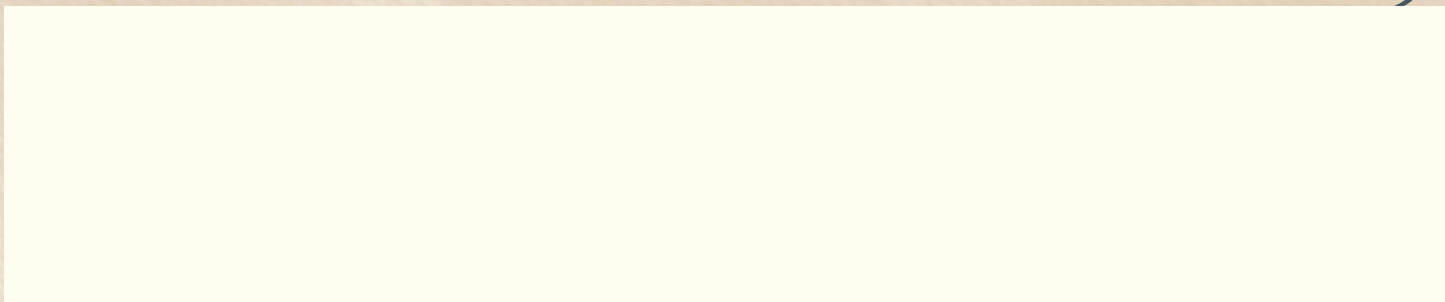


DATUM:

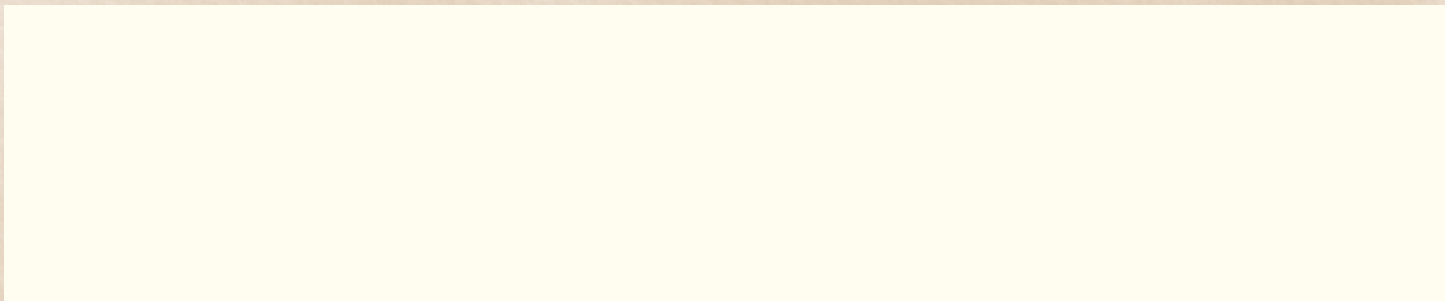
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



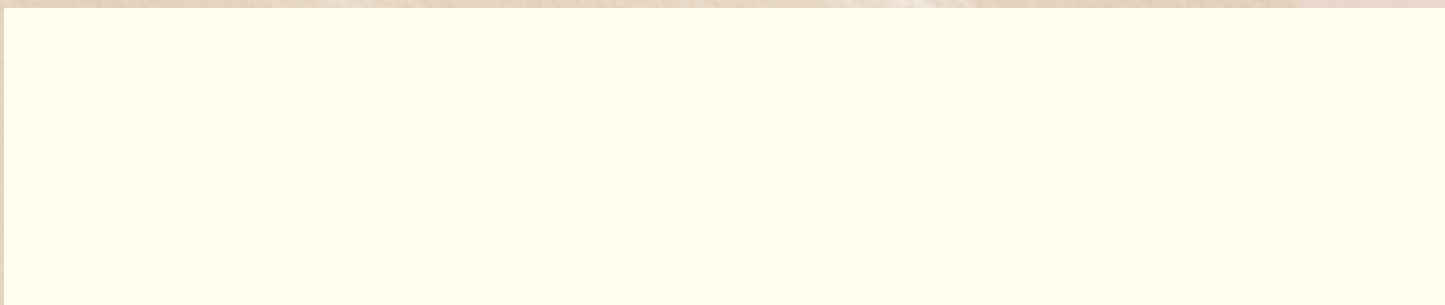
TRETJA stvar, za katero sem danes hvaležen/a:



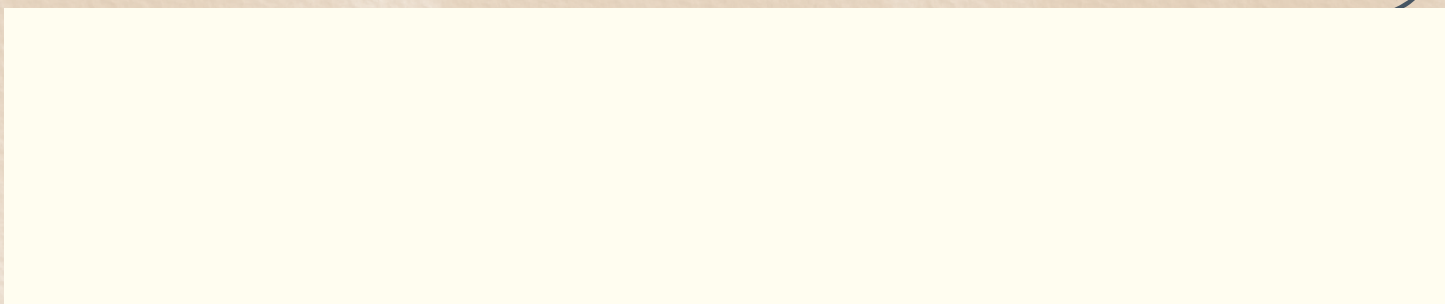


DATUM:

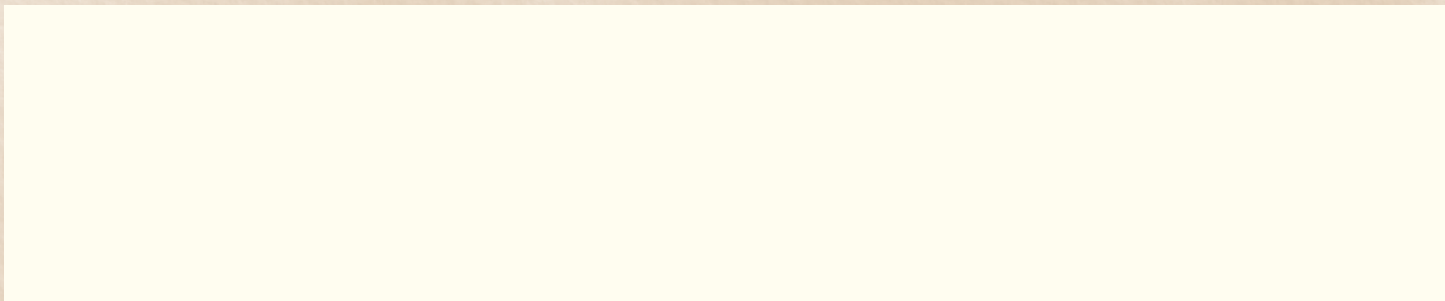
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



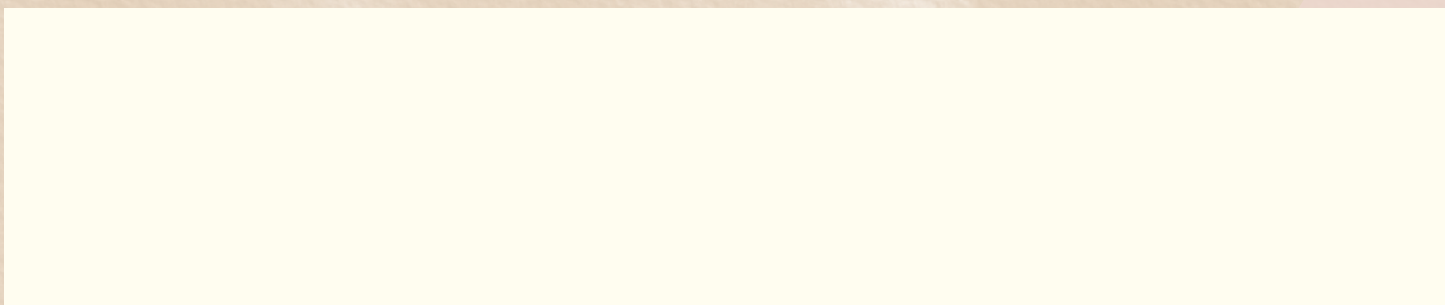
TRETJA stvar, za katero sem danes hvaležen/a:



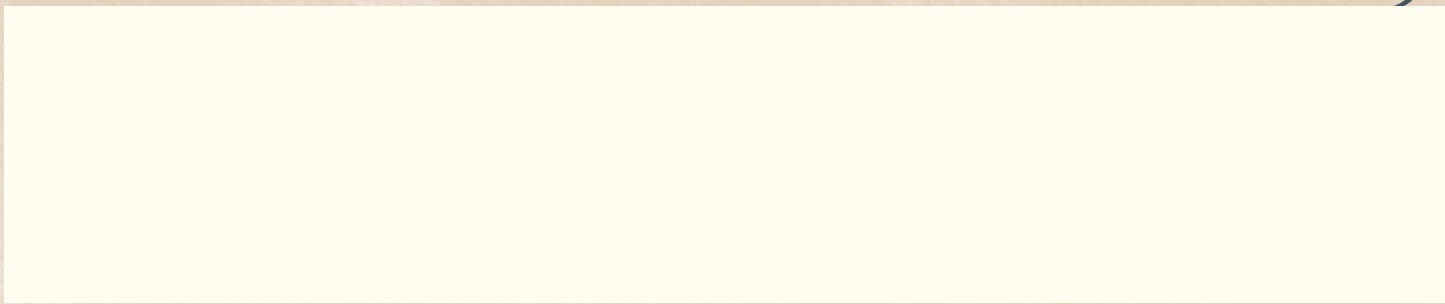


DATUM:

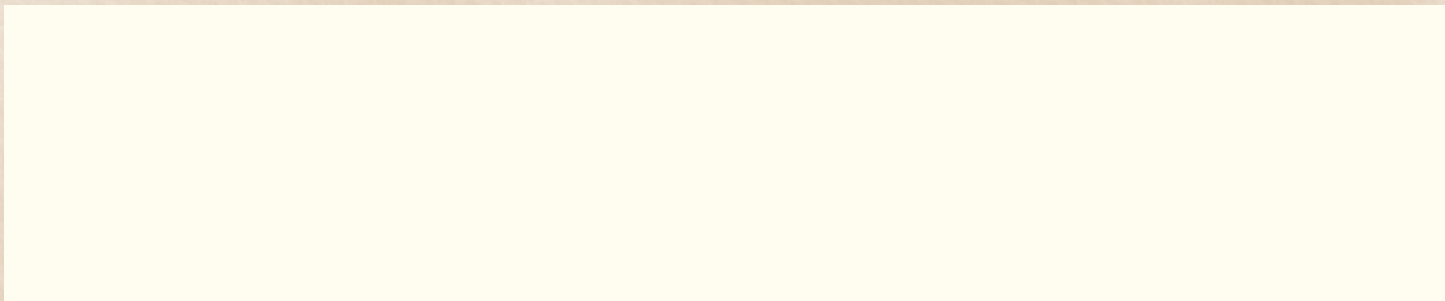
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



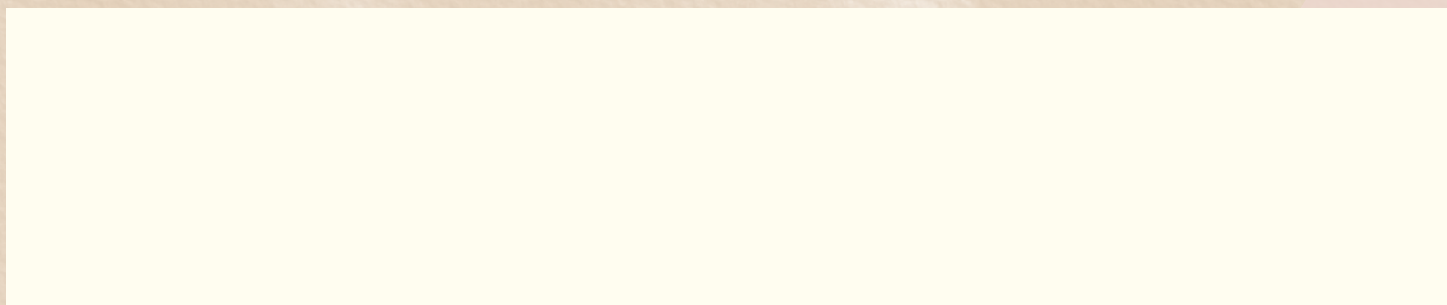
TRETJA stvar, za katero sem danes hvaležen/a:



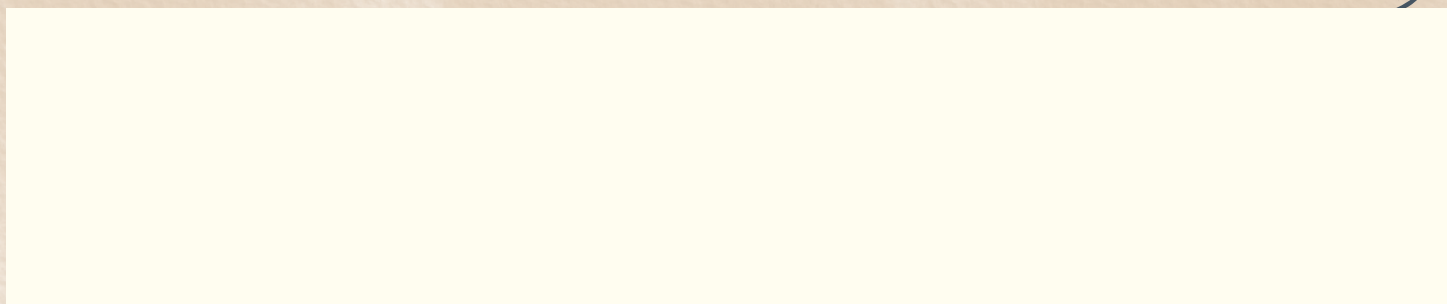


DATUM:

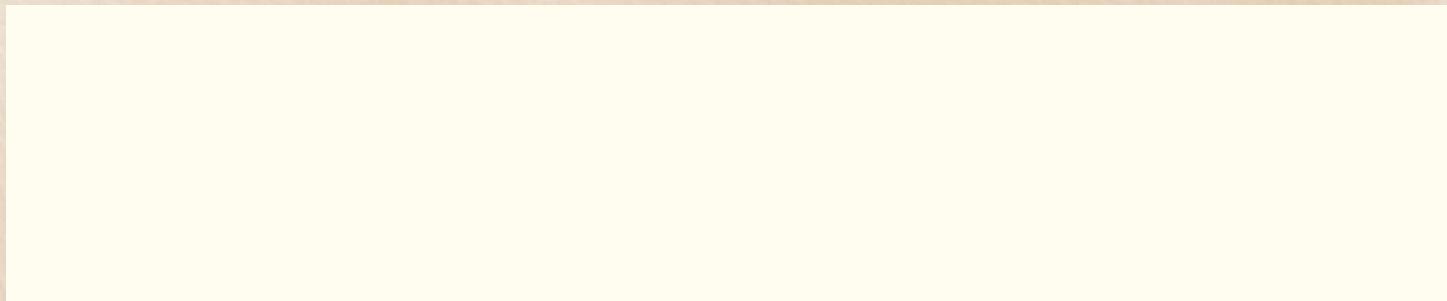
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



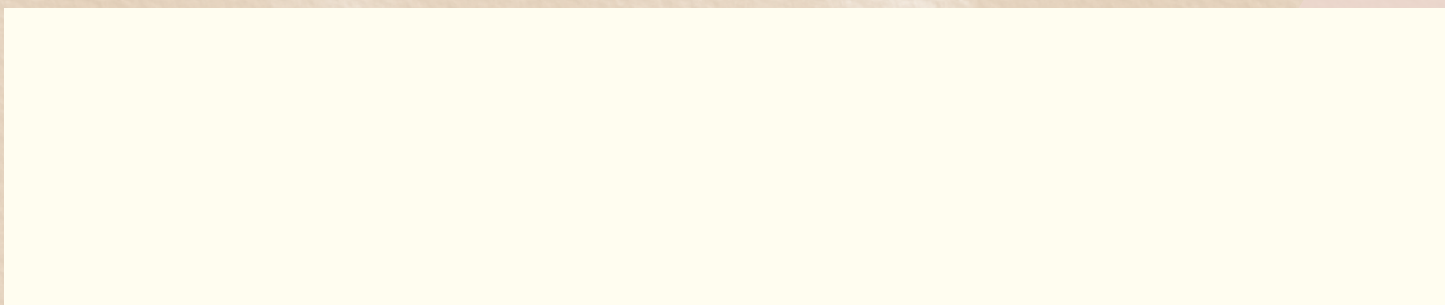
TRETJA stvar, za katero sem danes hvaležen/a:



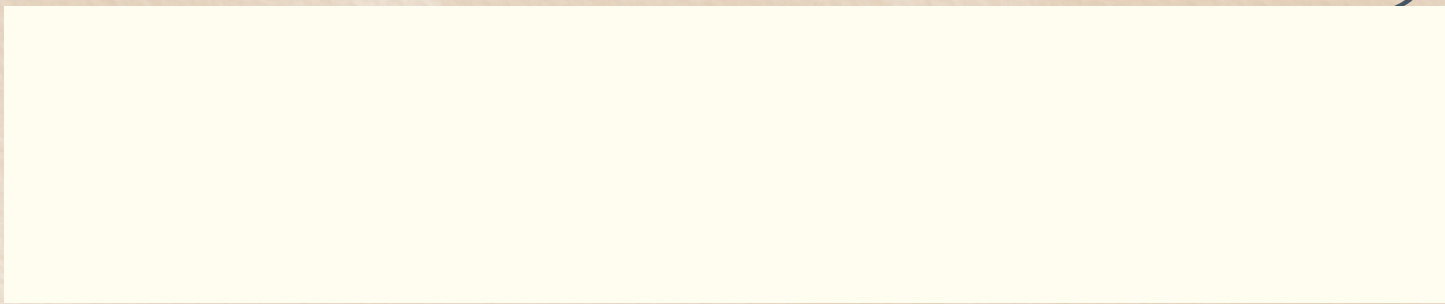


DATUM:

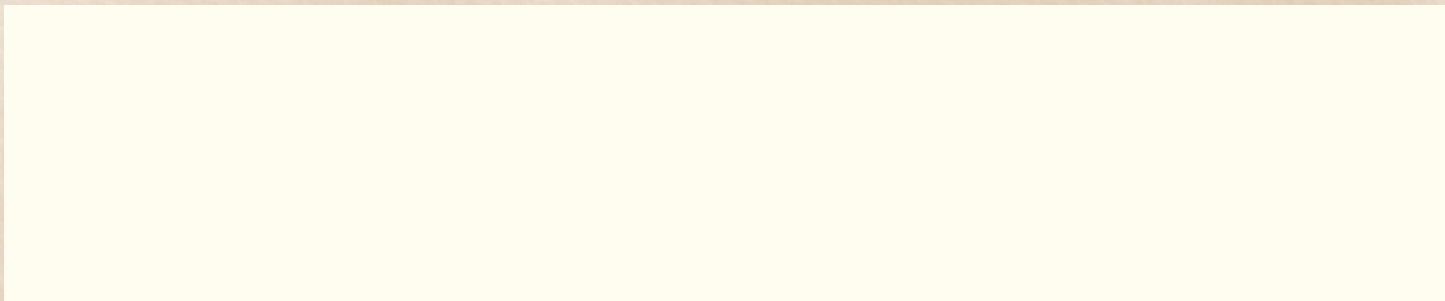
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



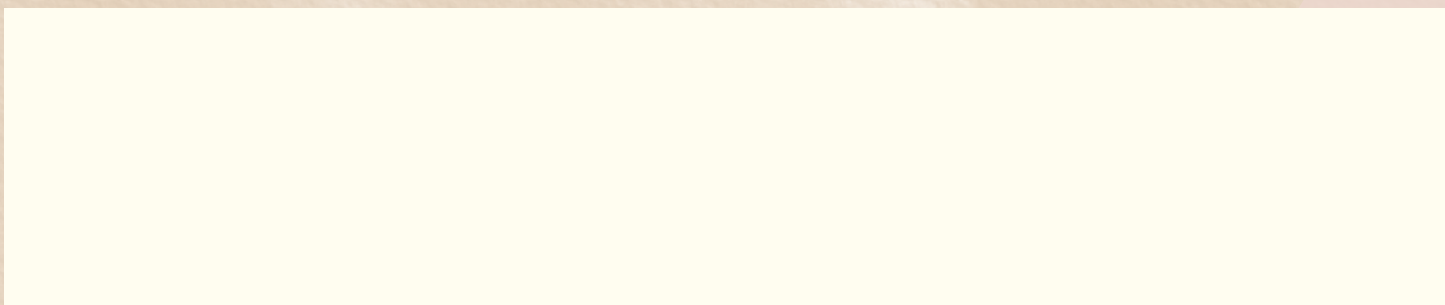
TRETJA stvar, za katero sem danes hvaležen/a:



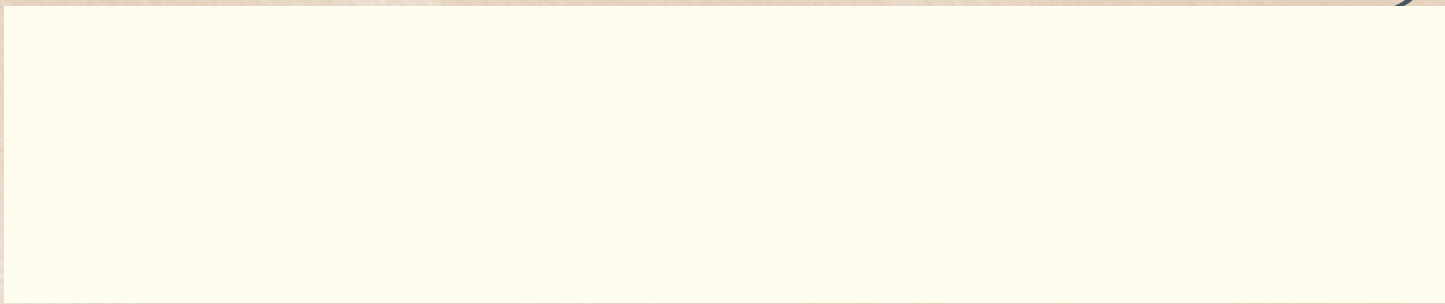


DATUM:

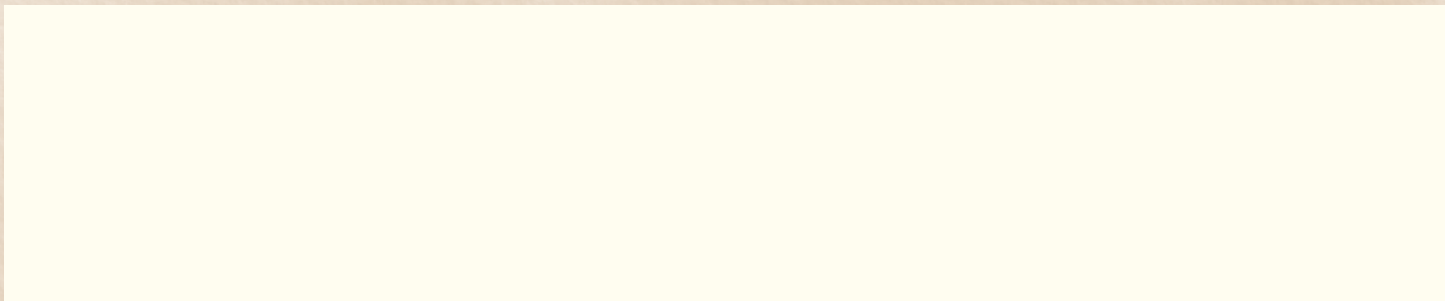
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



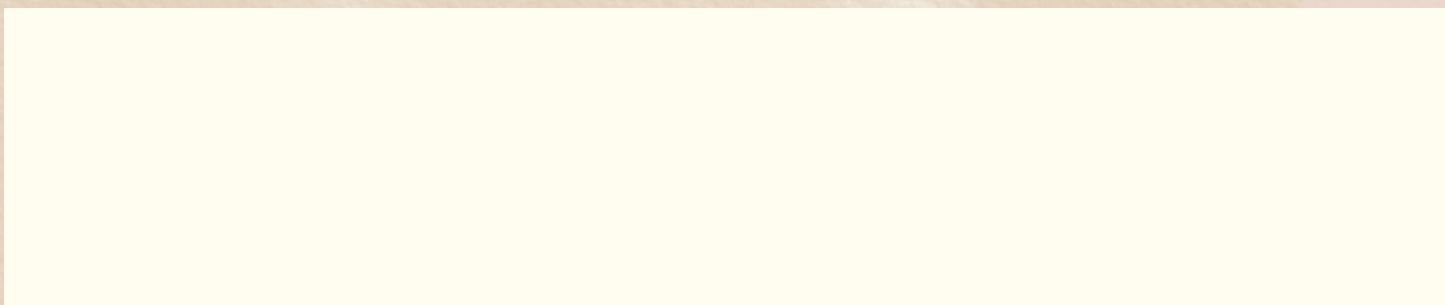
TRETJA stvar, za katero sem danes hvaležen/a:



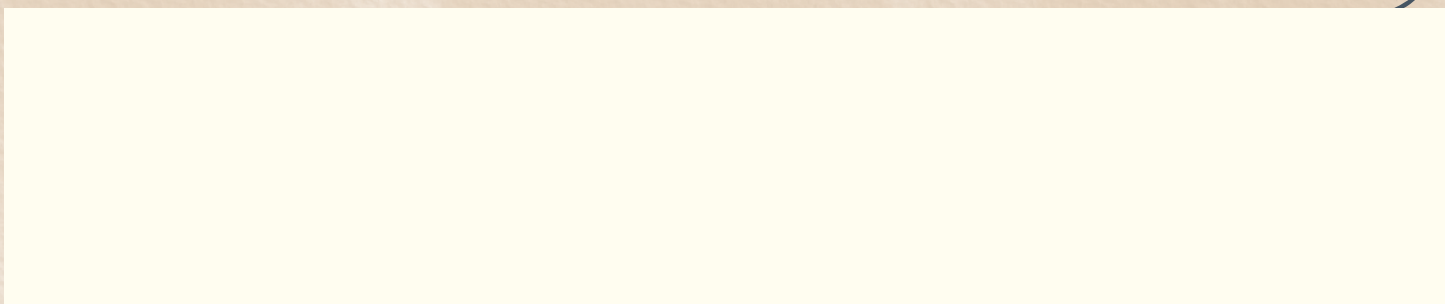


DATUM:

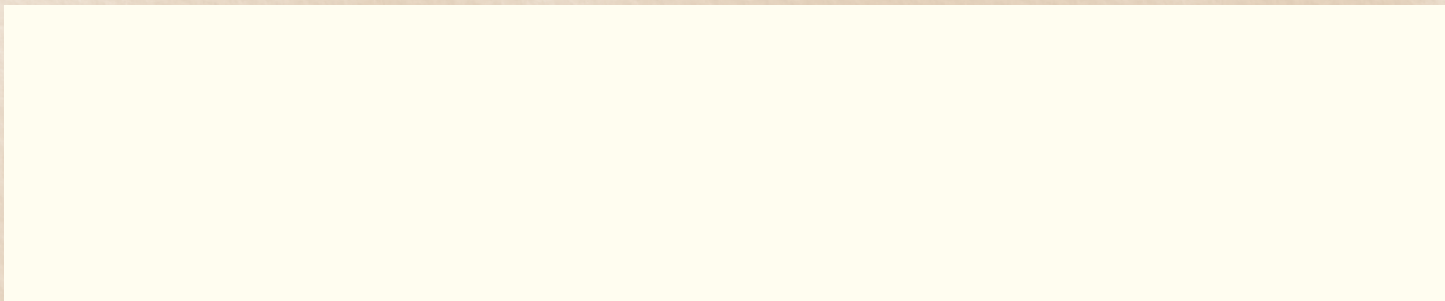
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



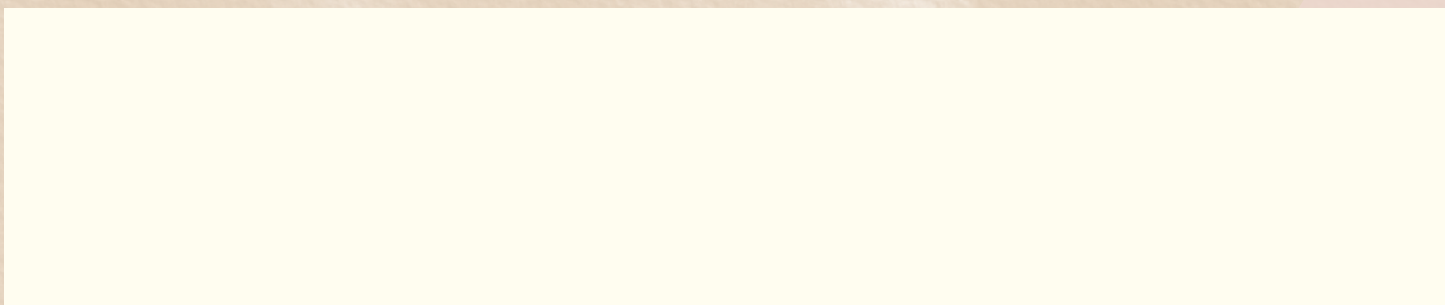
TRETJA stvar, za katero sem danes hvaležen/a:



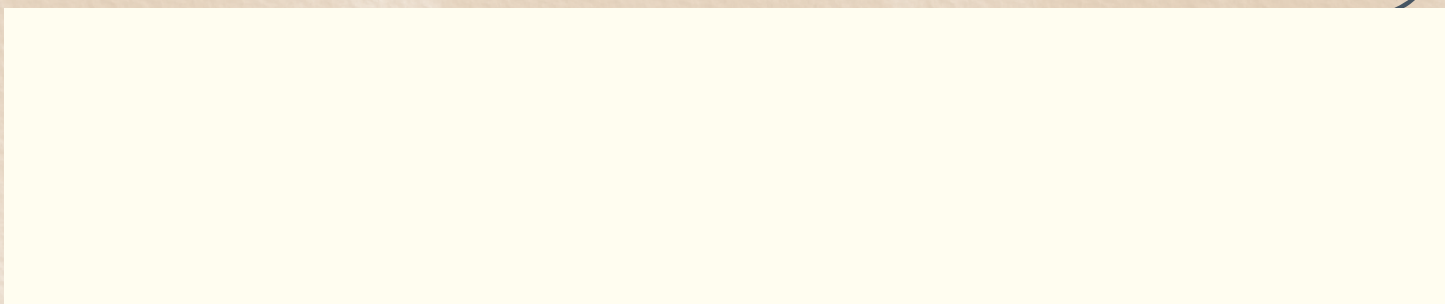


DATUM:

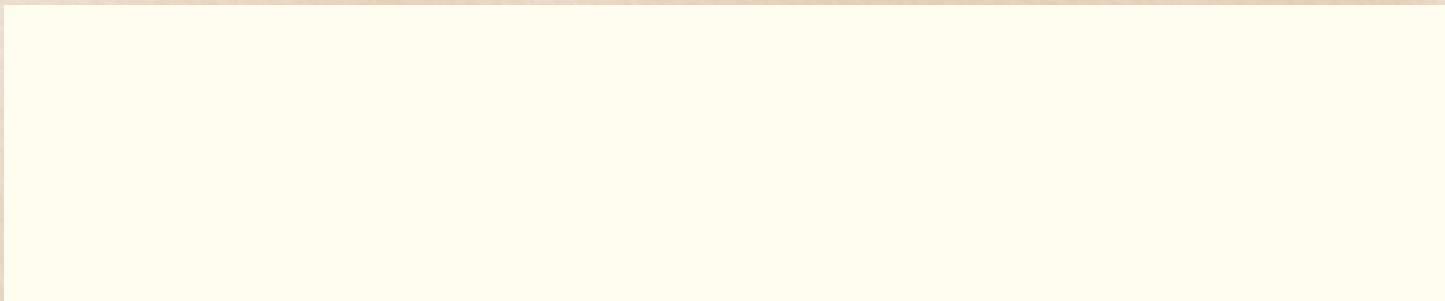
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



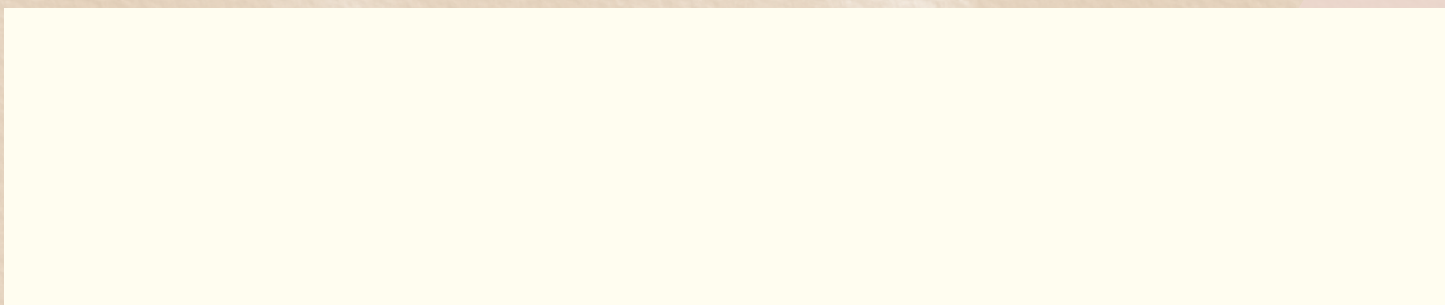
TRETJA stvar, za katero sem danes hvaležen/a:



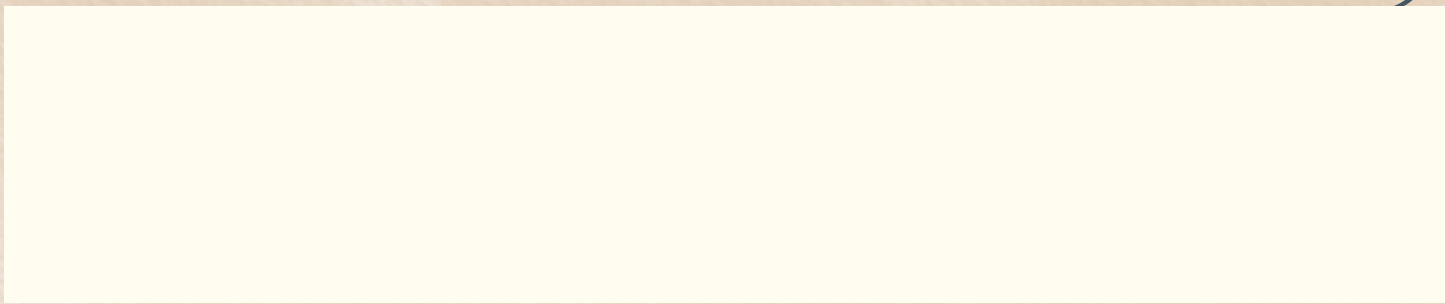


DATUM:

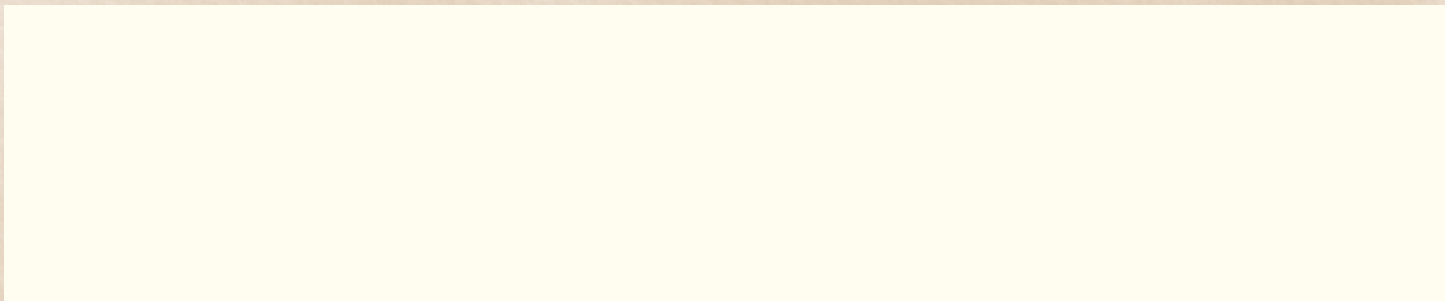
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



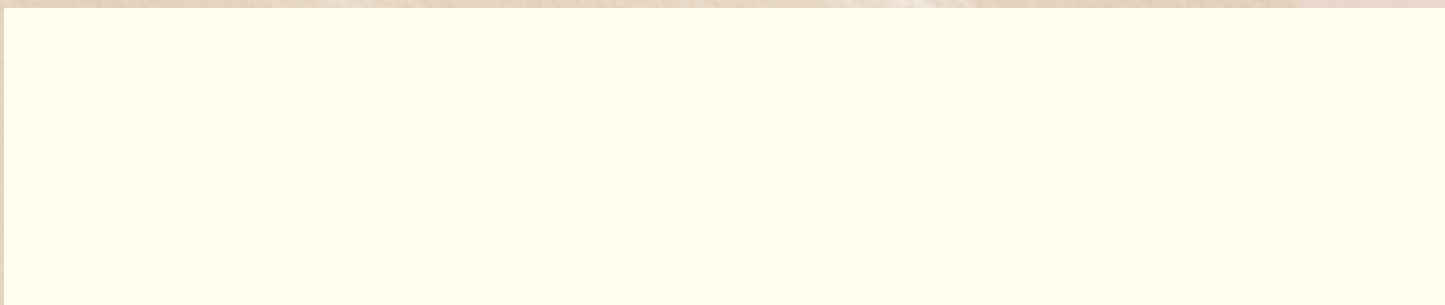
TRETJA stvar, za katero sem danes hvaležen/a:



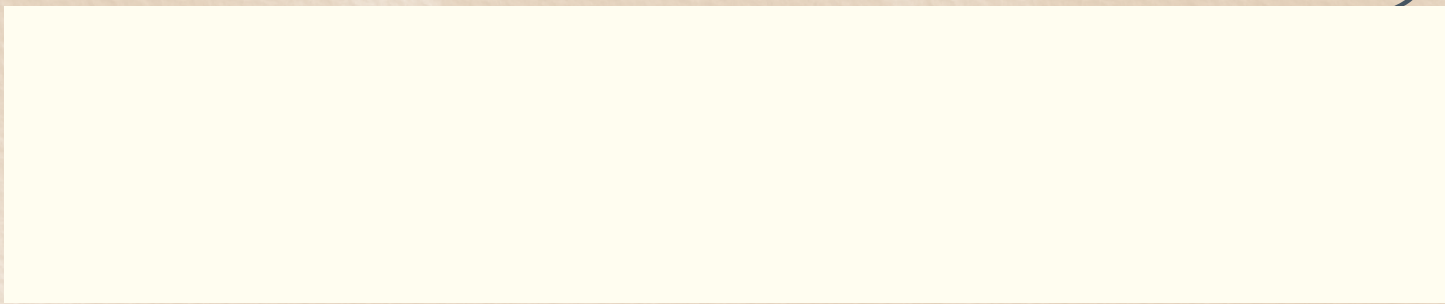


DATUM:

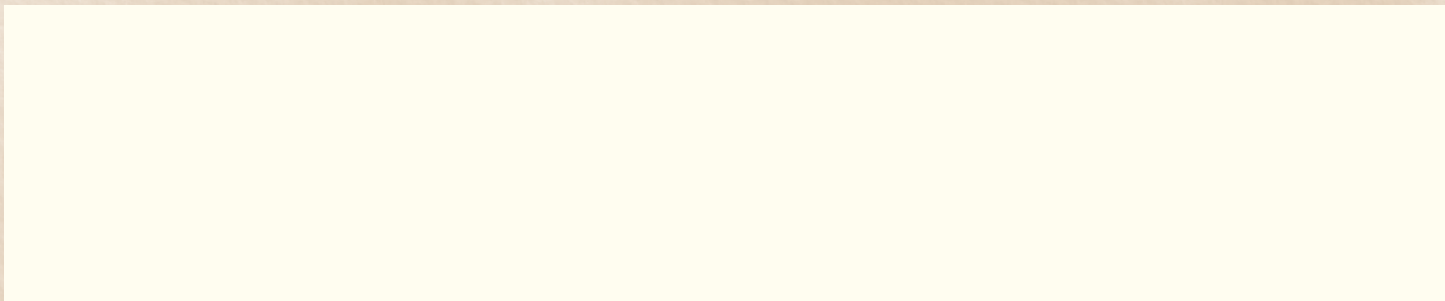
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



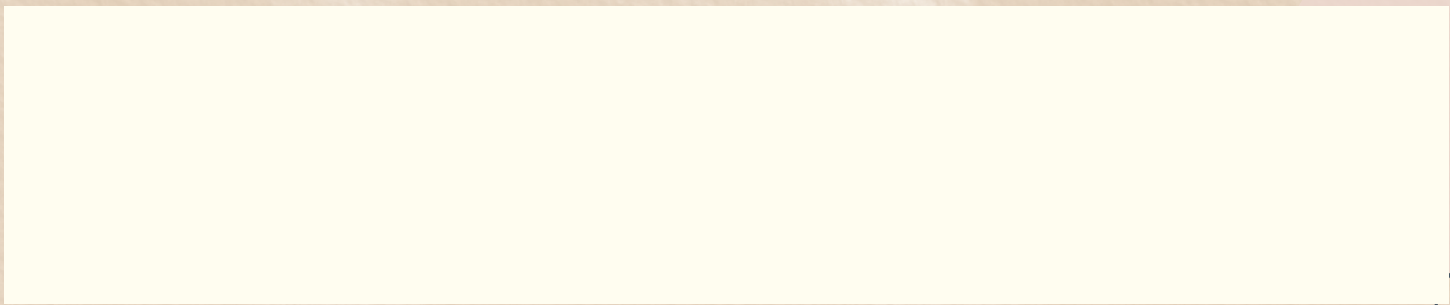
TRETJA stvar, za katero sem danes hvaležen/a:



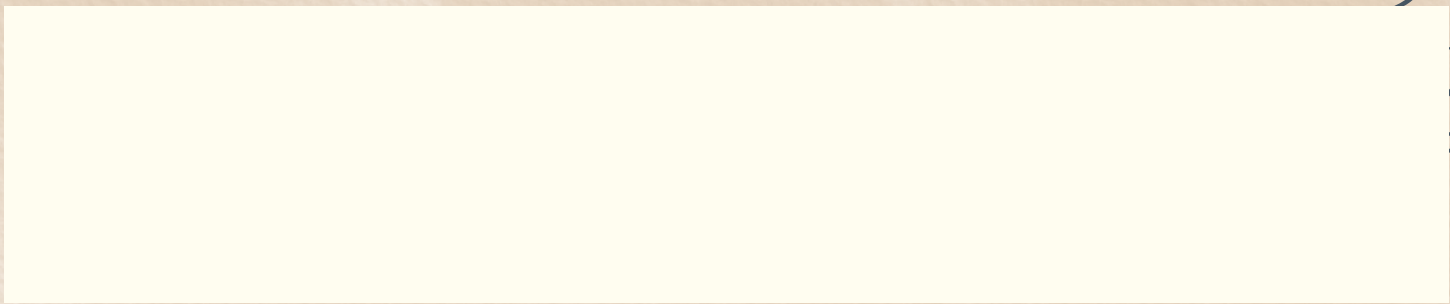


DATUM:

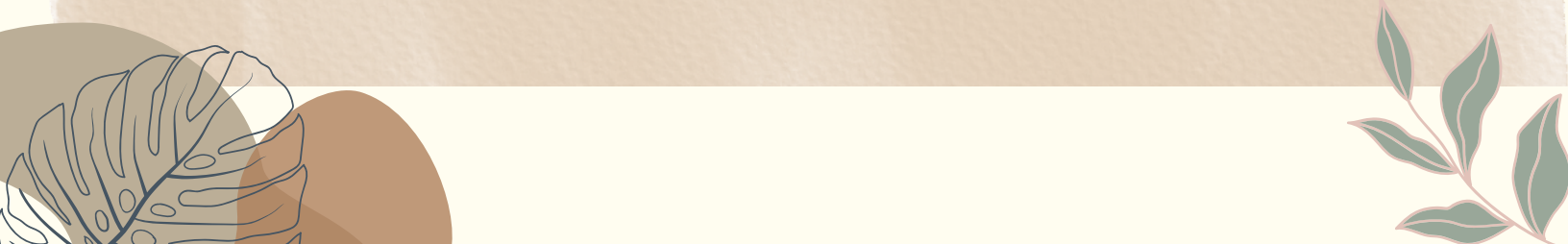
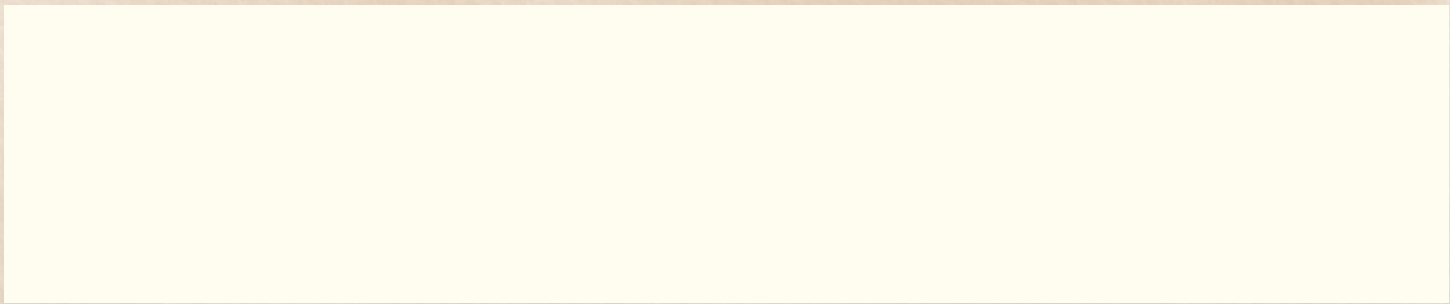
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



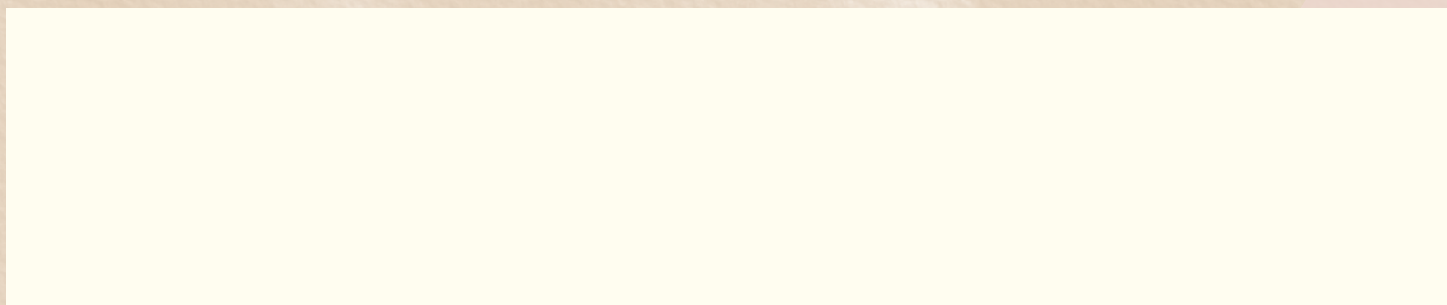
TRETJA stvar, za katero sem danes hvaležen/a:



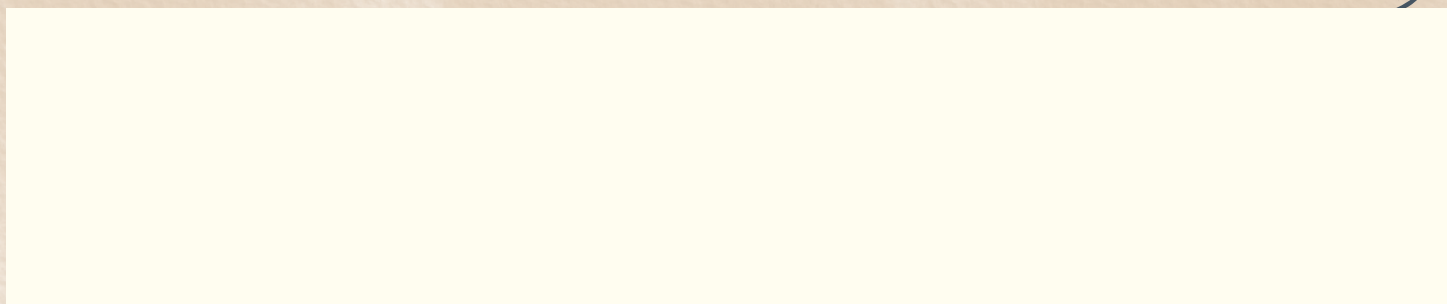


DATUM:

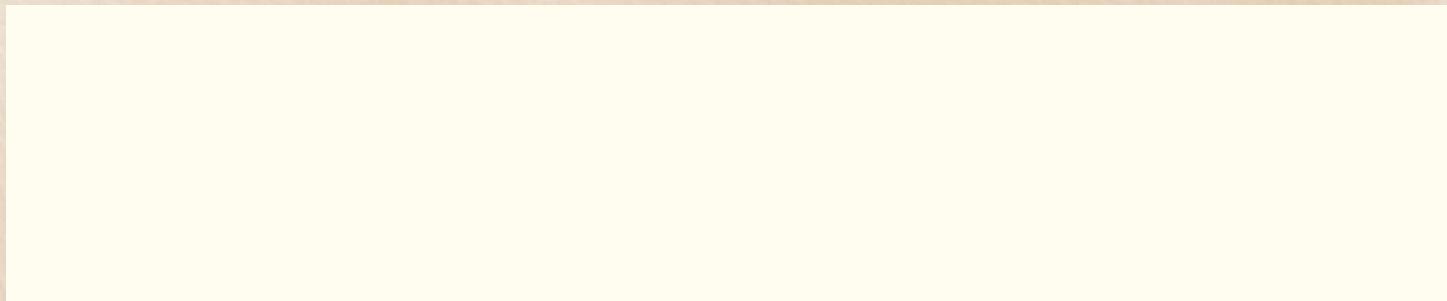
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



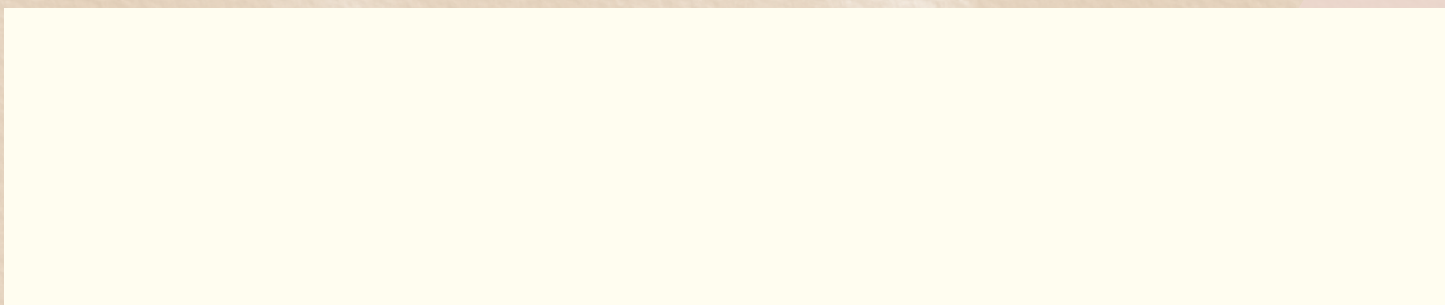
TRETJA stvar, za katero sem danes hvaležen/a:



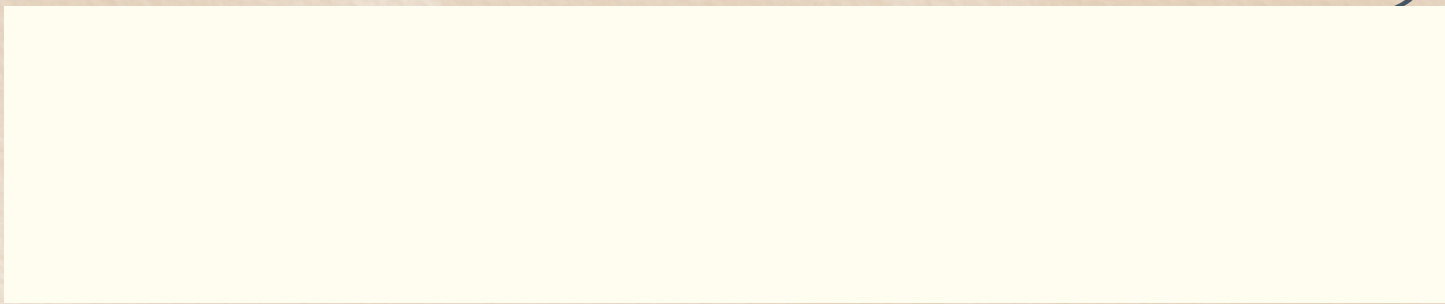


DATUM:

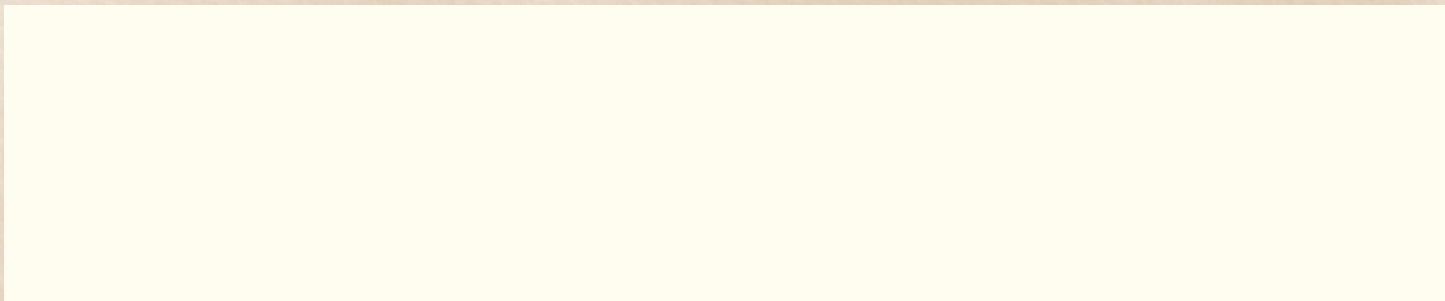
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



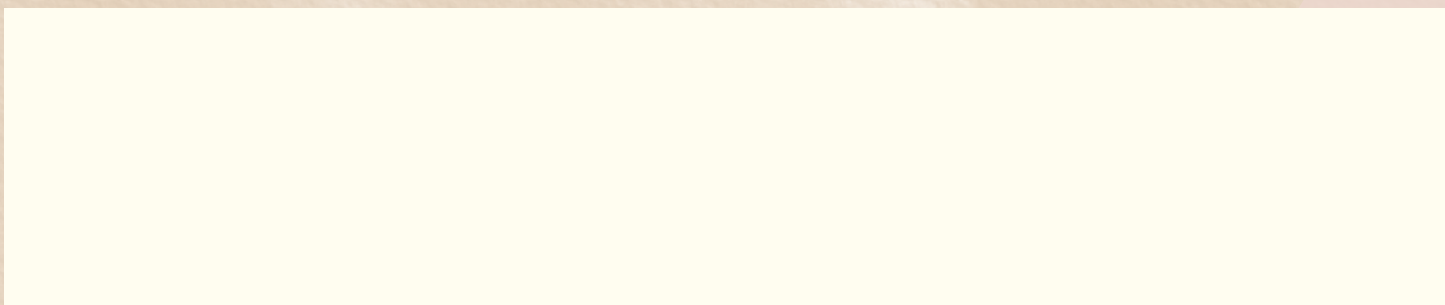
TRETJA stvar, za katero sem danes hvaležen/a:



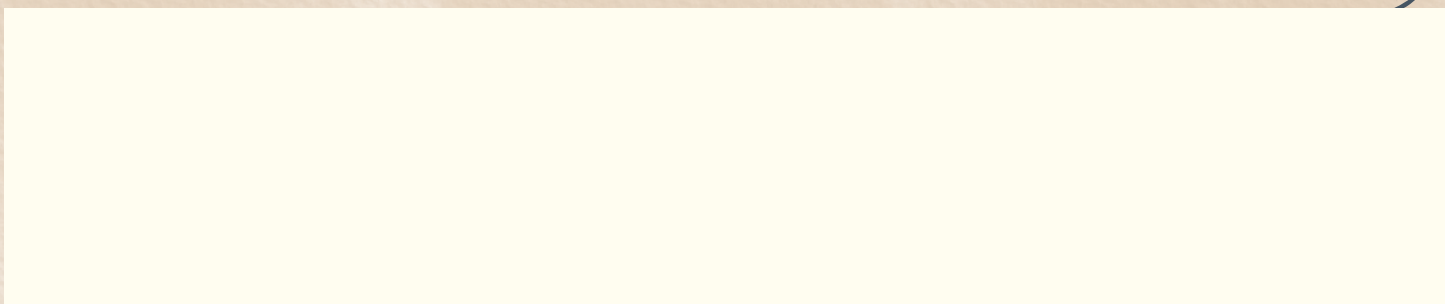


DATUM:

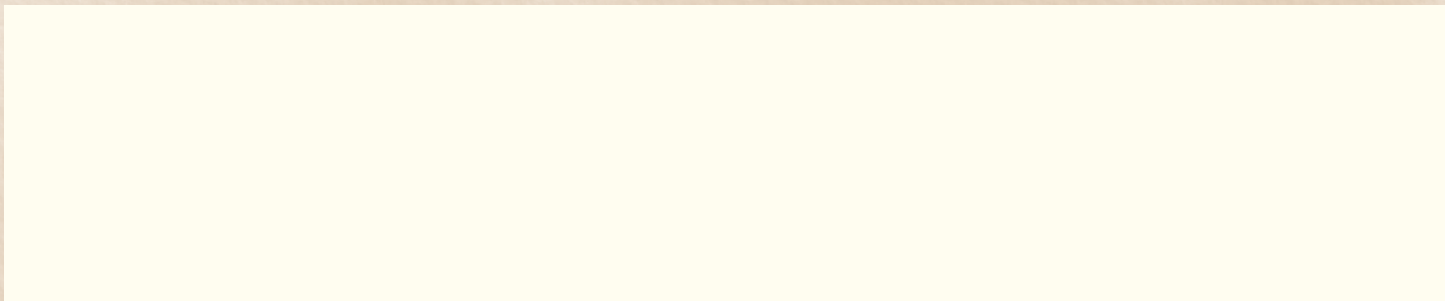
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



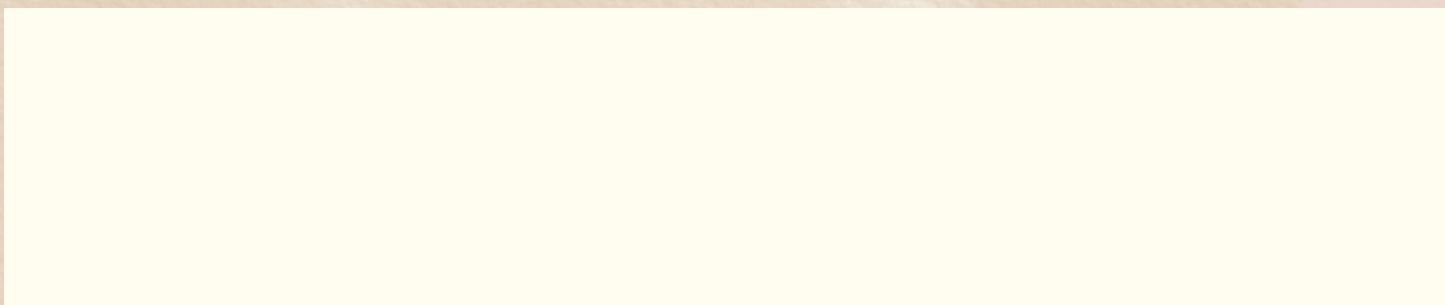
TRETJA stvar, za katero sem danes hvaležen/a:



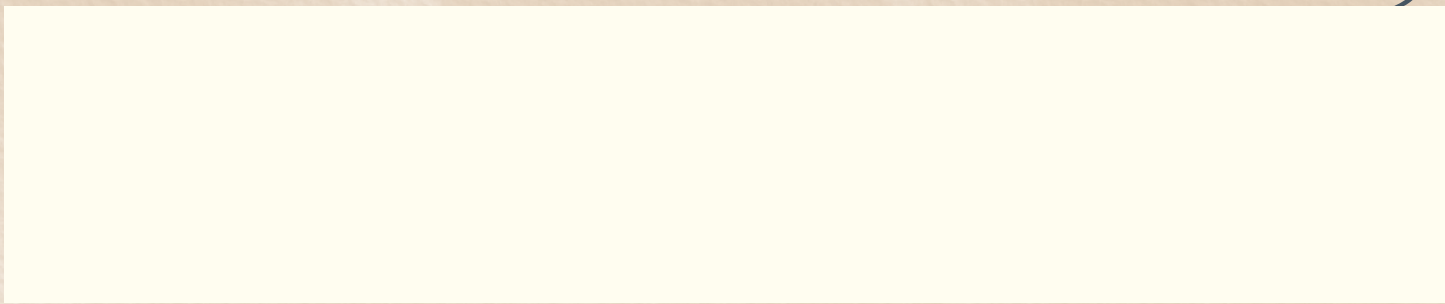


DATUM:

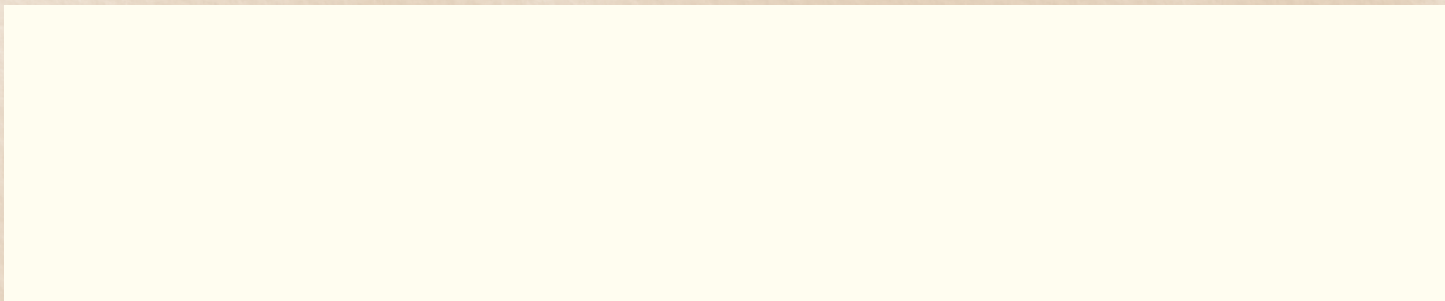
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



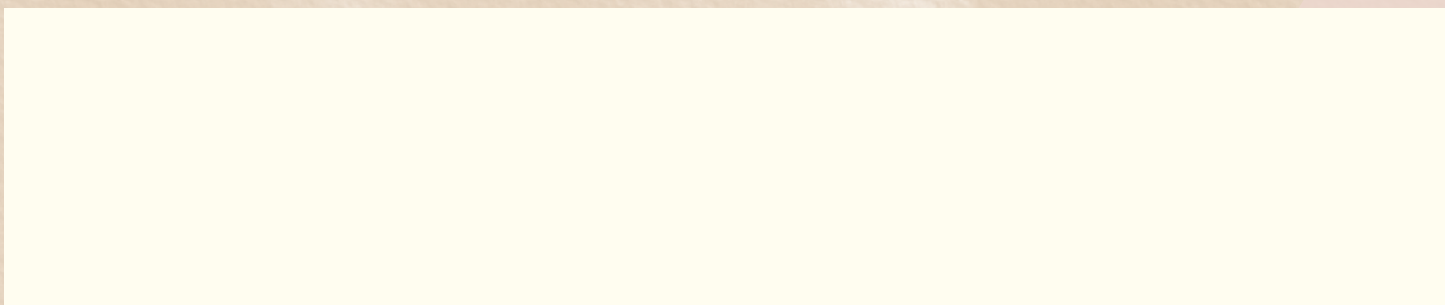
TRETJA stvar, za katero sem danes hvaležen/a:



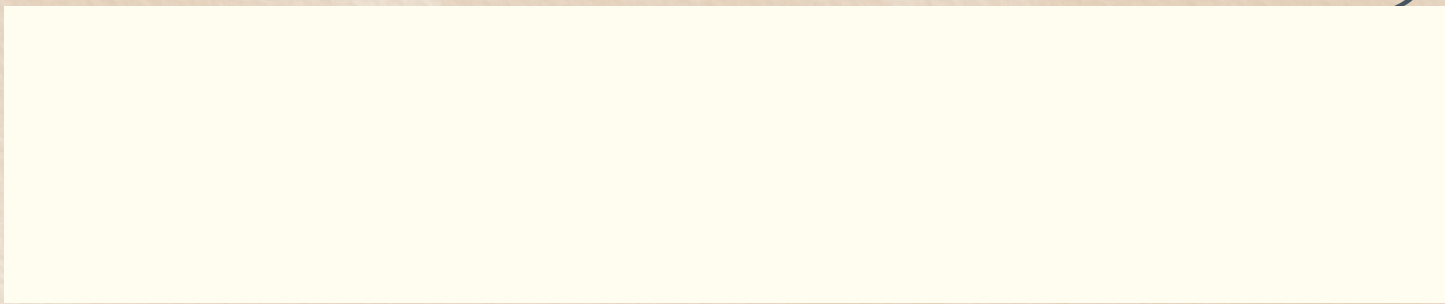


DATUM:

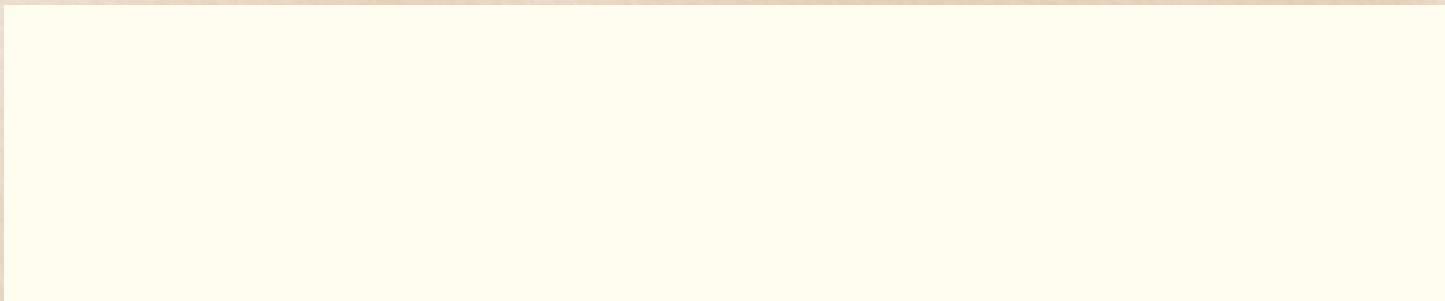
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



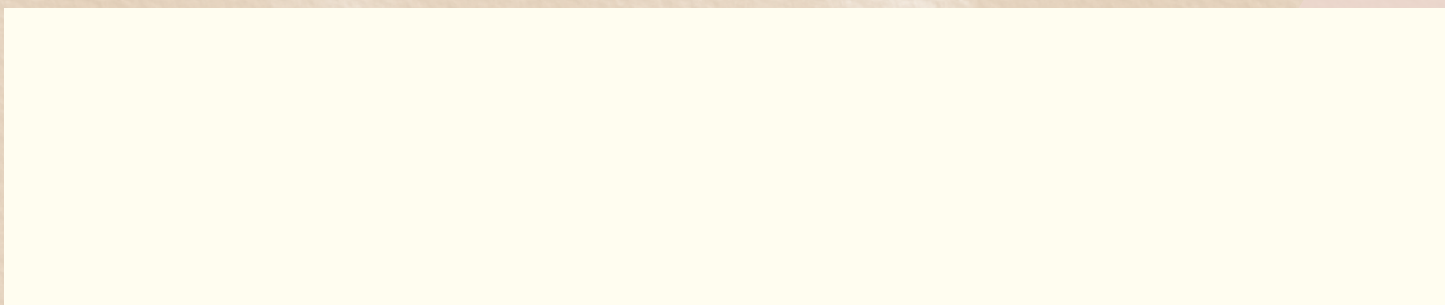
TRETJA stvar, za katero sem danes hvaležen/a:



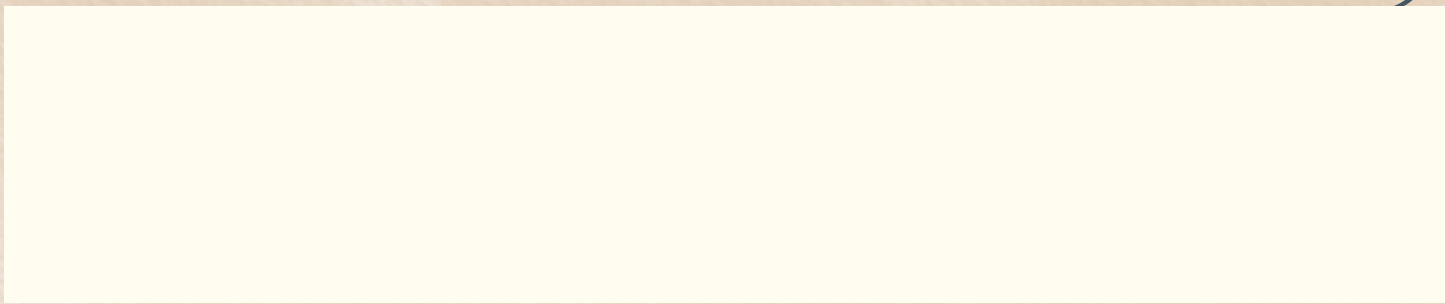


DATUM:

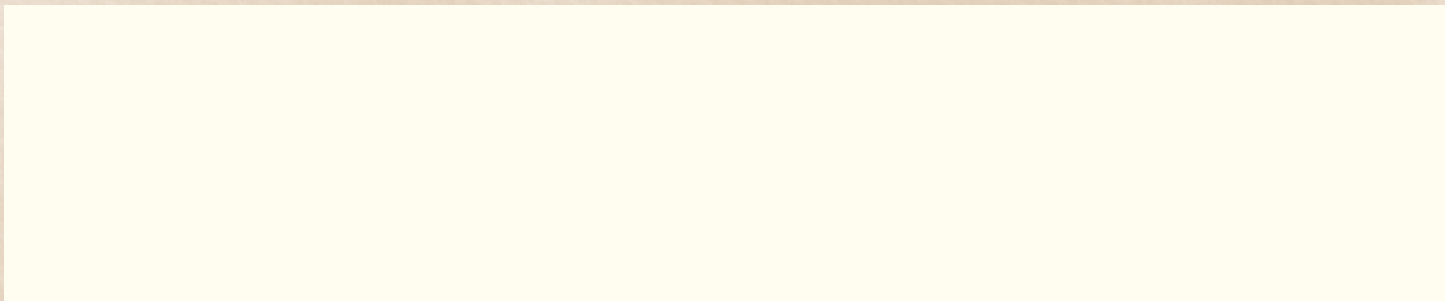
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



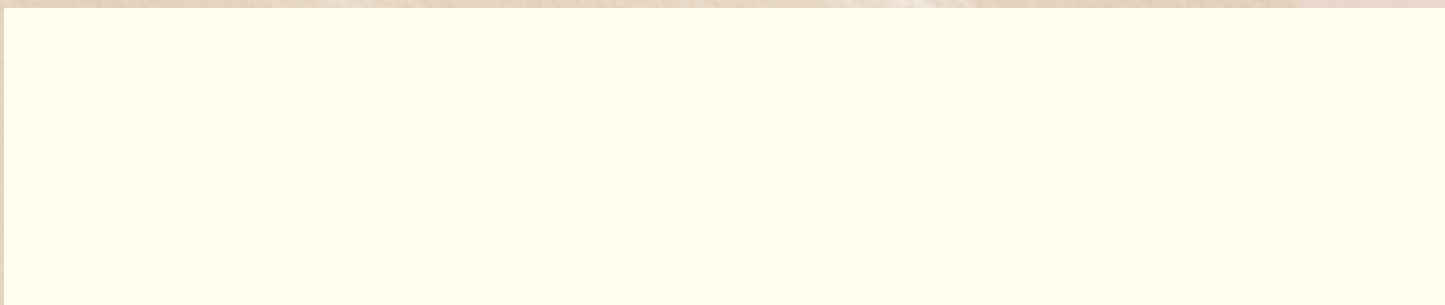
TRETJA stvar, za katero sem danes hvaležen/a:



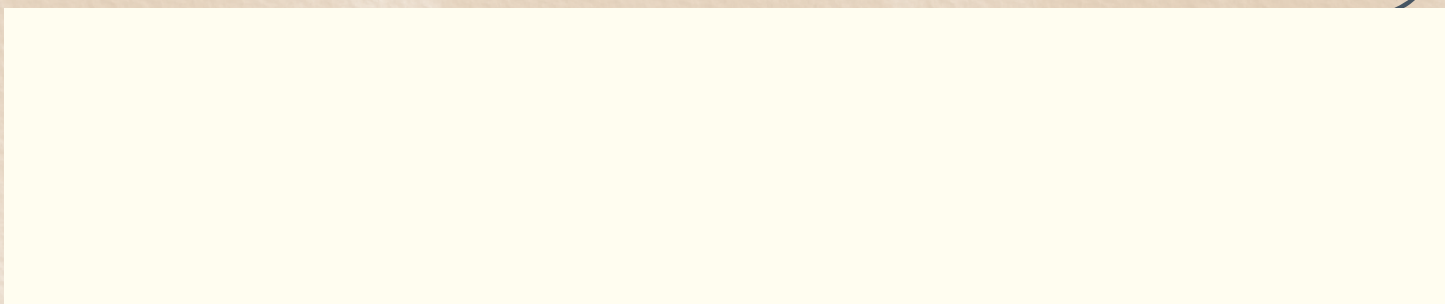


DATUM:

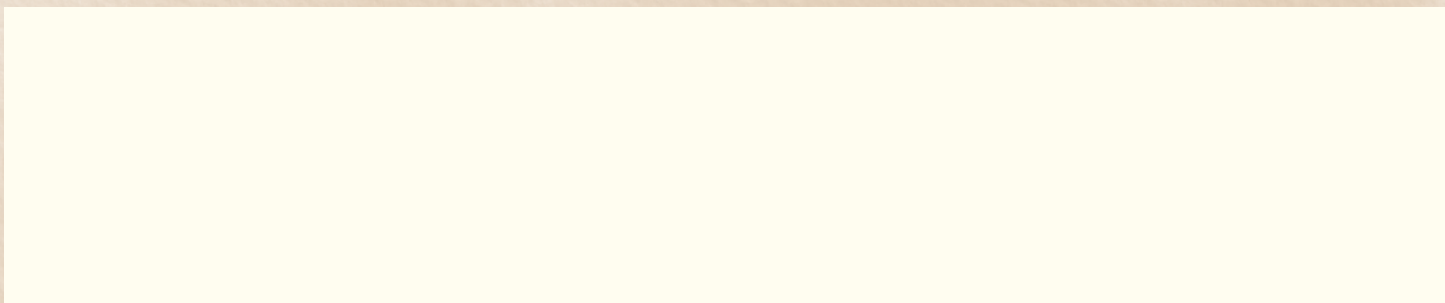
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



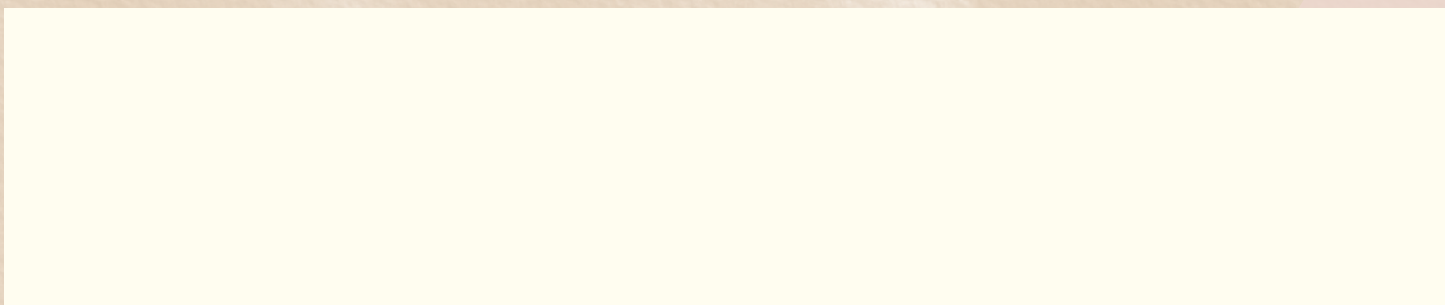
TRETJA stvar, za katero sem danes hvaležen/a:



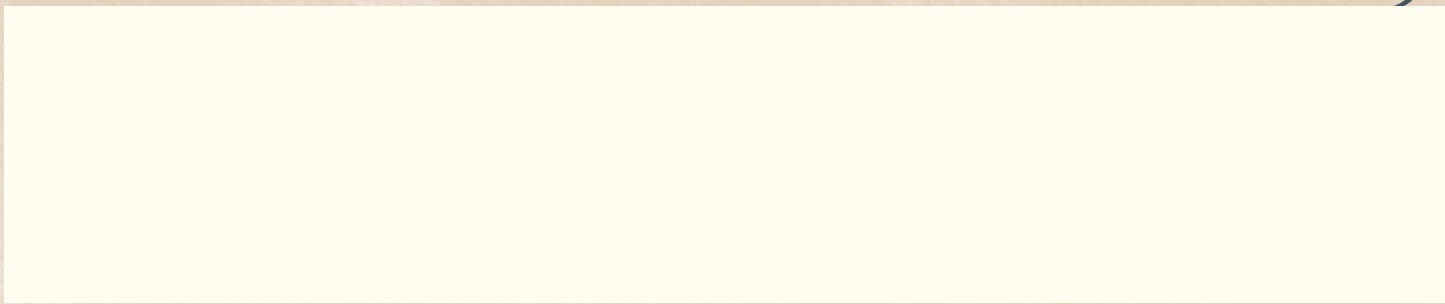


DATUM:

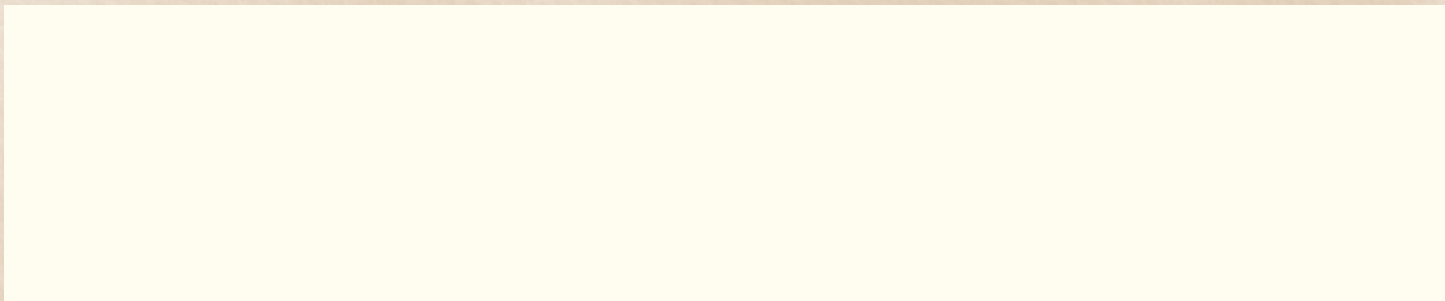
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



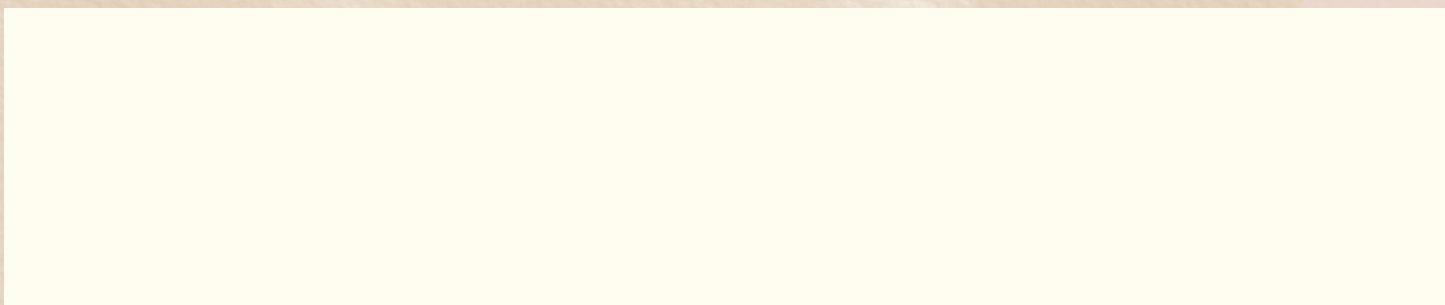
TRETJA stvar, za katero sem danes hvaležen/a:



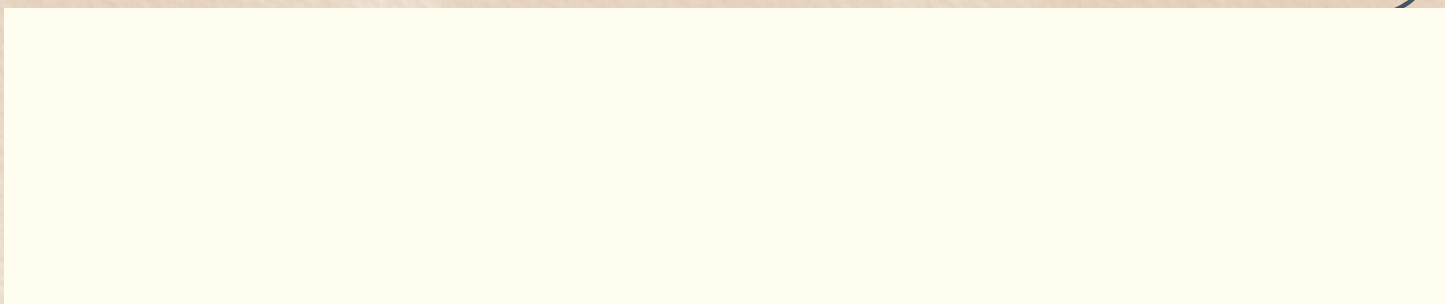


DATUM:

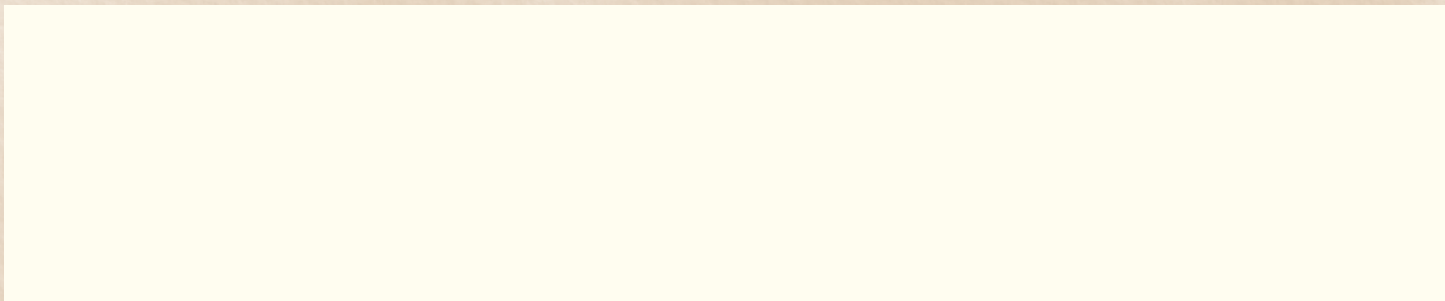
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



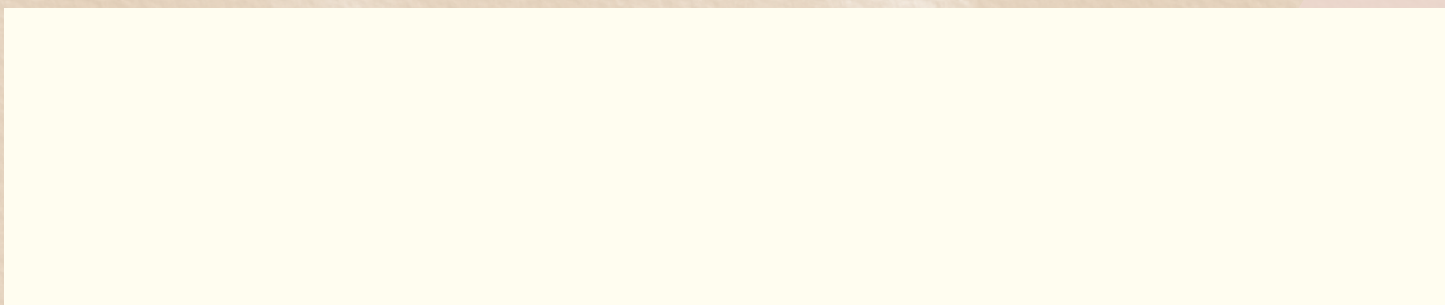
TRETJA stvar, za katero sem danes hvaležen/a:



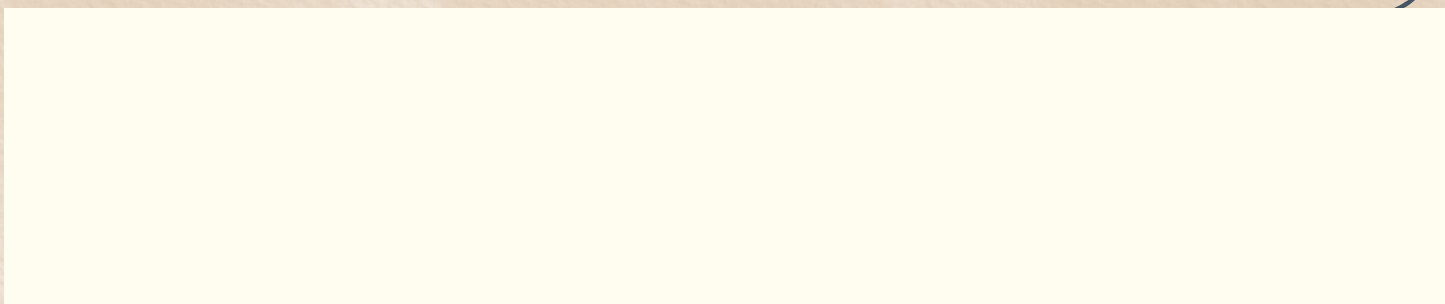


DATUM:

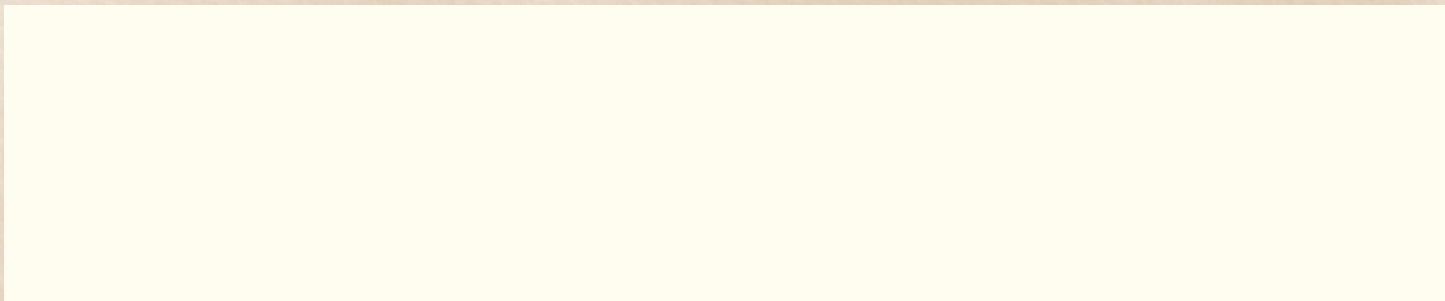
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



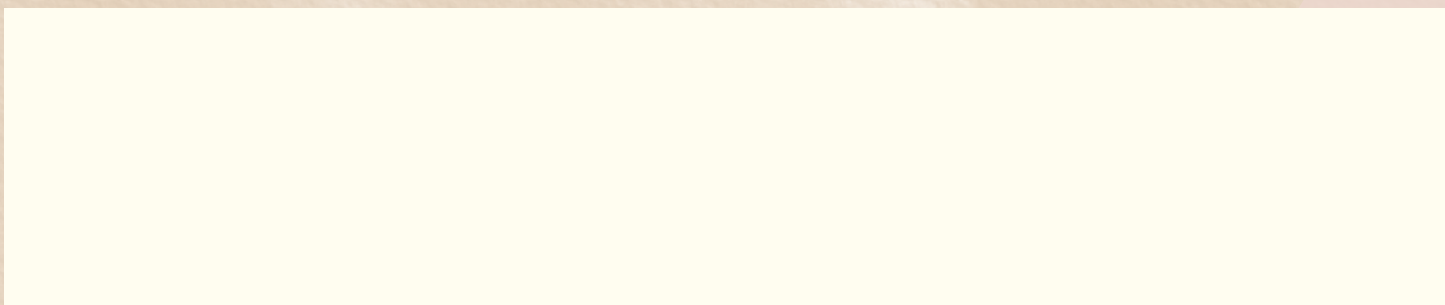
TRETJA stvar, za katero sem danes hvaležen/a:



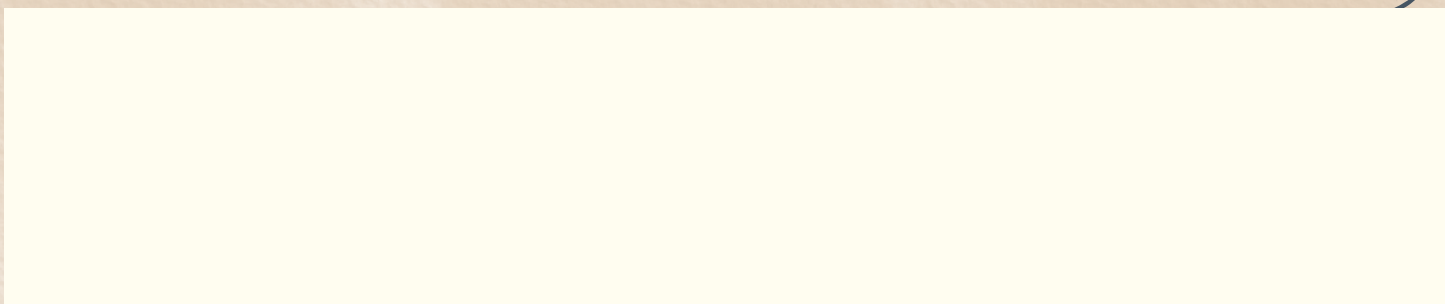


DATUM:

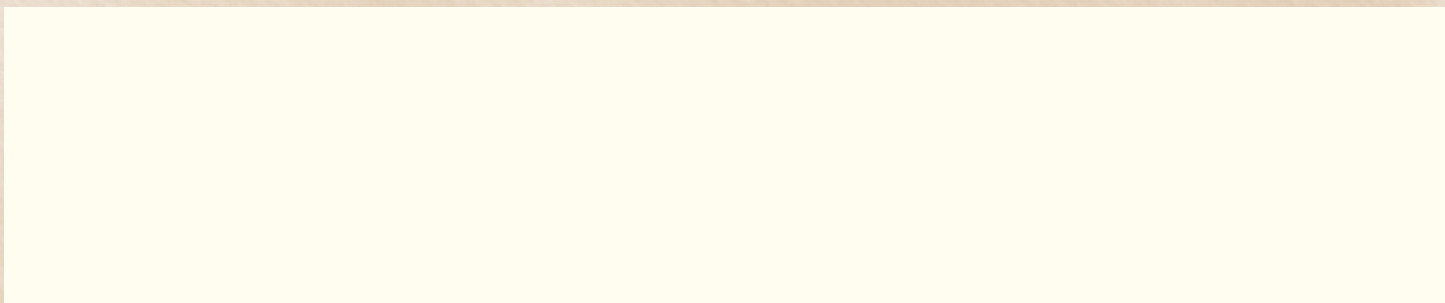
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



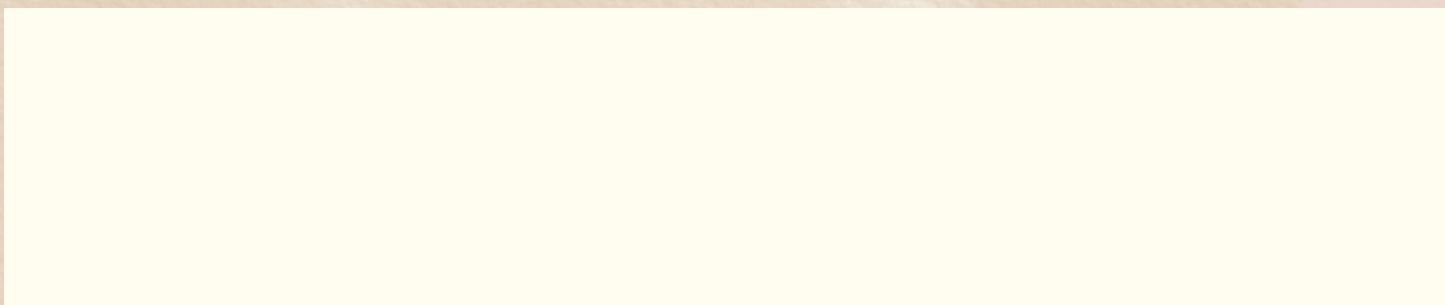
TRETJA stvar, za katero sem danes hvaležen/a:



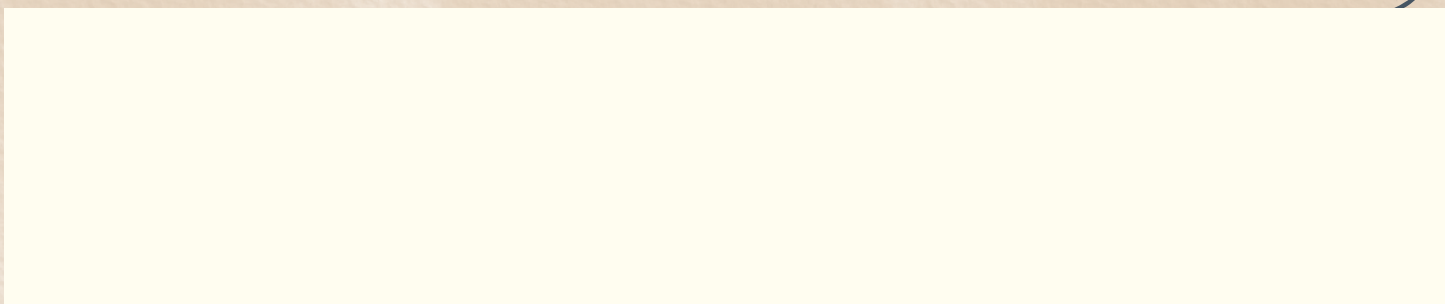


DATUM:


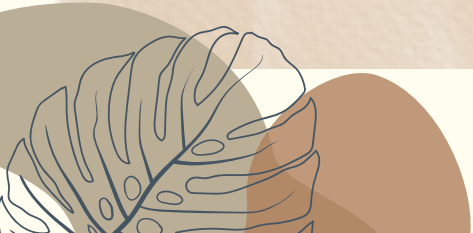
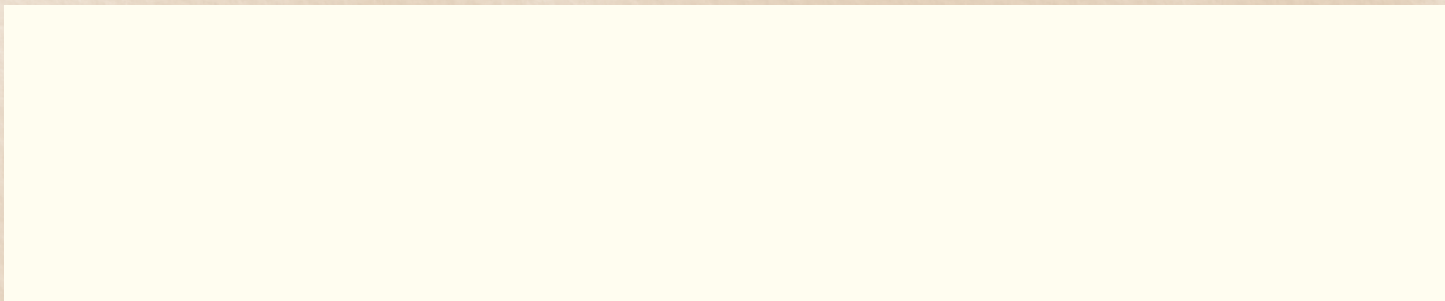
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



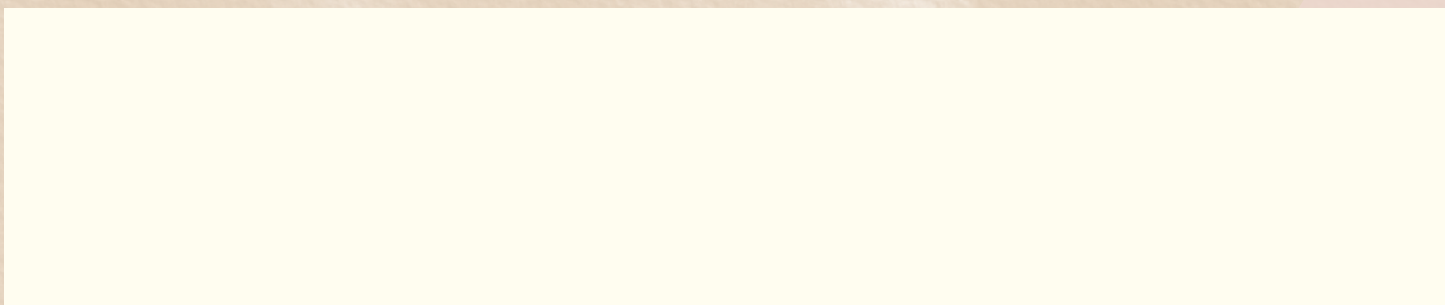
TRETJA stvar, za katero sem danes hvaležen/a:



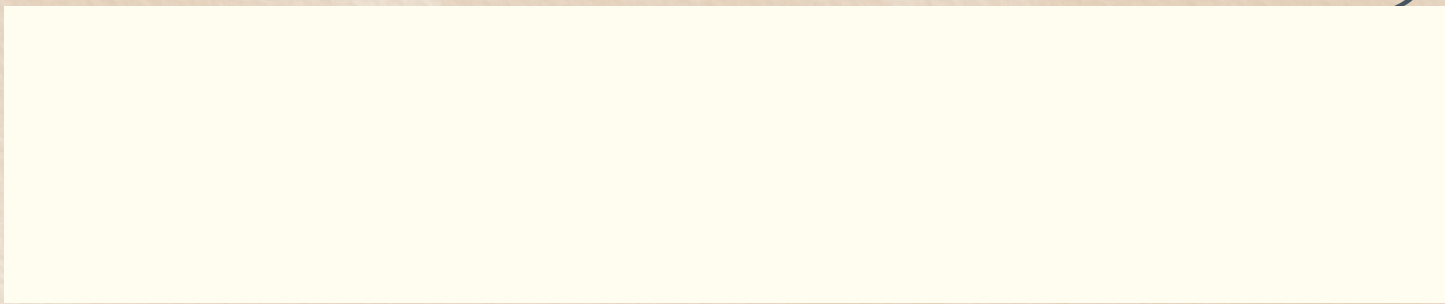


DATUM:

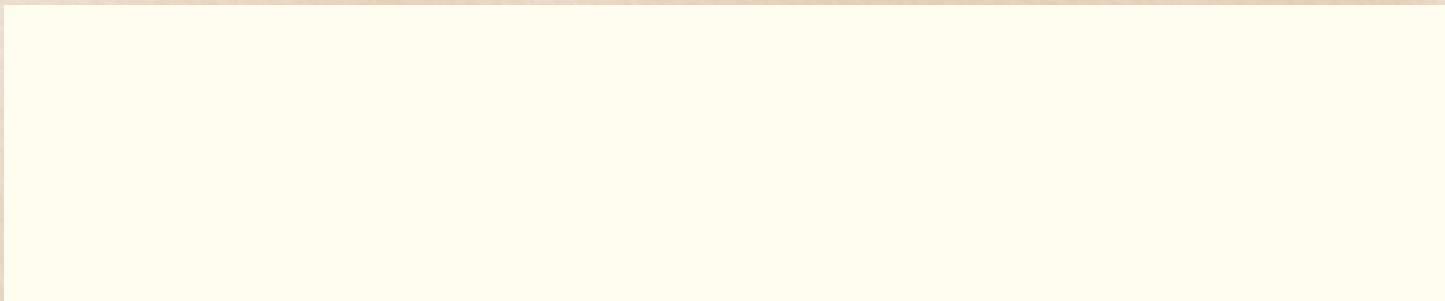
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



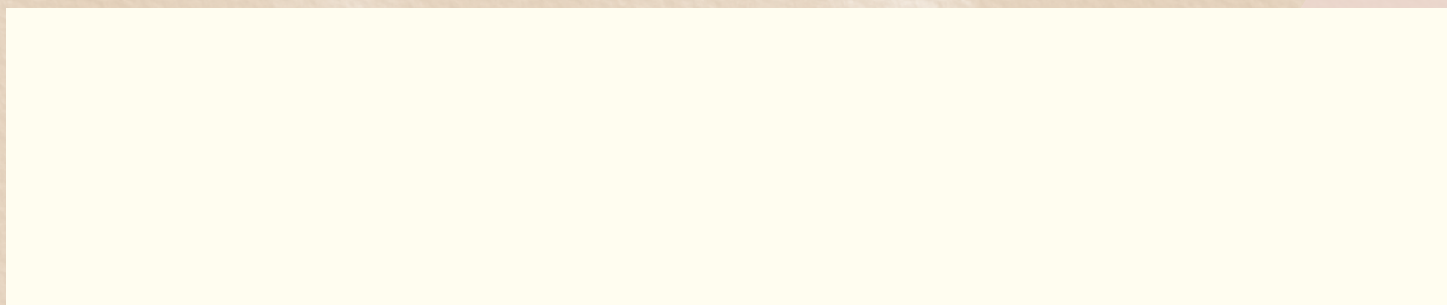
TRETJA stvar, za katero sem danes hvaležen/a:



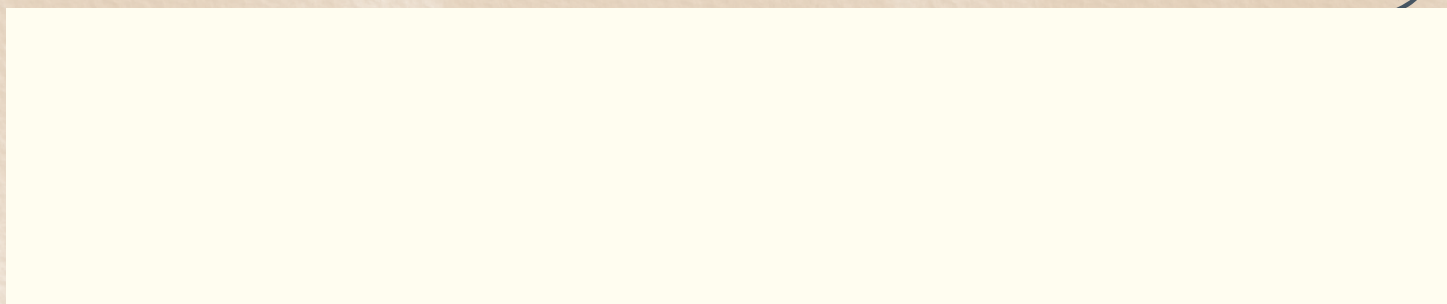


DATUM:

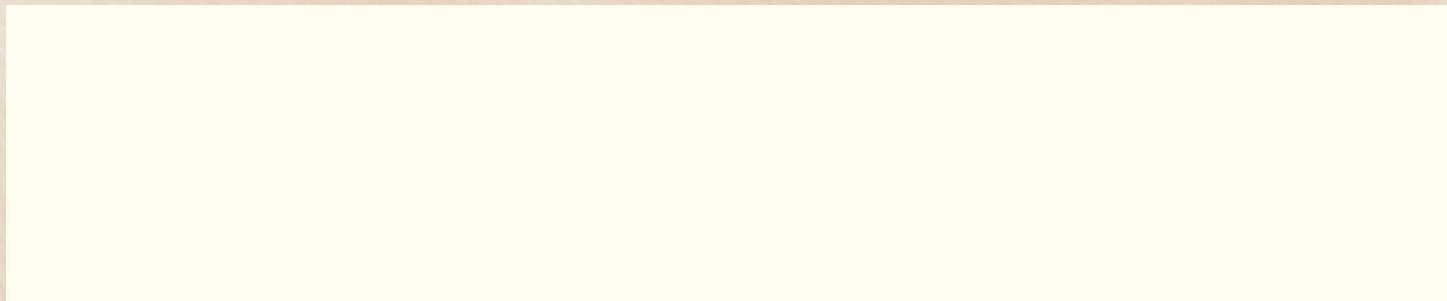
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



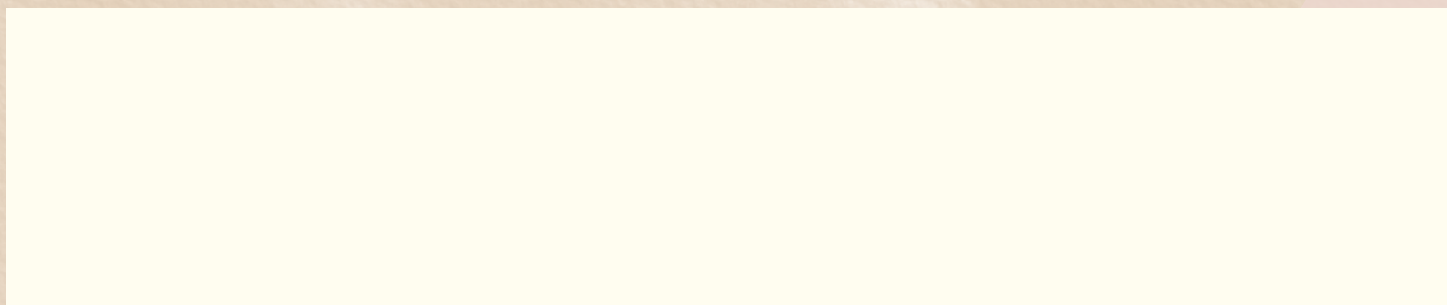
TRETJA stvar, za katero sem danes hvaležen/a:



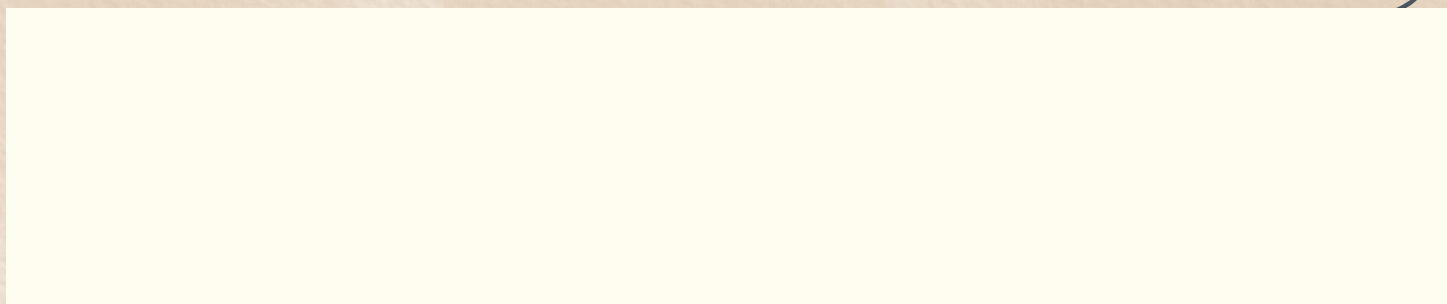


DATUM:

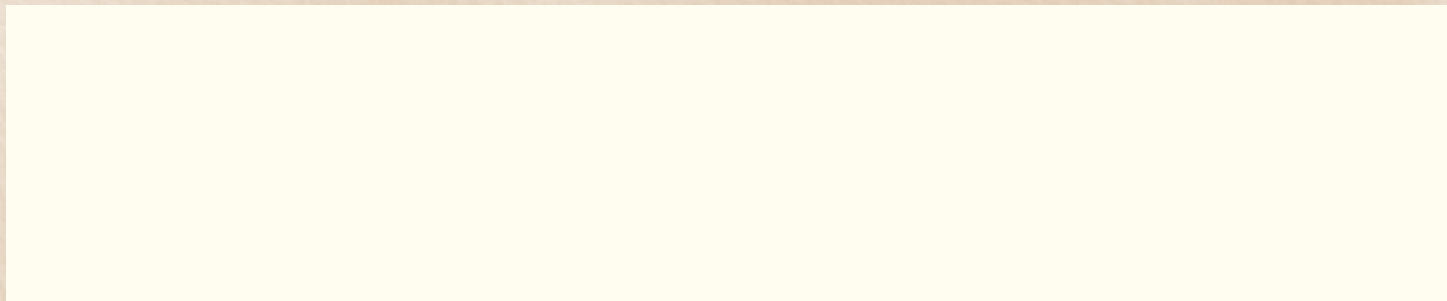
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



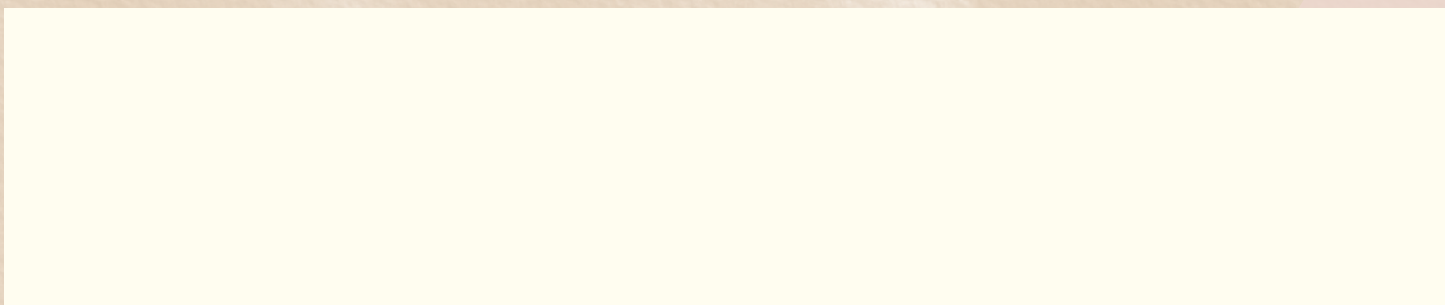
TRETJA stvar, za katero sem danes hvaležen/a:



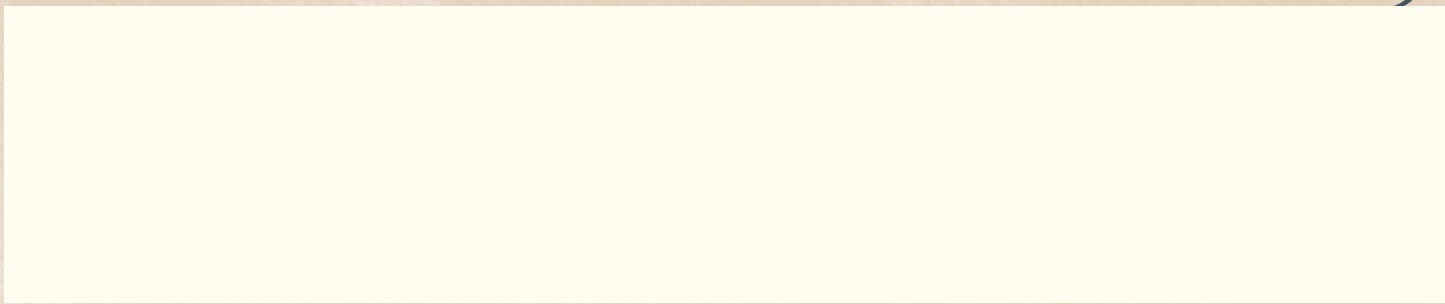


DATUM:

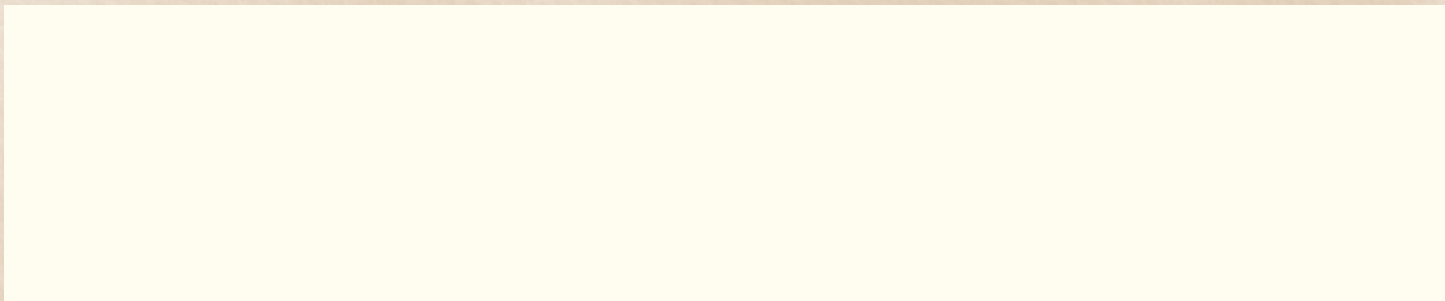
PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



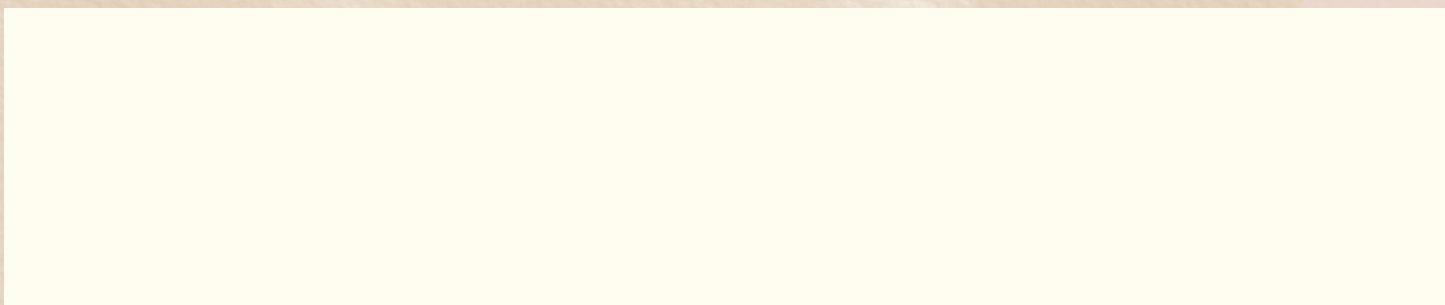
TRETJA stvar, za katero sem danes hvaležen/a:



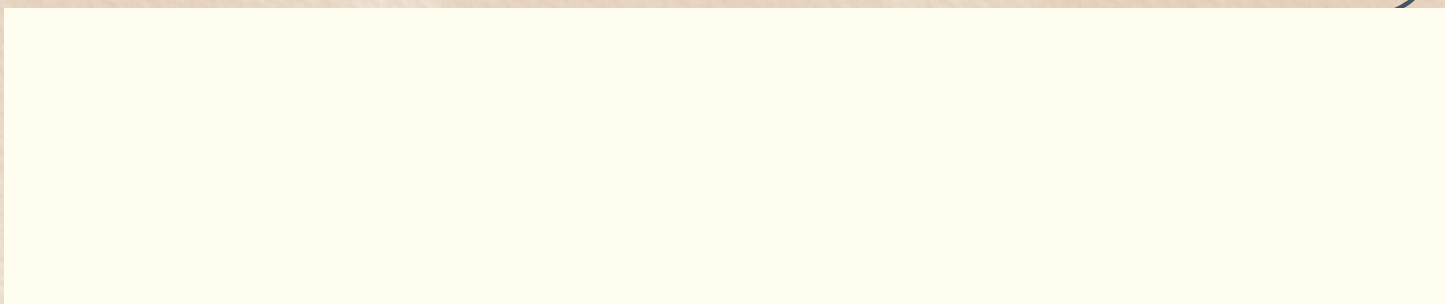


DATUM:

PRVA stvar, za katero sem danes hvaležen/a:



DRUGA stvar, za katero sem danes hvaležen/a:



TRETJA stvar, za katero sem danes hvaležen/a:

