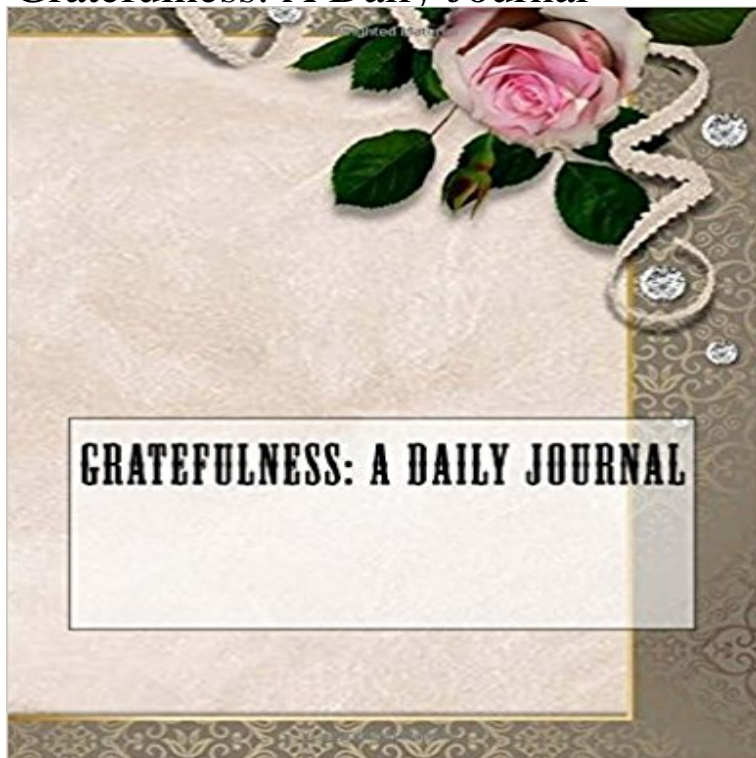


Gratefulness: A Daily Journal



150 PAGES Gratitude Journal At the end of each day write at least 3 things you are grateful for. They don't have to be big things. Something as simple as I am grateful for having a roof over my head or I am grateful for spending quality time with the person I love. By expressing your gratitude for the good things in your life, you attract positive vibes and good karma. You will be amazed of how much your life will change if you stop being negative and start being happy for all the wonderful things you have. Tags: gratitude journal, positive affirmations, Positive Mindset, daily goals, notebook journal, positive thinking

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