



My Gratitude Journal: 52 Week Gratitude Journal. Cultivate the Habit of Grateful Living in 5 Minutes a Day to Be Happier and Peaceful (Paperback)

By Heart and Soul Journals

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Make gratitude journaling a daily habit with this stylish easy to use journal and cultivate a mindset of gratitude Being grateful is the key to happiness. Living gratefully, in every moment as it is given, is one of the quickest ways to be happy. Happiness is not about what you have and what you can do with your life, but simply how you view everything. One of the best ways to cultivate gratitude is to write down what we are grateful for. This empowers you with positive energy and to start living in the moment. This journal is here to help you with that. Here are some of this gratitude journal s main features: This journal has 52 weeks of daily gratitude Every page has a quote to inspire your day and holds 3 days of gratitude journaling with enough space to jot down 3 to 5 things you are grateful for in your life. High-quality 55# paper in a light cream color and is perfect for all types of pens or pencils including gel pens, fountain pens, or writing markers....

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