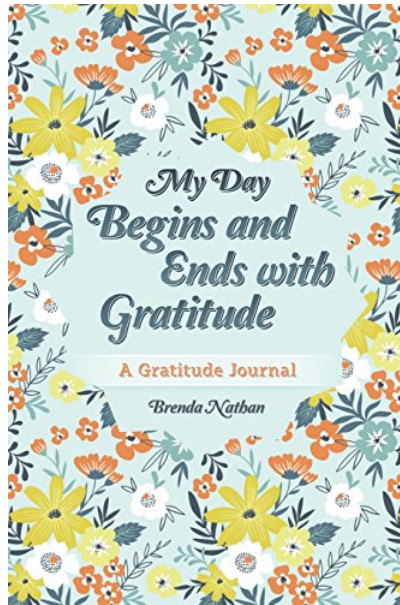


[Free PDF File] My Day Begins and Ends with Gratitude: A Gratitude Journal



CONTINUE ►

This beautiful Gratitude Journal will help you record your daily gratitude and affirmation. This Journal has daily sections to write down 3-5 things you are grateful for and record one daily affirmation. There is an exercise at the beginning of this journal to complete before starting your daily record of gratitude and affirmation. There are also Q&A pages in this Journal for you to answer and reflect on your deeper self. This Journal is undated and is filled with inspirational Quotes (non religious). Feeling gratitude in the present moment makes you happier and more relaxed, and improves your overall health and well-being. Each day, write down three to five things that you are grateful for in this journal and turn your ordinary moments into blessings.

CONTINUE ►

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