



THE ONE-MINUTE GRATITUDE JOURNAL



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The One-Minute Gratitude Journal



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Gratitude is a feeling of appreciation for what you have. In this Journal, you have got flexibility to jot down the dates of entry rather than feel guilty in the event that you miss a day. There are also web pages in this journal where you can just draw something gorgeous. Write down three to five points you are grateful for in this journal and change your ordinary moments into blessings. Cultivating an attitude of gratitude yields benefits: physical, mental and spiritual. Every page consists of an inspirational quotation (non religious).



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Perfect daily journal Exactly what I was looking for! This is a terrific way to progress on a gratitude practice. Including a picture of one page, since I don't think it's in the explanation. Simple but meaningful Recently I have read so much about the benefits of keeping a gratitude journal, so I wished to try one out but not spend a huge amount of money. Attitude of Gratitude! This journal fundamentally offers sections where you just date it, and list out a couple of things you're grateful for. Great journal. I also enjoy the quotations on each page. It literally takes me about a minute or two every night but I have found myself monitoring positive things during the day therefore I'll have what to write in my own journal that night. So, I'd state the journal is working! Great way to start out a gratitude practice I purchased this for my housemate after she spilled oil all over the one she bought for herself. She was so unfortunate. When I noticed how affordable it was I purchased one for myself as well. A half web page to jot down daily reflections and gratitude. It encourages visitors to list a few things daily they're grateful for, offering an inspirational quote on each page. My housemate sets a timer for 1 minute. I prefer to take 2-3 minutes with no timer. Either way, this lil book provides a smart way to take a couple of minutes out of ones day and consider what your grateful for, big or small. I'm thinking of investing in a couple more just to have for last second gifts. The Attitude of Gratitude hardly ever disappoints! I've kept a journal for years and find it extremely therapeutic. I like that this one isn't gender specific therefore i could give to anyone as well." She placed a laptop on her nightstand but wasn't attracted to create anything. Stumbling onto "The One-Minute Gratitude Journal," was perfect. The Gratitude intro motivates with pressure free guidance. Love the quotes throughout and the create. Keeping a personalized book really helps to make it habitual. Love-ly pages Two journals: one for hearth and home; Love it Love this gratitude journal. great! Pretty simple. I read through it & I maintain right in my own nightstand. I gave a few out as Christmas presents and got one for myself to remain grounded while looking to get pregnant. (It arrived in handy during pregnancy as well!) Can't beat the purchase price. I got these for my bridesmaids for a little gift plus they are great! Just what you find in photo and came extremely swift... Awesome! it does the work. Over the past couple of decades I've kept a single journal and composing the multitude of grateful phrases provides been such as a prayer before bedtime. Simple & I would recommend! Perfect for a quick gratitude plus I like the short . Good Xmas gift! Great fast and simple reminder to possess gratitude and appreciate the floral look. Works out, I have enjoyed keeping a journal a lot more than I believed I'd. The passages are short so it's encouraging and an easy task to make daily or frequent gratitude entries. think I may use it!Recommend it to get all, the "gratitude attitude" & I've seen other journals such as this, but maybe a particular second to pique my effort! Adding cartoons that amuse me in addition to reflecting on my own gratitudes which are countless! after that choose your have record source. She's been regularly using and experiencing this journal. I think it's the best way to slow down and become more mindful also for just 1 minute. Lovely gift!.I have already been told they have been put to great use. ok journal not that great if looking for doodle and inspirational journal combo Great for a thoughtful present to anyone I'm so pleased with this good little journal. I didn't realize it provides some little inspirational quote in it as well. They aren't simply generic/overused graditude estimates either. Plus the drawing sections for a number of methods to get your thoughts down quickly. I must say i love this part of it. I bought a different one to give as something special. I use it each day and love the option to draw something occasionally. I had suggested this practice to a friend who was "stuck. Focusing on the attitude of gratitude is beneficial day or evening. and the other for my desk at school. I'm usually in as soon as and quite conscious of friends, college students, and critters on the ranch. However these worlds that make up each day are very different from each other. Perfect for a quick gratitude plus I like the short inspirational quotations on each page. The two journals will help me focus on the blessings in each establishing right because they happen. Simple Yet Motivational Exceptional motivator to use gratitude more often in my own busy life. Perfect Amazing product, basic, cheap, worth is books good book. thanks



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