



Ana B Thomas

**Meditation Journal: 6 x 9 100 pages Journal for Girls
which can also be used as a training journal**



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Top Sports Men/Females say there are few training equipment as valuable as a good training Journal for the insights they can reveal. The Journal includes: how to set goals, how personality impacts performance, a fresh way to think about body image, mental strategies for competition, dealing with adversity, setting good mental practices, recovery strategies, reflecting on the past season, and creating positive team members & groups. With a smart, functional style, the Journal manuals each sport player through their time of year, helping set goals, strategy teaching weeks, record daily workouts, and keep runners focused. The Cover color Scheme can help Sports Players to create goals, see what works and what doesn't, keep their heads in the game, stay honest when no one's searching, and prove once the function's been carried out. This Journal comes with 100 pages with a 6 x 9 custom fit for an ideal size to match into any sports players bag, desk, locker etc. Any sports person of most abilities will be astonished at in which a year can take them with help from this greatest sports Journal. Please feel free to write feedback or any inquiry you might have about a custom book you might need me to make for you personally many thanks.



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