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| Januar |  |
| 2023 | Alles  WAS DIE SEELE DURCHEINADER RÜTTELT,  ist Glück.  Arthur Schnitzler |
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| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
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| Februar |  |
| 2023 | DIE Verantwortung  FÜR SICH SELBST IST DIE WURZEL  JEDER VERANTWORTUNG  Mong Dsi |
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| März | Das Rezept für  Gelassenheit ist einfach.  MAN DARF SICH NICHT ÜBER DINGE AUFREGEN,  DIE NICHT ZU ÄNDERN SIND.  Helen Vita |
| 2023 |  |
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| **Montag** | **Dienstag** | **Mittwoch** | **Donnerstag** | **Freitag** | **Samstag** | **Sonntag** |
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| 27 | 28 | 29 | 30 | 31 |  |  |
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| April | WIR GEHEN MIT DIESER WELT UM,  ALS HÄTTEN WIR NOCH EINE  ZWEITE IM Kofferraum  Jane Fonda |
| 2023 |  |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
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| Mai | VERBRINGE DIE **Zeit** NICHT MIT  DER SUCHE NACH EINEM HINDERNIS.  VIELLEICHT IST JA KEINES DA.  Franz Kafka |
| 2023 |  |
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| **Montag** | **Dienstag** | **Mittwoch** | **Donnerstag** | **Freitag** | **Samstag** | **Sonntag** |
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| Juni | Der Zweck des Lebens ist  das Leben selbst.  Johann Wolfgang von Goethe |
| 2023 |  |
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| Juli |  |
| 2023 | EINEN Engel ERKENNT MAN ERST,  WENN ER VORÜBERGEGANGEN IST.  Jüdisches Sprichwort |
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| August |  |
| 2023 | AM reichsten SIND DIE MENSCHEN,  DIE AUF DAS MEISTE VERZICHTEN KÖNNEN.  Rabindranath Tagore |
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| September |  |
| 2023 | ES SIND DIE Träumer  DIE DIE WELT BEWEGEN UND VERÄNDERN  Marcel Marceau |
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| Oktober |  |
| 2023 | **Achte auf deine Gedanken**  SIE SIND DER ANFANG DEINER TATEN.  Aus China |
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| November | Das Glücksgefühl  WOHNT NICHT IM BESITZ UND NICHT IM GOLD,  DAS GLÜCKSGEFÜHL IST IN DER SEELE ZU HAUSE.  Demokrit |
| 2023 |  |
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| **Montag** | **Dienstag** | **Mittwoch** | **Donnerstag** | **Freitag** | **Samstag** | **Sonntag** |
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| DEZEMBER |  |
| 2023 | GEH DEINEN Weg  UND LASS DIE LEUTE REDEN  Dante Alighieri |
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