



My Gratitude Journal: Life's Daily Blessings (Paperback)

By Joyful Journals

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Daily Gratitude Journal Keep up with all of life's daily blessings with this premium gratitude journal. With insightful prompts for morning and night, this makes a wonderful way to express appreciation for things in your life. Also makes a fantastic gift for loved ones! 100 pages on white paperHigh-quality matte cover for a professional finishPerfect size at 6 x 9 --- easy to store and carryWonderful as a gift, present, or for personal useGreat for expressing gratitude and thankfulness in your lifeBenefits of Journaling / Notekeeping Joyful Journals(c) understands the powerful benefits associated with journaling and notekeeping. That's why we have created beautiful, high-quality products so you can harness your best self through the use of our notebooks, journals, and diaries. Here are a few of the incredible benefits you can take advantage of by journaling, keeping a diary, or releasing your thoughts on paper. Improves your mindfulnessBoosts creativity and well-beingEnhances emotional intelligenceIncreased goal setting and achievingInner-healing and stress reliefAbout Joyful Journals Joyful Journals(c) believes that we all have something great within. We just have to find it and...



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