

Gratitude Journal 2020 Take 5 Minutes A Day To Re

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2022-09-19

MALIK BRENDEN

Gratitude Journal 2020 Independently Published

Format: half-letter size 5,5 x 8,5 inches (similar to A5), 120 pages, soft cover This is a daily journal with a 2-page weekly layout and dated pages for 2020. Sunday start week. Begin each day with a grateful heart. Big enough to write down everything you need (lined daily sections) Durable binding to carry around in your bag It comes in different elegant modern covers, just search by the author's name to see available copies A good idea for a gift

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..... Be inspired to live in the present and find the beauty in everyday life! The gratitude journal is the easiest and most effective way to start a routine of writing positive things that matter and they are worth remembering. Studies have shown that expressing gratefulness on paper has a long-lasting effect on our level of happiness. This is a great journal for you to daily practice gratitude or you can buy it as a gift for someone special, to show them your appreciation.

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