

## Today I Am.: An Empowering Journal Back To Self (Paperback)



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***(Prof. Maya Hand)***

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Wood Lily Publishers, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Do you feel lost, wondering who you are, or once were? Are you struggling to find more JOY in your life? When life's journey causes you to end up lost and unable to define who you are, then it's time for a change. It's time to find renewed self-confidence, improved self-esteem, increased happiness, much joy, and pure gratitude. Become aware of the world surrounding 'YOU' at this moment. Learn how to view each 'TODAY' with new promise, gratitude, positivity, light, and love. Today I Am., is a yearly gratitude journal filled with uplifting present moment quotes by the author, Patricia L. Atchison, and features daily creative practices to engage the mind and spirit, including, learning about healing, grounding, mindfulness, intentions, releasing, positivity, living in the present, and discovering love for self. Define your thought patterns today so that you can see in the future how you've grown to come to know you again. You'll discover the power and meaning of the 'I AM.' statement, and what it means to live for yesterday, tomorrow and today, and where you should be focusing your attention. Define your joy and values today, see how they change as you practice mindfulness meditation, setting positive intentions, and learning positive affirmations. Learn how to write notes to yourself and to use mirror talk to increase self-esteem. Vision boards are explained to help you gain insight on future wishes and desires. The block sections in this journal are perfect for writing your 365 Days of Daily Gratitude. Also, set your positive Today I AM. affirmations and intentions. This journal makes it easy to create a daily five-minute practice of gratitude. Included is a fun 26-day writing exercise, using the letters of the alphabet...



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