

TWO  
MINUTE

**MORNINGS**

a journal  
to win your day  
every day

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## Two Minute Mornings: A Journal to Win Your Day Every Day



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The choices manufactured in the morning hours can have an enormous impact all day long.concentrating on gratitude, letting move of stress, and setting daily intentions— The simple, quick prompts— The creator of the bestselling Reserve of Awesome and Journal of Awesome encourages users to "win your day" in just a couple of minutes each morning.are proven to increase happiness and place readers up for success every day.



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Possibly a life-changer! This was purchased for me as a Xmas gift from a co-worker. Save your valuable money. I have no idea what it really is, but even if I repeat a few of the same stuff!! what are you going to concentrate on? So much so, that several people have taken notice. I have since purchased a couple copies for friends who are also coping with troubles within their lives. I really like it! Even though you aren't coping with any issues in life, it's such a help for clearing your mind before starting your entire day. I only recently started using it, as I've been dealing with some difficulties in my life. I thought there will be prompts or encouraging topics but this is not inspirational tbh. it's just a journal with dedicated sections. what are you grateful for? lame.. Very quick and a great way to maintain a rise mindset. I could have produced this myself by drawing a line down a bit of paper. getting this done in the mornings (or sometimes at night easily don't make enough time in the mornings) offers made such a tremendous difference in my own attitude toward myself and to others.) Love this little book.. ) Love this little book We purchased this for myself at a bookstore, then purchased two more for my coworker and my mother.excellent choice for individuals who need the meditation of journaling but can't seem to commit to an extended free-form journaling style. A great reserve to provide or receive as something special!! It quickly became a preferred morning practice. It's simple and quick and creates powerful intention and concentrate for my day. It's likewise page every day. Recommend it! Same questions each day Guess We should've paid more focus on the description and photos. Because I've liked it so much, I bought several copies to provide to friends and family as holiday gifts. I could've just made one myself. Great way to focus your morning Love this product. Whim, and I REALLY LIKE It I bought this about a whim from a Buzzfeed suggestion. I highly recommend it. Recommend!!.. It's fast but also gets me thinking and intentional about my day. Love it! Such a great idea. Arrived in perfect shape and a great quality reserve. Oh well, it's little and cute therefore theres that. It really is a great way to focus your morning Good way to remain positive Easy to use Highly recommend! Received this book as a birthday gift.! I certainly love this journal. Though I am busy this journal is an excellent way to start and finish my day. High quality with basic prompts (what are you heading to forget about?



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