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300 Writing Prompts - Medium Wire-o Journal 4 1/4" x 6" Christian Gratitude Journal for Kids Daily Journal with Bible Verses and Writing Prompts (Bible Gratitude Journal for Boys & Girls) A Life-Changing Positive Journal that Brings Kids Closer to God - Features a New Bible Verse Every Day Christian Gratitude Journal for Kids is the innovative new journal to help children cultivate gratitude, change how they feel and build a lasting and heartfelt dialogue with God. In just five minutes a day it has been shown to: Boost happiness Teach positive Christian values Elevate mood throughout the day Form a meaningful connection with God Cultivate gratitude and optimism It's also a fun journal to share memories with simple, quick and engaging writing and drawing prompts. Each day you record: Three things you thank the Lord for 'Today I will strive to be ...' (write down your positive intentions for the day) Bible verse of the day - a NEW passage each day - especially selected for kids Writing space for 'Blessings the day brought me' - describe what was great about your day A 'Doodle of the Day' space to draw events, thoughts and feelings Christian Gratitude Journal for Kids draws children closer to God and is designed to change their mental state to one of spiritual gratitude, positivity and empowerment, which will make itself felt in every aspect of their life. It makes the perfect gift. 8.5" x 11" - Large size provides plenty of room for writing inside 100 pages - far more than other kids gratitude journals Proudly made in the USA Scroll up and hit 'Add to Cart' to get your copy now - and let's lift up a life! **365 Journal Writing Ideas A Year of Daily Journal Writing Prompts, Questions & Actions to Fill Your Imaginative Writing The Elements of Craft Longman Publishing Group** Janet Burroway's bestselling Imaginative Writng: The Elements of Craft explores the craft of creative writing in four genres: Fiction, Poetry, Drama, and Creative Nonfiction. A trade author as well as a professor of creative writing, Burroway brings her years of teaching and writing to this book. "Try-This" exercises appear throughout each chapter. Provocative and fun, these exercises help writers develop the specific writing skills discussed within the text. "Working toward a draft" exercises encourage writers to develop their ideas into complete drafts. In response to reviewer requests, the preface "Invitation to the Writer" has been expanded into a full chapter. This new chapter introduces writers to important skills such as reading like a writer, journaling, and participating in the writer's workshop. This book offers lots of ideas and encouragement at a great price! **September Daily Journal Writing Prompts Teacher Created Resources Journal Buddies A Boy's Journal for Discovering and Sharing Excellence Blue Sky at Night Pub** Simple but powerful, Journal Buddies is no ordinary journal. It is an invitation to experience a journaling adventure and to expand creativity and express feelings. It is an opportunity to strengthen self-esteem, build healthy relationships and create a positive outlook on life. It is a unique journal created with the help of important people in life, such as friends, parents, teachers, family members, etc. **The Daily Stoic 366 Meditations on Wisdom, Perseverance, and the Art of Living Penguin** From the team that brought you *The Obstacle Is the Way* and *Ego Is the Enemy*, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well. **5 Minute Girls Gratitude Journal DAILY DIFFERENT GRATITUDE and ACT of KINDNESS CHALLENGES for KIDS Girl, Weekly Positive Affirmations Coloring Daily Journal Prompts, for Kids Ages 5-10** What a great habit to learn while young! Practicing gratitude daily is an amazing habit to start. We designed this gratitude journal to easily guide girls in 5 minutes of reflecting on their day, feelings, and positive thoughts. With 100 days of unique kindness challenges, memory-making challenges, inspirational quotes, and reflective journal prompt, this journal will help form habits for a lifetime of cultivating thankful and happy hearts! **★BOOST HAPPINESS** - Research shows that journaling about what you are grateful for can increase your long-term happiness. **★GAIN EXPERIENCE** - Girls will be eager to do the daily kindness challenge or memory-making challenge and will learn as they experience various emotions and accomplishments from them. **★ENHANCE PERSPECTIVE** - The included inspirational quotes and reflective journal prompts will help girls take time to think and positively frame their thoughts and feelings. **★INCREASE YOUR SELF-ESTEEM** - Gratitude can help your child feel better about their circumstances which can lead them to feel better about themselves. **★IMPROVE YOUR OVERALL HEALTH** - Research shows a more grateful person is the more likely to take care of themselves. **WHAT YOU WILL RECEIVE:** ✓ 100 pages daily Gratitude Journal ✓ Large 7.5" x 9.25" designs that can easily be printed on regular sized paper ✓ High-resolution images ✓ Printable PDF format ✓ Unlimited prints (for personal use only) ✓ Great for kids who love journal ✓ **PAGE COLOR:** Cover is glossy full-color print. Categories: Gratitude journal for kids, gratitude journal for boys, gratitude journal for girls, daily gratitude journal, girls gratitude journal, gratitude journal for teens, gratitude journal for teen Girls **The Mindfulness Journal Daily Practices, Writing Prompts, and Reflections for Living in the Present Moment** The Mindfulness Journal is your daily guidebook for living in the present moment and experiencing the richness of life by applying mindfulness techniques to your work, your relationships, your habits, and even the most mundane tasks of your day. **The Year of You for Mothers: 365 Journal-Writing Prompts for Self-Reflection, Self-Care, and Self-Discovery Hannah Braime** Do you want to reconnect with your sense of who you are and what matters most to you? Could you

benefit from a daily dose of reflection and self-connection? *The Year of You for Mothers* is your opportunity to spend a few minutes with yourself each day. As well as reflecting on your parenting experience, you'll also maintain (or regain) that important connection with the areas of your life that can get pushed aside by the daily whirlwind of parenting. Inside, you'll find 365 daily journaling prompts that will make you think about a specific aspect of your life and your parenting experience, including identity, purpose and meaning, community, money, health, and more. Whether you're new to journaling or have enjoyed a reflective writing practice for some time, *The Year of You for Mothers* offers a wealth of inspiration that will deepen your understanding and awareness of yourself as a mother and an individual.

The Anti-Anxiety Journal Writing Prompts to Keep You Calm and Stress-Free *Chartwell The Anti-Anxiety Journal* helps you work with your mind instead of against it to manage and calm anxiety with a program of prompts, exercises, and trackers.

Mindfulness Daily Journal for Girls Filled with Gratitude Daily Practices, Writing Prompts, and Reflections for Living in the Present Moment, Size 8.5x11 Inches with 140 Pages for a Write-In *Mindfulness Daily Journal for Girls With Calendar 2021* For personal development And set goals for doing good things each day Each prompt is on its own separate page, so you'll have lots of room for reflection and space to write down ALL your thoughts. As one user commented: "The writing prompts are very detailed so it is easy to write about specific things that allow for a better dose of self-reflection and awareness." Get Started TODAY with "The Mindfulness Journal" With "The Mindfulness Journal" you will take that first step toward self-discovery. Feature : Measures 8.5x11 inches Paper 140 pages to write-in Calendar 2021 Paperback. Softcover design. Glossy. White interior pages Heart floral cover book design Suitable for teens & kids

Expressive Writing Words that Heal *Idyll Arbor "Write about what keeps you awake at night."* That's the advice James Pennebaker and John Evans offer in *Expressive Writing: Words that Heal*. This book will help you overcome the traumas and emotional upheavals that are keeping you awake. You'll resolve issues, improve your health, and build resilience. Based on nearly 30 years of scientific research, the book shows you how and when expressive writing can improve your health. Its clear explanations of the writing process will enable you to express your most serious issues and deal with them through writing".-- book cover.

Gratitude Journal Lizbeth Personalized Gifts for Girls and Kids | Kids Gratitude Journal for Kids for Daily Positivity. a Great Writing Prompt Journal for Teens. Unicorn Children's Happiness Book The perfect Gift for Children & Teenagers! This awesome Gratitude Journal For Kids is the best choice - whether for you or a friend. Crafted by the team at Paper Notebook Publishers, this personalized notebook makes an awesome gift. Notebook Features: 6"x9" dimensions - the perfect size to fit in a handbag, a backpack, or to have sitting on a desk 110 white pages with Prompts for your child Printed on high-quality paper Stylish matte finish with Quality Unicorn Designer Cover Personalized notebooks and journals are a thoughtful gift Perfect personalized birthday gift, Christmas Gift, Father Day, Mothers Day or any occasion. Scroll up and buy this awesome notebook now, and receive quick shipping with Amazon so that you can receive it as soon as possible!

Journal with Purpose Over 1000 motifs, alphabets and icons to personalize your bullet or dot journal *David and Charles Journal with Purpose* is the ultimate reference for journaling, packed with over 1000 motifs that you can use to decorate and enhance your bullet or dot journal pages. Copy or trace direct from the page, or follow one of the quick exercises to improve your skills. Featuring all the journal elements you could wish for - banners, arrows, dividers, scrolls, icons, borders and alphabets - this amazing value book will be a constant source of inspiration for journaling and an 'instant fix' for people who find the more artistic side of journaling a challenge.

Rip the Page! Adventures in Creative Writing *Shambhala Publications* Here are the ideas, experiments, and inspiration to unfold your imagination and get your writing to flow off the page! This is the everything-you-need guide to spark new poems and unstick old stories, including lists of big, small, gross-out, and favorite words; adventurous and zany prompts to leap from; dares and double dares to help you mash up truths and lies into outrageous paragraphs; and letters of encouragement written directly to you from famous authors, including: Annie Barrows, Naomi Shihab Nye, Lemony Snicket, C. M. Mayo, Elizabeth Singer Hunt, Moira Egan, Gary Soto, Lucille Clifton, Avi, Betsy Franco, Carol Edgarian, Karen Cushman, Patricia Polacco, Prartho Sereno, Lewis Buzbee, and C. B. Follett. This is your journal for inward-bound adventures—use it to write, brainstorm, explore, imagine—and even rip!

Self-Care A Day and Night Reflection Journal (90 Days) *Mandala Publishing* This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. *Self-Care: A Day and Night Reflection Journal* offers a space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. Filled with delicate illustrations, this 90-day journal will help you integrate self-care and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely, and the back pocket is perfect for holding mementos.

Gratitude Journal for Boys 100 Day Gratitude Journal with Daily Writing Prompts to Help Your Children Boys Girls Practice Gratitude and Prayer Daily. . This notebook inspire your kids to teach thankfulness and self improvement.. Also writing and drawing in this daily journal reduces stress and encourages reflection. People who spend more time doing things that express their gratitude tend to be considerably happier than people who don't. This awesome journal is great for kids of all ages..This journal for kids offers a simple, yet powerful method to improve their focus and build happiness. Encourage kids to spend a few minutes daily to practice gratitude to lead a fantastic life. Everyday your children write on: My Inspiration for today is To day I'm Grateful For People to pray for Self Improvement My requests to god Makes an excellent gifts for Kids, birthday gifts and students,Wonderful gifts of guidance from Good parent. Perfectly sized at 6" x 9" 100 pages 50 sheets Flexible Paperback

S Women's Monogrammed Daily Plans Journal - To-Do-List Notebook - Goals Log - Reflections Diary 3-MONTH MONOGRAMMED DAILY PLANNER FOR WOMEN Do yourself some good, and spend a little time with this daily planner for women. It is complete with prompts for your to-do-list, today's goals and notes. It provides a place for you to think about what are the daily priority and helps you manage your time! A custom planner to record goals, what you are the top daily to-do's for each day of the week. This planner is wonderful to utilize daily and makes the perfect gift for those women and girls in your life who would benefit from organizing their day Features: *measures 6x9 inches which is a perfect compact size for your purse or backpack *Matte paperback cover and high quality interior white paper *120

custom pages with guided prompts for your to-do-list *daily pages for writing prompts to express your goals and add notes *section for your notes where you can elaborate on the accomplishments *beautiful monogrammed cover ADD TO CART and share with your friends and family. They make great holiday gifts for nurses, student nurses, teens, women, aunts, godmothers and grandmothers. Perfect to share with family, friends and co-workers Click on the author name Trendy Daily Planners below the listing title to view our assortment of custom journals and notebooks. **The Daily Stoic Journal 366 Days of Writing and Reflection on the Art of Living Penguin** A beautiful daily journal to lead your journey in the art of living--and an instant WSJ bestseller! For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers, and ordinary citizens. With the acclaimed, bestselling books *The Obstacle Is the Way*, *Ego Is the Enemy* and *The Daily Stoic*, Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius, Seneca, and Epictetus to hundreds of thousands of new readers all over the world. Now Holiday and Hanselman are back with *The Daily Stoic Journal*, a beautifully designed hardcover journal that features space for morning and evening notes, along with advice for integrating this ancient philosophy into our 21st century lives. Each week readers will discover a specific powerful Stoic practice, explained and presented with related quotations to inspire deeper reflection and application, and each day they will answer a powerful question to help gauge their progress. Created with a durable, Smyth-sewn binding and featuring a helpful introduction explaining the various Stoic tools of self-management, as well as resources for further reading, this is a lasting companion volume for people who already love *The Daily Stoic* and its popular daily emails and social media accounts. It can also be used as a stand-alone journal, even if you haven't read the previous books. For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year—and for the rest of their lives. **S Monogram Initial Letter S Gratitude Journal For Unicorn Lovers & Believers, 6x9, 100 Pages (50 Sheets) With Prompts For Daily Thanks, Notes & Reasons To Be Grateful PREMIUM DESIGN MONOGRAM UNICORN GRATITUDE JOURNAL NOW AVAILABLE! ARE YOU LOOKING FOR A UNICORN GIFT IDEA THAT'S A LITTLE DIFFERENT FROM THE REST?** This gorgeous monogram initial gratitude journal is suitable for anyone whose first or last name starts with the letter S. Whether you're struggling and looking to journal your feelings away, or need a great gift for a loved one, this inspirational notebook is sure to lift spirits and put happiness in your life. Journaling goals? Need to focus on the positive? This book provides ample space to write your thoughts, use as a place to track your daily devotionals, or keep track of simple acts of kindness and notes. This personalized gratitude journal is a handy size measuring 6 inches by 9 inches, with 100 pages. The cover is beautifully illustrated with a majestic and elegant unicorn in purple and pink colors, and has a stay clean glossy finish. We have the full A to Z of monograms with this exact cover design and interior, just click on our author name to the right of the image. Alternatively type our author name Gratitude Journals Publishing Co. in the search bar. Please check out our other unicorn themed journals, notebooks, and planners. Add To Cart Now! A perfect place for your reflection and prayer time, this gratitude journal lets you reflect on the good things in life, those important people who put a smile on your face, and track daily feelings. Features: Handy sized gratitude journal notebook measuring 6 x 9 inches, great to fit in a bag or tote 100 undated pages, so you can go at a pace that suits you and your life Space to write daily affirmations for great moments and important people Each page has prompts and a notes section for doodling, reflection, and tracking memorable events Perfect for women & girls who like to doodle, write, and express themselves Professional grade binding (Paperback Retail Standard) Stunning purple & pink colour unicorn design with a stay clean glossy cover Ideal for women, teens and girls Ideas On How To Use This Journal: Mother's Day Gift Birthday Gift Stocking Stuffers or Stocking Filler Teacher Gift Coworker Gift or Colleague Gift Graduation Gift Gift For Your Mom, Mum, Nana, Auntie, Niece, Cousin, Sister, Granddaughter, Daughter, or any other family member Best Friend Forever Gift Or Treat Yourself As You Deserve It! **Gratitude A Day and Night Reflection Journal (90 Days) Mandala Publishing** This guided journal will help you cultivate gratitude through the exercise of mindfulness and journaling. *Gratitude: A Day and Night Reflection Journal* will help you center your day around positive feelings and gratitude. It's the perfect place to record and celebrate anything that you are grateful for and to preserve important memories. This 90-day journal gives you a path to creating a habit of daily gratitude that you can carry with you throughout your life. Cultivating gratitude is one of the most potent and important mindfulness exercises, and thankfulness has proven to have a positive effect on a person's mental health and general well-being. Each page of the journal includes space to record expressions of gratitude, personal affirmations, memories of positive interactions, and commentaries on the significance of it all. The journal is intended for those who want to foster deep reflection as well as for those who simply want to discover the effects of thankfulness. Having filled the journal with statements of gratitude, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. The journal's 184 lined, acid-free pages made from archival paper take both pen and pencil nicely, and the back pocket is perfect for holding mementos. **Gratitude Journal for Teens: Daily Writing Today I Am Grateful for Daily Prompts and Questions Elegance Design Independently Published** Daily Gratitude Writing with prompt Perfect Gift for Your teens Help inspire your teens the way to learn about thankfulness and gratitude This Gratitude journal contains 100 of pages to take notes with guide to write your Verse, Thankful, Praying for. Gratitude journal for teens Features: Today 's Verse space I am thankful for ... I am praying for ... Perfectly Large sized at 8.5" x 11" Paperback Notebooks and journals make a great gift for any occasion Get a Copy for your teens Today. **The 5-Minute Motivational Journal Daily Prompts to Achieve Your Goals and Live Intentionally Rockridge Press** Build confidence and live purposefully with inspiring daily journal prompts Finding the motivation to achieve your goals takes strength, determination, and inspiration. The 5-Minute Motivational Journal is filled with prompts, exercises, and quotes to help you assess your priorities and make positive changes in yourself and your surroundings--in just 5 minutes each day. This motivational journal offers: Holistic personal growth--Focus on different kinds of growth like goal setting, self-esteem, skill building, and community engagement with a motivational journal that helps you improve in all aspects of your life. Room to reflect--Use the generous writing space to reflect on prompts that balance both short-term and long-term goals about who you want to be and what you want to accomplish. Techniques based in psychology--Practice strategies that apply real psychological research on motivation, offering expert advice you can use on a daily basis. Explore a motivational journal that helps you connect with what matters most, and take on the world as a new and improved you. **The Daily Gratitude Journal for Men 90 Days of Mindfulness and Reflection Rockridge Press** 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. **Live Each Day with a Grateful Heart A 52-Week Gratitude Journal with Blank Lines, Prompts, Quotes and Coloring Pages (8. 5x11, Pink and Purple Floral Cover)** Discover how the simple act of writing 4 things you're grateful for every day unleashes the power to greater happiness, improved mental and physical health, more positive relationships and greater strength to cope with life's challenges. What You'll Love About Live Each Day With a Grateful Heart Gratitude Journal 4 things gratitude journal. Each day has 4 short lines to fill in Today I am grateful for ... so you know exactly how to keep a gratitude journal. Simplicity. The format makes it easy to use your gratitude journal 5 minutes a day. Flexibility. Begin each morning, end each evening or write throughout the day - it's up to you. Convenience. The 8.5"x11" size of this positive thinking journal gives plenty of room to write your thoughts. Blank dates. Each entry is undated, so you'll fill in the date as you go, and you won't feel guilty if you happen to skip a day! Prompts. 25 gratitude journal prompts are scattered throughout the book to give you ideas for greater reflection. Inspirational quotes. Every other page has a message to boost your positive thinking. Stress-relieving coloring pages for adults. 77 unique mandala coloring designs border the pages for contemplation and stress relief as you color; or enjoy them as is. One-year journal. The book includes 365 days of entries, so you can use it as a 52 week gratitude journal. Do Gratitude Journals Work? According to lots of people and scientific studies, YES! Harvard Medical School says many studies find people who make a habit of listing what they're grateful are happier and less depressed. A UC Berkeley study of 300 college students getting help for depression and anxiety found those who wrote a weekly gratitude letter showed significantly improved mental health than those who didn't. Scientists find the benefits of gratitude improve more and more over time, so the daily habit of writing in a gratitude journal is an ideal way of getting the maximum benefits from practicing gratitude. Want to get a better night's sleep? Psychologists at Grant MacEwan University find when people jot down things they're grateful for before going to bed, they sleep better and longer. How Does This Gratitude Journal Help You? By writing in this positive journal, you focus every day on things you're grateful for, which improves your life in multiple ways: Gratitude allows you to celebrate the present by being in tune with the good happening now. Gratitude encourages you to pay it forward by helping others feel happier, creating a more positive world around you. Gratitude blocks toxic emotions like regret, envy, resentment, disappointment and hopelessness, which wreak havoc on your mental and physical health. Grateful people are more resistant to stress. Gratitude gives you perspective to better cope with challenges. Gratitude improves relationships. You notice how people positively impact your life and appreciate them more. Gratitude improves your physical health. Grateful people are more likely to take care of their health and report less aches and pains. Gratitude boosts self-esteem. You're less likely to compare yourself to others when you're grateful, appreciating yourself for who you are. You'll find with the simple format of this 4-things gratitude journal your best 5 minutes to a grateful life naturally leads to greater happiness, improved mindset and physical health, stronger relationships and greater resilience to win over trials. Start your journey with gratitude today by getting your copy of Live Each Day With a Grateful Heart. Gift one to a friend, co-worker, family member or loved one too. Browse our Gratitude Journals series for more options on cover designs, journal sizes and content. **Bounceback Parenting A Field Guide for Creating Connection, Not Perfection Penguin** Looking for more connection with your kids--and more fun, too? Welcome to the Bounceback Parenting League! This insightful and empowering book is more than just another parenting guide. It's a playbook filled with simple yet powerful "secret missions" for parents who want to recharge, refresh and restart in a positive new way. Filled with simple challenges, journal prompts with room to write, and inspiring advice to try today, this is a game-changing resource for overwhelmed moms and dads everywhere. Get ready for your first mission.... **Live Each Day with a Grateful Heart A 52-Week Gratitude Journal with Blank Lines, Prompts, Quotes and Coloring Pages (8. 5x11, Floral Cover W/ Daisies on White)** Discover how the simple act of writing 4 things you're grateful for every day unleashes the power to greater happiness, improved mental and physical health, more positive relationships and greater strength to cope with life's challenges. What You'll Love About Live Each Day With a Grateful Heart Gratitude Journal 4 things gratitude journal. Each day has 4 short lines to fill in Today I am grateful for ... so you know exactly how to keep a gratitude journal. Simplicity. The format makes it easy to use your gratitude journal 5 minutes a day. Flexibility. Begin each morning, end each evening or write throughout the day - it's up to you. Convenience. The 8.5"x11" size of this positive thinking journal gives plenty of room to write your thoughts. Blank dates. Each entry is undated, so you'll fill in the date as you go, and you won't feel guilty if you happen to skip a day! Prompts. 25 gratitude journal prompts are scattered throughout the book to give you ideas for greater reflection. Inspirational quotes. Every other page has a message to boost your positive thinking. Stress-relieving coloring pages for adults. 77 unique mandala coloring designs border the pages for contemplation and stress relief as you color; or enjoy them as is. One-year journal. The book includes 365 days of entries, so you can use it as a 52 week gratitude journal. Do Gratitude Journals Work? According to lots of people and scientific studies, YES! Harvard Medical School says many studies find people who make a habit of listing what they're grateful are happier and less depressed. A UC Berkeley study of 300 college students getting help for depression and anxiety found those who wrote a weekly gratitude letter showed significantly improved mental health than those who didn't. Scientists find the benefits of gratitude improve more and more over time, so the daily habit of writing in a gratitude journal is an ideal way of getting the maximum benefits from practicing gratitude. Want to get a better night's sleep? Psychologists at Grant MacEwan University find when people jot down things they're grateful for before going to bed, they sleep better and longer. How Does This Gratitude Journal Help You? By writing in this positive journal, you focus every day on things you're grateful for, which improves your life in multiple ways: Gratitude allows you to celebrate the present by being in tune with the good happening now. Gratitude encourages you to pay it forward by helping others feel happier, creating a more positive world around you. Gratitude blocks toxic emotions like regret, envy, resentment, disappointment and hopelessness, which wreak havoc on your mental and physical health. Grateful people are more resistant to stress. Gratitude gives you perspective to better cope with challenges. Gratitude improves relationships. You notice how people positively impact your life and appreciate them more. Gratitude improves your physical health. Grateful people are more likely to take care of their health and report less aches and pains. Gratitude boosts self-esteem. You're less likely to compare yourself to others when you're grateful, appreciating yourself for who you are. You'll find with the simple format of this 4-things gratitude journal your best 5 minutes to a grateful life naturally leads to greater happiness, improved mindset and

physical health, stronger relationships and greater resilience to win over trials. Start your journey with gratitude today by getting your copy of *Live Each Day With a Grateful Heart*. Gift one to a friend, co-worker, family member or loved one too. Browse our Gratitude Journals series for more options on cover designs, journal sizes and content. **Live Each Day with a Grateful Heart A 52-Week Gratitude Journal with Blank Lines, Prompts, Quotes and Coloring Pages (8. 5x11, Black and Gold Cover)** Discover how the simple act of writing 4 things you're grateful for every day unleashes the power to greater happiness, improved mental and physical health, more positive relationships and greater strength to cope with life's challenges. What You'll Love About *Live Each Day With a Grateful Heart Gratitude Journal* 4 things gratitude journal. Each day has 4 short lines to fill in Today I am grateful for ... so you know exactly how to keep a gratitude journal. Simplicity. The format makes it easy to use your gratitude journal 5 minutes a day. Flexibility. Begin each morning, end each evening or write throughout the day - it's up to you. Convenience. The 8.5"x11" size of this positive thinking journal gives plenty of room to write your thoughts. Blank dates. Each entry is undated, so you'll fill in the date as you go, and you won't feel guilty if you happen to skip a day! Prompts. 25 gratitude journal prompts are scattered throughout the book to give you ideas for greater reflection. Inspirational quotes. Every other page has a message to boost your positive thinking. Stress-relieving coloring pages for adults. 77 unique mandala coloring designs border the pages for contemplation and stress relief as you color; or enjoy them as is. One-year journal. The book includes 365 days of entries, so you can use it as a 52 week gratitude journal. Do Gratitude Journals Work? According to lots of people and scientific studies, YES! 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Gratitude encourages you to pay it forward by helping others feel happier, creating a more positive world around you. Gratitude blocks toxic emotions like regret, envy, resentment, disappointment and hopelessness, which wreak havoc on your mental and physical health. Grateful people are more resistant to stress. Gratitude gives you perspective to better cope with challenges. Gratitude improves relationships. You notice how people positively impact your life and appreciate them more. Gratitude improves your physical health. Grateful people are more likely to take care of their health and report less aches and pains. Gratitude boosts self-esteem. You're less likely to compare yourself to others when you're grateful, appreciating yourself for who you are. You'll find with the simple format of this 4-things gratitude journal your best 5 minutes to a grateful life naturally leads to greater happiness, improved mindset and physical health, stronger relationships and greater resilience to win over trials. Start your journey with gratitude today by getting your copy of *Live Each Day With a Grateful Heart*. Gift one to a friend, co-worker, family member or loved one too. Browse our Gratitude Journals series for more options on cover designs, journal sizes and content. **Gratitude Journal 52 Writing Prompts to Celebrate Your Wonderful Life Higher Self Publishing** Cultivate an Attitude of Gratitude Writing in a gratitude journal may only take a few minutes of your day, but doing so has the power to turn your entire life around. The Law of Attraction says that whatever you focus on grows stronger. By making a habit to focus on the positive side of things, even something you might label as negative, you are tapping into the secret of living a happy life. When we start counting the little things that we treasure, things that may otherwise escape our attention in the chaos of daily life, not only are we becoming more positive and loving, but more giving and appreciative as well. Our happiness is no one's responsibility but our own; when we stop reacting to the people and circumstances around us, we're taking back control of our lives in order to steer it in the direction we want to go. Giving thanks to the universe is giving love, and what we give inevitably comes back to us. Have an attitude of gratitude. Once you make a habit out of appreciating all the gifts in life, big or small, you'll begin to attract more positive people and situations. Bad habits and former worries will disappear, replaced by faith and good feeling toward yourself and others. Starting a gratitude journal is easy. All you need is a pen, a notebook, and a moment to lay down your appreciation for what you've been given in life. This book contains journal prompts on 52 different topics, each one beginning with an inspirational gratitude quote from great men and women of the past and present. You can focus on one topic a week if you wish—that's enough to last you a year. Or you may pick and choose a prompt at random if you are looking for inspiration and new ideas on any given day. **Live Each Day with a Grateful Heart A 52-Week Gratitude Journal with Blank Lines, Prompts, Quotes and Coloring Pages (8. 5x11, Pink Flowers)** Discover how the simple act of writing 4 things you're grateful for every day unleashes the power to greater happiness, improved mental and physical health, more positive relationships and greater strength to cope with life's challenges. What You'll Love About *Live Each Day With a Grateful Heart Gratitude Journal* 4 things gratitude journal. Each day has 4 short lines to fill in Today I am grateful for ... so you know exactly how to keep a gratitude journal. Simplicity. The format makes it easy to use your gratitude journal 5 minutes a day. Flexibility. Begin each morning, end each evening or write throughout the day - it's up to you. Convenience. The 8.5"x11" size of this positive thinking journal gives plenty of room to write your thoughts. Blank dates. Each entry is undated, so you'll fill in the date as you go, and you won't feel guilty if you happen to skip a day! Prompts. 25 gratitude journal prompts are scattered throughout the book to give you ideas for greater reflection. Inspirational quotes. Every other page has a message to boost your positive thinking. 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No intimidating commitments, but a simple way to cultivate the empowering and proven habit of daily journaling. The questions in this Self-Exploration journal covers every area of your life, including: Love & relationships Health & fitness Finances Career Goalsetting Social Life And much, much more. BEAUTIFUL DESIGN, A PERFECT JOURNAL GIFT This beautifully designed self-exploration journal is also a perfect gift for a friend or loved one. **S Monogram Personalized Gratitude Journal For Quiet Time, 5 Minutes a Day (110 Pages, 8.5 X 11)** You want to lead a fulfilling life, limit stress and live positively. All of that becomes so much simpler with the special personalized Gratitude Journal. It's far more than just a journal! When you start actively observing and understanding the invisible parts of yourself?your emotions?you'll equip yourself with the tools to make visible changes in your day-to-day life. With a simple daily gratitude and thoughtful prompts for reflection, this journal will help you develop your better life! Now with special personalized cover! Find your letter and buy it now! Additional details: Daily journal for your gratitudes 8.5" x 11" size 110 pages Bleed Matte design! Includes places with lines for your observances and daily reflection Includes bonus flowers theme elements Includes bonus with motivational quotes Special personalized design Look at our another Gratitude Journals and buy this custom-designed Book today and receive fast delivery from Amazon. ? 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Gift one to a friend, co-worker, family member or loved one too. Browse our Gratitude Journals series for more options on cover designs, journal sizes and content. **Start Where You Are A Journal for Self-Exploration Perigee Trade** Start Where You Are is a full-colour, passion-inspiring journal designed to help readers nurture their creativity, explore their feelings and focus on what matters most. Featuring vibrant hand-lettering and watercolour illustrations, it pairs inspiring quotes with supportive prompts and exercises to spark reflection through writing, drawing, chart-making and more. As beautiful as it is useful, Start Where You Are will make a perfect gift and keepsake as well as a powerful tool for positive change. **Live Each Day with a Grateful Heart A 52-Week Gratitude Journal with Blank Lines, Prompts, Quotes and Coloring Pages (8.5x11, Pink Floral Cover)** Discover how the simple act of writing 4 things you're grateful for every day unleashes the power to greater happiness, improved mental and physical health, more positive relationships and greater strength to cope with life's challenges. What You'll Love About Live Each Day With a Grateful Heart Gratitude Journal 4 things gratitude journal. Each day has 4 short lines to fill in Today I am grateful for ... so you know exactly how to keep a gratitude journal. Simplicity. The format makes it easy to use your gratitude journal 5 minutes a day. Flexibility. Begin each morning, end each evening or write throughout the day - it's up to you. Convenience. 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