



Gratitude Journal Happy Planner 2018-2019: Pursuing a Life of Gratitude, Without Stress and Anxiety (Paperback)

By Help Journals

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you ready to start a Gratitude Journal Happy Planner in 2018? Nurturing an inspirational journal and a grateful attitude harvests many benefits: physical, mental and spiritual benefits, to name a few. This is not just one of those journals to write in. There s more to it. There are 5 specific questions to answer, on a day-to-day basis. 1. What have you learned today? 2. How do you feel versus how did you made others feel today? 3. What stressed you out versus what made you smile today? 4. What were you grateful for today? And 5. How will you be better tomorrow? By following this happy guide, you will be able to identify patterns of stress and happiness, teaching you to complain less and appreciate more. By keeping a daily record of life s big stresses and little blessings with this keepsake gratitude journal filled with insightful prompts, inspiring quotes, and plenty of room for reflecting on all the things that make your life great, we hope you will turn those big stresses into little stresses and those little...

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Reviews

Basically no terms to clarify. It can be writter in basic terms instead of difficult to understand. I am easily could get a enjoyment of reading through a composed publication.

-- **Dr. Hazel Ziemann IV**

Comprehensive manual! Its such a excellent read through. I have read and i also am confident that i am going to gonna study once more once again in the future. Your life period will be change when you total looking over this ebook.

-- **Cordie Hauck DVM**