
GRATITUDE

JOURNAL

FOR MEN

Lux Reads

Gratitude Journal For Men: A 52 Week Guide To Cultivate An Attitude Of Gratitude



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If you start every day by writing down three issues you are thankful for - you begin each day on the right note. Each well designed weekly spread contains an inspirational quotation, space to create 3 stuff you are thankful for each time of the week, and a every week checkpoint. This is a self exploration journal made to focus on getting thankful for what we have, the big stuff in life, along with the basic joys. The Gratitude Journal For Men is a 52 week lead to cultivate an attitude of gratitude! Perform it daily and make it a habit to spotlight the blessings you have been given! Grab a copy for a pal and share the journey together!



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Simple So simple to focus on the positive! Like this journal and the layout! One Star very tin
Five Stars Very helpful and makes daily gratitude a breeze!



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