

Daily Gratitude And Intention Journal

[#daily gratitude journal](#) [#intention setting journal](#) [#gratitude practice](#) [#mindfulness journal](#) [#daily reflection prompts](#)

Cultivate a positive mindset and achieve your goals with our Daily Gratitude and Intention Journal. This essential tool guides your daily reflection, helping you practice gratitude and set powerful intentions for a more mindful and fulfilling life.

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Daily Gratitude and Intention Journal

Are you experiencing an abundant life? Do you feel abundant every morning when you awake and as you fall asleep at night? Do you experience abundance coming into your life on a daily basis? If you answered "yes" to these questions then this is the journal for you, and if you answered "no" to these questions then this is also the journal for you! The Daily Gratitude and Intention Journal creates a simple structure for your gratitudes, intentions, and committed actions, giving you the tools you need to start and maintain your gratitude practice. As you write in your journal daily (there are 365 entries in the journal one for each day of the year) watch how your perspective shifts from one of lack to one of abundance. You have the power within you: create your abundance and create your abundant life.

Gratitude Journal

Pretty gratitude journal accompanied each day by an inspiring or motivating quote. It allows you to set monthly, weekly and daily goals for six months. 6x9 format - 198 pages

Gratitude Journal

This beautiful journal has a calming image to color, a space for filling in your daily gratitude, affirmation and intention, and lined journal pages for writing. The lined journal pages have a beautiful flower or mandala image behind the lines.

Daily Gratitude Journal

Start your days with a grateful heart! Start your days happy! Commit to practicing the habit of gratitude in the next 100 days! This Gratitude Journal is a simple way to start your days in a positive mindset. How it works: every morning you will make a list of the things you are grateful for in your life, you will set your intention for the day, and finally you will write your positive affirmation of the day. Benefits of keeping a gratitude journal: when you start making a conscious effort to practice daily gratitude, over time you will reprogram your mind to effortlessly notice even more good things already present in your life, improving your state of happiness, vitality and joy. Set daily intentions: each day you will be guided

to set your intention for the day. Being intentional about your days and the results you want to achieve will help you keep focused on your goals and the actions you need to take. Write positive affirmations: the daily use of empowering affirmations will help to replace negative thoughts, and create new positive patterns of thought to assist you on your journey to create the reality you desire. A few minutes a day: the simple structure of this journal is the easiest way to increase your happiness in just a few minutes a day. 100 Days of gratitude: 100 pages to start the next 100 days of your life in a happy way, and day after day you will strengthen your gratitude muscle. Get a copy today and start recording all the infinite blessings in your life. Gift your loved ones too, and start a journey of gratitude together!

Thoughts Become Things

Create a life you love by setting a few minutes aside each day to visualize and create your day. Write down your ideal day with focus on feeling good about how prosperous and successful you are. Express gratitude for your current positive aspects, and the miracles and manifestations that are yet to come. If you believe that your thoughts become things, you know that you can create your day and create your life with intentions. Don't limit yourself to morning intention setting and gratitude journaling. Keep track of your hopes and goals all day long. This minimalistic daily intention journal is a wonderful place to capture your daily gratitude, intentions, and goals. The journal is durable and will withstand your taking it around with you everywhere you go. Click on "Look Inside" to see the pages. Our journals are presented to you in an array of rich deep colors. Get one for every season, quarter, mood, or topic that you want to focus on in your life. Specifications: Layout: Lined - College ruled Dimensions: 6 x 9 Pages: 130 Matte Cover with white lined pages.

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The Daily Gratitude Journal for Men

Find gratitude with this motivational journal for men Learn how incorporating gratitude into your life can make you the best version of yourself. This gratitude journal for men is a straightforward, thought-provoking collection of prompts designed to help men explore the core components of gratitude--awareness, intention, and action--through short, simple, and insightful prompts. The Daily Gratitude Journal for Men includes: 90 Days of gratitude--Discover the things you are thankful for with two creative writing or art exercises each day, one for the morning and one for the evening. Poignant quotes--Reflect on the inspiring words and wisdom of men like Eckhart Tolle, Michael Singer, Werner Erhard, and more. Bonus guidance--Go further with other practices that will help you on your gratitude journey, including breathwork and mindfulness. Boost happiness, positivity, and personal growth with this gratitude journal for men.

Intention and Gratitude Journal

Are you looking for a Intention and Gratitude Journal? This 365 day journal has 3 blank lined prompts targeted for you to: Set a daily intention Express your gratitude Record an act of kindness or a lesson learned 3 Vision Boards - Beginning, middle and end of year Ideal for someone who would like to express their intention for the day & practise the attitude of gratitude by memorialising it in writing. Daily journaling one's intentions & gratitude can create an interesting reflection of personal discovery.

Are you looking for a gift for someone close to you? This journal is geared for those who would like to quickly record their daily direction & create a habit of expressing gratitude. Grab yourself a copy and consider one for a friend to share the journey with!

Gratitude with Attitude

Boost your self-esteem, creativity, and spirituality in just five minutes a day with this reflective journal. Find inspiration through writing prompts and quotes in this gratitude journal by bestselling author Ronnie Walter. The creator of a coloring series dedicated to stress relief and fun (The Coloring Café®), Ronnie brings over twenty years of successful illustrating and writing to this daily journal dedicated to personal growth and happiness. Whether it comes at the start of our day or the end, making time to think about what we're grateful for is beneficial in many ways. Practicing an attitude of gratitude strengthens our spirit and quiets our mind, even if just for a moment. It provides the peace and zen we long for and need in the middle of busy days and packed schedules. Journaling is a form of self-care because it encourages us to check in with ourselves and examine our thoughts and feelings on a deeper level. By using this five-minute journal to record things we're grateful for, spot meaningful intentions, and celebrate tiny victories, we create a space to grow in gratitude for what we have and see better who we want to be. Praise for Gratitude with Attitude "Pick up your pen and let Ronnie Walter be your guide to the gifts of gratitude. I have long been a fan of her art; her creativity is incredible. I, for one, am grateful for this marvelous, mind-expanding journal!" S. Seton, author of Simple Pleasures "In this practical and profound prompting journal, you'll discover that an attitude of gratitude boosts self-esteem, serenity, and wellbeing as well as offering an important reminder that each day is a gift." Louise Baxter, author of Happiness A to Z "Gratitude With Attitude will help you tap into the immense power of living gratefully, a few minutes a day." Becca Anderson, author of Every Day Thankful

Daily Gratitude Journal - Happiness, Mindfulness, Gratitude, Reflection, Commitment and Planner (All-In-One). Spend 5 Mins Every Morning for Daily Affirmations, Setting Intentions and Actions and 5 Mins Every Evening to Review. Life Manifesto Included

This three-month daily gratitude journal comes in two colors (Bold Black and Earthy Brown). A perfect gift for yourself, a friend, a colleague, or family member. Follow this self-guided gratitude journaling to unleash your full potential by helping you focus on a harmonious state of mind before you take on the day and before you retire at night. Practicing gratitude has proven to be beneficial for personal wellbeing and self-care. Gratitude helps people feel more positive emotions, enjoy life experiences, improve their health, deal with adversity, and build strong relationships. When daily gratitude practice is followed by goal, intention and action setting for the day, the productivity skyrockets as a positive focus and energy is supporting the daily actions. Gratitude helps people lead a more fulfilling and empowered life. WHAT'S INSIDE:* Daily morning gratitude * Daily affirmation* Daily happiness level check* Daily intention setting and action plan* End of day reflections to celebrate, improve and grow* End of the day happiness level check* Personal strengths, skills and values inventory* Personal manifesto * Self-care intension setting* Monthly intention, focus and energy recording and review* End of month reflections to track progressUSE, FEATURES & BENEFITS:Use daily, every morning and at night for a few minutes. Simple morning questions are designed to help you start your day on a positive note. Set the daily intention and action plan right after answering these questions. This helps increase focus and productivity. Every night, before going to bed, take some time to reflect on that day's highlights and positive experiences. Analyze you day and record your lesson learnt as well as accomplishments. This practice can help you grow and create a more fulfilling and joyous tomorrow. Gratitude is vital for our mental and physical wellbeing and has proven to reduce negative feelings and improve happiness. Take this Daily Gratitude Journal with you on your journey to a more informed, mindful and happier tomorrow. * HOW IT WORKS: This three-month gratitude journal come with daily journaling sheets to boost your happiness, confidence and self-worth

Intention and Gratitude Journal

This journal is beautifully designed to help your achieve your intention through mindful reflection. It provides sections to set your intention, create goals that support your intention and document values and deal breakers. It also provides a daily gratitude journal to encourage a positive mindset with sprinkled phrases of encouragement throughout the journal.

Gratitude for Greatness Gratitude Journal and Activity Book for Girls

Perfect for Making Gratitude, Intention Setting, and Visualization a Fun Daily Routine! There is nothing more important than teaching your child the importance of being grateful! And there's no better way to make it a daily habit than with a variety of fun, engaging journaling prompts to let creativity and imagination run free, that are designed to foster a deep appreciation for life. Details: 100+ pages of high-quality white paper with original and fun designs! Each Gratitude Prompt page has an area prompted with "Today I am grateful for," "Tomorrow I Will" (for intention setting), and a "How I'm Feeling/Happiness Meter" to color in! There is a Fun Activity/Coloring page between each daily writing page for Inspiring More Creativity! Family & Children's activity book It's a perfect gift for your kids Durable, High Quality, Matte Finish Paperback Cover PERFECT SIZE - This 6" x 9" notebook is the perfect size. Your child can leave it on their nightstand or even carry it around in their backpacks! The perfect gratitude notebook & journal for children of all ages! ORDER TODAY and TRANSFORM A CHILD'S LIFE!

Gratitude for Greatness Gratitude Journal and Activity Book for Boys

Perfect for Making Gratitude, Intention Setting, and Visualization a Fun Daily Routine! There is nothing more important than teaching your child the importance of being grateful! And there's no better way to make it a daily habit than with a variety of fun, engaging journaling prompts to let creativity and imagination run free, that are designed to foster a deep appreciation for life. Details: 100+ pages of high-quality white paper with original and fun designs! Each Gratitude Prompt page has an area prompted with "Today I am grateful for," "Tomorrow I Will" (for intention setting), and a "How I'm Feeling/Happiness Meter" to color in! There is a Fun Activity/Coloring page between each daily writing page for Inspiring More Creativity! Family & Children's activity book It's a perfect gift for your kids Durable, High Quality, Matte Finish Paperback Cover PERFECT SIZE - This 6" x 9" notebook is the perfect size. Your child can leave it on their nightstand or even carry it around in their backpacks! The perfect gratitude notebook & journal for children of all ages! ORDER TODAY and TRANSFORM A CHILD'S LIFE!

A Grateful Heart

Gratitude is a life changing practice. The more we cultivate a positive and grateful mindset the better our ability to see our lives as good happens. This 6 month daily journal provides you with a easy, simple way to set your eyes on things you are grateful for, things you are dreaming of, and what you like about yourself. Delightfully mixed in with journal pages are sweet pages of hand lettered art by Sarah Stevens of Cellar Designs that highlight many inspirational quotes. Each day there is space to write 3 things you are grateful for, 2 things you are dreaming of, and 1 thing you like about yourself. Yes, sometimes we are hard on ourselves, but it is important to learn to see the qualities we have that are worthy of love. The intention and goal of this journal is to quietly and slowly change a life. The power of the attitude of gratitude has been proven. Grab a few for your friends as gifts! If all people would focus more on what to be thankful for there wouldn't be as much time to tear each other down. So, let's all exercise the gratitude muscle!

Daily Gratitude Journal a Cup of Tea and a Daily Intention

Daily Gratitude Journal - A cup of tea & an intention What are you grateful for daily? Could you write it down? This journal has more than 300 sectioned morning and evening available spots to stop and take a moment. Plenty of room to write down an intention. each section has three starter questions: For the morning: What should I focus on this morning? What can I learn today? How can I serve others? For the evening: What should I focus on this evening? What can I learn today? How can I serve others? Manifesting ideas, write down ideas of light and deep thoughts or dreams. Set up your calendar start date. Empowerment through personal rituals Journal by Sandra Piotrkowski

Daily Gratitude Journal

Everyday: Only 10 seconds to 2 minutes effort! What are the 3 things you are thankful for today? This Gratitude Journal is a great way to start a new routine in 2020! Every month starts with a new question and 4 questions to set you intention for the month. Each well designed weekly spread contains space to write 3 things you are thankful for each day of the week, and a weekly highlight. If you start each day by writing down three things you are thankful for - a good cup of coffee, the smell of rain, starting a good book - you begin each day on the right note. Do it daily and make it a habit to focus on the blessings you have been given! Practicing gratitude is one of the simplest and most effective things

you can do to transform your life. Research shows that people who regularly take time to notice things they are grateful for enjoy better sleep, better relationships, greater resolve towards achieving goals, show more compassion and kindness, and are overall happier. For all those who want to achieve a maximum result with a small effort! The Gratitude Journal 2020 is a wonderful gift for women, for men and for teens.

Gratitude Journal

Gratitude Journal - Recharge Your Happiness Have you ever thought that life is not giving back enough? The fact is that it gives the same opportunities every single day. How you perceive them is what makes the difference. If you have an attitude of gratitude, you are likely to perceive the events in life in a much more positive way. Gratitude feeds the soul hope. It also helps you to get beyond those difficult moments in your life when life seems to be throwing bricks at you. The reason for this is obvious. What happens is that gratitude teaches you to have a positive mindset. Those with a positive mindset will see the cup as half full, while those who prefer to look through their thoughts in a negative manner, will see the world as offering them a cup half empty. You must have heard of that many times during your life, but how often have you equated it to you, as an individual? What is a Gratitude Journal? The fact is that gratitude is fuel. It helps you to see things that people who are not grateful don't get to see. Thus, as you go through this book, bear in mind that if you take up a gratitude journal, you are likely to benefit from it in ways that you possibly can't imagine right now. You will be setting yourself up for happiness and for fulfillment. The Benefits of a Gratitude Journal. Over the course of the chapters of this book, I will be explaining exactly what is meant by that and you will find that even if you are not accustomed to keeping a journal of any kind, this one is rather special. Not only that, but you will also be able to fill the journal with things that are relevant to your life, rather than generalizations. This is important because unless you see personal gain in the exercise, chances are that you will give up and that's not the intention of this book. The intention is to encourage you to take up a Gratitude Journal in order to make you into a better person than you may be right now. Once you understand how gratitude works in all areas of your life, you will find that you have the power to determine how happy or how miserable your life is. That's a wonderful amount of power and it's yours for the asking. How to Start a Gratitude Journal? I would ask that you follow the exercises in the chapters to come and that you take it seriously, even if you have doubts because by the end of the process, you will have become as convinced as I am that your life's happiness is in your own hands. Scroll up and click "Buy now with 1-Click" to download your copy now! (c) 2018 All Rights Reserved ! Tags: gratitude journal, gratitude journal for women, gratitude journal for men, daily gratitude journal, gratitude journal for kids, gratitude journals, one minute gratitude journal

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Daily Gratitude Journal

Only 10 seconds to 2 minutes effort everyday! Find 3 things which you are thankful for in your life today. This Gratitude Journal is a great way to start a new routine in 2020! Every month starts with a new big gratitude question and 4 questions to set your intention for the month. Each minimalistic designed weekly spread contains space to write down 3 things for which you are thankful for everyday and a special moment of the week. This book provides space for 365 days. Practicing gratitude is one of the simplest and most effective things you can do to transform your life. Research shows that people who regularly take time to notice things they are grateful for enjoy better sleep, better relationships, greater

results towards achieving goals, show more compassion and kindness, and are overall happier. For all those who want to achieve a maximum result with a small effort. The Gratitude Journal "What I Am Thankful For" is a wonderful gift for women, men and teens.

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Intention and Gratitude Journal

Are you looking for a Intention and Gratitude Journal? This 365 day journal has 3 blank lined prompts targeted for you to: Set a daily intention Express your gratitude Record an act of kindness or a lesson learned 3 Vision Boards - Beginning, middle and end of year Ideal for someone who would like to express their intention for the day & practice the attitude of gratitude by memorializing it in writing. Daily journaling one's intentions & gratitude can create an interesting reflection of personal discovery. Are you looking for a gift for someone close to you? This journal is geared for those who would like to quickly record their daily direction & create a habit of expressing gratitude. Grab yourself a copy and consider one for a friend to share the journey with!

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Daily Gratitude Journal: What I Am Thankful For

Everyday: Only 10 seconds to 2 minutes effort! What are the 3 things you are thankful for today? This Gratitude Journal is a great way to start a new routine in 2020! Every month starts with a new question and 4 questions to set you intention for the month. Each well designed weekly spread contains space to write 3 things you are thankful for each day of the week, and a weekly highlight. If you start each day by writing down three things you are thankful for - a good cup of coffee, the smell of rain, starting a good book - you begin each day on the right note. Do it daily and make it a habit to focus on the blessings you have been given! Practicing gratitude is one of the simplest and most effective things you can do to transform your life. Research shows that people who regularly take time to notice things they are grateful for enjoy better sleep, better relationships, greater resolve towards achieving goals, show more compassion and kindness, and are overall happier. For all those who want to achieve a maximum result with a small effort! The Gratitude Journal 2020 is a wonderful gift for women, for men and for teens.

Joyful Abundance

GUIDED GRATITUDE JOURNAL and MANIFESTATION JOURNAL Fill out a few little prompts a day and create unstoppable momentum with positive thoughts and emotions! *** COLOR VERSION *** Joyful Abundance is a guided gratitude journal designed to help you... Focus on gratitude from the perspective of abundance. Start and end each day on a positive and optimistic note. Set intentions, take small but fun action steps and be aware daily of abundant and grateful thinking. Get excited about your day – and life! A deliciously tactile journal to make your own. Focus on positive thinking and all that makes you happy. What's inside... The journal features 30 powerful aspects of abundance. Each aspect is set up with 4 pages of gentle prompts for you to set intentions, affirm, script and dream. Daily gratitude and abundance logs are included to clarify and focus on the fun stuff. A 200-page beautiful paperback that you will love to look at and play with. Work on one page a day or stretch it out the way you enjoy the most. Add your own dates, so you can work on it at your leisure. Inspirational quotes are included to refresh your spirit and warm your heart. Beautiful and vibrant little splashes of color on each page. (If you'd prefer the version with the black and white interior, click the author name under the title and you'll find the original version of Joyful Abundance along with the list of the author's books.) Daily practice leads you through an exciting and dynamic journey! Joyful Abundance is Quest 4 in the manifesting adventure: IGNITE - The Path to a Magical Life. Grab yours today and embark on a new day with fresh intention. It makes a thoughtful and delightful gift too!

Daily Gratitude Journal

An attitude of Gratitude can transform your world! It has mine and continues to do so every day, for that I am incredibly grateful for. Thank you to you all for landing on this page and taking time to read this description. THE BENEFITS OF JOURNALING GRATITUDE - Simply journaling for five minutes a day about what we are grateful for can enhance our long-term happiness by over 10%. Other positive impacts are - - Increased happiness and mood- Enhance our positive emotions- Increase our self-esteem- Increases social support- Strengthen family relationships in times of stress- Make us more optimistic- Enhances optimism- Facilitate the recovery of people with depression- Reduce depressive symptoms- Reduce your blood pressure- Improve your sleep- Increase your frequency of exercise- Reduce impatience and improve decision-making- More satisfaction with life- Less likely to experience burnout- Better physical health- Better sleep- Less fatigue- Lower levels of cellular inflammation- Greater resiliency- Encourages the development of patience, humility, and wisdom THE PRACTICE

-This journal is a straightforward, easy to use, designed with simplicity in mind. Your morning routine should be simple, your life should flow with ease, so I'm not here to overcomplicate things. The art of simple, consistent repetition and writing in this journal can help you program your brain towards what you want in life. Focusing on Gratitude and positive intentions will help to bring more positivity into your existence. The art of writing things down solidifies the intention further. I hope you find this Gratitude journal useful, and that it brings you some joy, sunshine, and happiness to your life and the days that lie ahead. CREATED WITH LOVE Gina Buckney

3-Minute Morning Journal

The 3-Minute Morning Journal is a powerful practice designed to help you begin each morning with intention and gratitude and retire each evening with reflection and satisfaction. This unique method combines the proven benefits of a gratitude journal with a unique approach to daily planning to help you: - Recognize how much you have to be grateful for - Commit to specific action-items that will get you closer to your life goals (beyond the work to-do list) - Plan at least one specific way to brighten someone else's day - Reflect on what made each day great Make the 3-Minute Morning journal a part of your daily morning routine and you'll be **amazed** at the increased positivity you find in your life, the rapid progress you make toward your goals, the notable difference you make in others' lives, and the overall satisfaction you feel at the end of each and every day.

Intention Journal

This simple, stylish and practical intention tracker notebook has been beautifully hand-designed as a Birthday, Christmas, Valentine's present or general gift to anyone. This is a handy notebook to set your intentions and track them all down. Whatever you're grateful or hoping for the day, you can jot it all here. Intentions are most likely to manifest when you write it down. The energy and feeling you have when you are setting your intentions help in manifesting it fast. This notebook gives you a place to write what you feel, what you will do today, what you appreciate, what you want to attract. Adults and teenagers alike will love this wonderful notebook. Functional Size: 6x9in (15.24 x 22.86 cm) dimensions; the ideal size for all purposes, fitting perfectly into a bag, 100 Pages; Reliable standards: Book industry perfect binding (the same standard binding as the books in your local library). Tough paperback and crisp white paper that minimizes ink bleed-through. The book is great for either pen or pencil users Journals, planners, and notebooks are the perfect Gifts for any occasion. So, what are you waiting for? Get your Intention Tracker Notebook now. Click the BUY button at the top of the page to begin. Thank you and hope this notebook helps you in every way possible!

3-Minute Morning Journal

+Boost Your Positivity +Make Rapid Progress Toward Your Goals +Make a Difference in People's Lives The 3-Minute Morning Journal is a powerful practice designed to help you begin each morning with intention and gratitude and retire each evening with reflection and satisfaction. This unique method combines the proven benefits of a gratitude journal with a unique approach to daily planning to help you: Recognize how much you have to be grateful for Commit to specific action-items that will get you closer to your life goals (beyond the work to-do list) Plan at least one specific way to brighten someone else's day Reflect on what made each day great Make the 3-Minute Morning journal a part of your daily morning routine and you'll be **amazed** at the increased positivity you find in your life, the rapid progress you make toward your goals, the notable difference you make in others' lives, and the overall satisfaction you feel at the end of each and every day.

Daily Intention Journal

Looking to actively live your life in line with your core values and beliefs? You want to live a fulfilled life in harmony with yourself? The Daily Intention Journal: A 90 Day Guide to Practice Intentional Living, Gratitude and Positive Thinking will guide you on your way to a happier you. Features: Undated Daily Intention Journal 90 days to cultivate an intentional living routine. Morning Intention Journal: Start the day mindfully with self-care, be aware of your feelings, and set your intention for the day. Evening Intention Journal: Evening Intention Journal: review your day, practice gratitude, and reflect on how your intention influenced your day. Perfect size (6" x 9" inches, 184 pages) so it's always ready to use. Abstract and modern soft-matte cover. Click the 'Buy Now' button to order your Daily Intention Journal today.

A Grateful Heart

Prompted Gratitude Journal This journal offers an easy yet intentional method to improve your happiness by focusing on what you are grateful for. Take five minutes and start and end each day with intentional gratitude work. This is prompted daily journal helps you to take the time to invest in your mental health. Each morning spend a few minutes to reflect on: Five things you are grateful for How you want your day to go Your daily affirmation Each night spend a few minutes to reflect on: Good deeds done throughout the day What brought you joy during the day How you can be better tomorrow Daily gratitude work has shown to reduce stress levels, improve attention, develop empathy, feel compassion and bring joy. Take the steps to move towards a more grateful heart! Makes a great gift for yourself or someone you love.

The Daily Gratitude Journal for Men

GIFT IDEAS | TIME MANAGEMENT | ORGANIZATION Learn how incorporating gratitude into your life can make you the best version of yourself. This gratitude journal for men is a straightforward, thought-provoking collection of prompts designed to help men explore the core components of gratitude awareness, intention, and action through short, simple, and insightful prompts **Product Details:** High quality paper stock. Designed interior as day and night writing your content. Premium matte-finish cover design. Perfect for all writing mediums. Large format 6.0" x 9.0" (approximately A5) pages.

2-Minute Morning Journal

'The 2-Minute Morning Journal will gently steer your life on the path towards gratitude, fulfilment and daily achievement' - Linda Welling, Life Coach Click on Elevate Imprint at top of page for different colour options The 2-Minute Morning Journal has the power to transform your life. Its powerful practice begins each morning with gratitude and positive intentions and ends the day with reflection and even more gratitude. It's a gratitude journal combined with daily planning to elevate your life higher and higher. Realise how much you have to be grateful for List specific actions to help achieve your goals Reflect on what made your day awesome Start every day with the 2-Minute Morning journal and create the life you always wanted. Features: 100 pages (3 months of journaling) Professionally designed softbound cover 6 x 9 inches: versatile size for your tote bag, desk, backpack, school, home or work Makes a perfect gift for adults and kids

Gratitude

Center your life around positive thoughts with this guided gratitude journal! Celebrate each moment, big or small, and preserve important memories with everyday mindfulness. This 90-day reflection journal gives you a path to developing a habit of daily gratitude that you can carry throughout your life. Cultivating thankfulness is a potent exercise, proven to have a positive effect on a person's mental health and general well-being. Each spread of this positivity journal includes space to record expressions of gratitude, personal affirmations, memories of positive interactions, and commentary on the significance of it all. The perfect self-care or mindfulness gift for women and men, this happiness log creates a personal diary of positive experiences and wonderful reflections that can be a source of inspiration for years to come. Additional details: Ideal 5.75" x 8.25" size and durable flexibound format offer plenty of writing space while being small enough to travel easily Easy to write on archival paper takes pen and pencil nicely with 184 lined, acid-free pages Deluxe design with vegan leather cover, foil accents, removable cover band, and helpful ribbon marker make for a lasting keepsake Beautiful illustrations encourage a calming mindset and lovely backdrop for deep reflection Journal simply with guided prompts and lists that make it easy to check in with yourself morning and night, relieve stress, and promote mindfulness Build your collection: Gratitude is part of Insight Editions' successful line of Inner World guided journals, including Mindfulness, Meditation, Calm, Self-Care, Recharge, Connection, and more

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