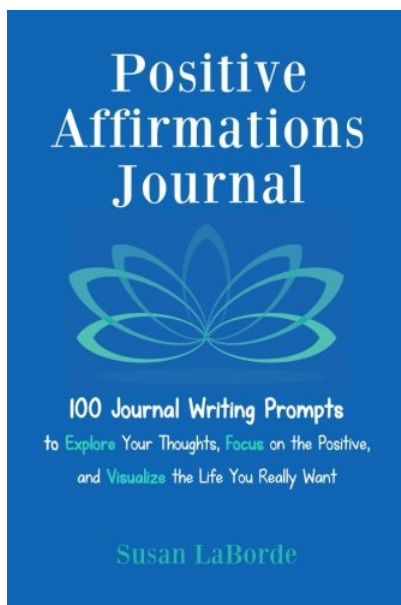


# Kk1bZ [Free PDF File] Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want



**CONTINUE ►**

Repeating affirmations is simple - but an effective affirmation involves much more than the words you speak! That's why Positive Affirmations Journal is not your typical interactive workbook. It includes 50 positive affirmations with TWO different writing prompts for each one. Yes, two, and it's designed this way for good reason. These 100 unique writing prompts help you dig deep by approaching your thoughts from more than one perspective. Instead of only scratching the surface, you'll take a close look at what's really going on in your head. What hidden negative thoughts are holding you back? Are you truly open to new possibilities, or are you letting your mind run on autopilot? Are you pursuing your passions or living by default? Do you have a clear picture of exactly what you want, or only a vague notion? This book takes you on a quest to find answers to those questions and more. The affirmations cover a broad range of topics, and the engaging prompts make your journey interesting and fun. From serious self-reflection to letting your imagination run wild, you will be encouraged and inspired to rethink your positive thinking. Most importantly, you'll explore the connections between your

thoughts and the emotions behind them. Creative journaling is an excellent way to raise your self-awareness, and these 100 writing ideas provide keys to transforming meaningless statements into powerful, positive affirmations.

Repeating affirmations is simple - but an effective affirmation involves much more than the words you speak! That's why Positive Affirmations Journal is not your typical interactive workbook. It includes 50 positive affirmations with TWO different writing prompts for each one. Yes, two, and it's designed this way for good reason. These 100 unique writing prompts help you dig deep by approaching your thoughts from more than one perspective. Instead of only scratching the surface, you'll take a close look at what's really going on in your head. What hidden negative thoughts are holding you back? Are you truly open to new possibilities, or are you letting your mind run on autopilot? Are you pursuing your passions or living by default? Do you have a clear picture of exactly what you want, or only a vague notion? This book takes you on a quest to find answers to those questions and more. The affirmations cover a broad range of topics, and the engaging prompters make your journey interesting and fun. From serious self-reflection to letting your imagination run wild, you will be encouraged and inspired to rethink your positive thinking. Most importantly, you'll explore the connections between your thoughts and the emotions behind them. Creative journaling is an excellent way to raise your self-awareness, and these 100 writing ideas provide keys to transforming meaningless statements into powerful, positive affirmations.

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want pdf free

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want epub download

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want online

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want epub download

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want epub vk

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want pdf download

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want read online

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want epub

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want vk

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want pdf

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want amazon

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want free download pdf

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want mobi

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want PDF - KINDLE - EPUB - MOBI

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want download ebook PDF EPUB, book in english language

[download] Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on the Positive, and Visualize the Life You Really Want in format PDF

Positive Affirmations Journal: 100 Journal Writing Prompts to Explore Your Thoughts, Focus on

the Positive, and Visualize the Life You Really Want download free of book in format