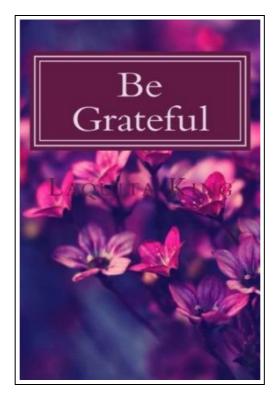
Be Grateful: 365 Days of Gratitude (Paperback)



Filesize: 3.95 MB

Reviews

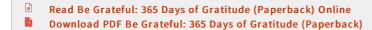
It is really an amazing pdf which i have possibly go through. Indeed, it really is play, nevertheless an amazing and interesting literature. I am just very happy to let you know that this is the best ebook i have got study in my very own life and might be he very best ebook for actually.

(Evan Sporer)

BE GRATEFUL: 365 DAYS OF GRATITUDE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Keeping a journal can be simultaneously one of the most rewarding and one of the most difficult decision to stick to, but it can be done. But why keep a journal? This journal give you the combine benefit of two worlds, a gratitude journal and a prayer journal. Why keep a gratitude journal: I remember reading about sixteen years ago, Oprah started a gratitude journal and, every day, began writing down five things she was grateful for. From fresh flowers to the kindness of a stranger, Oprah says acknowledging these things made her more receptive to the goodness in her life. It changed her life for the better. Keeping gratitude journal helps you to focus on the blessing in your life from a baby smile to a new car. Being grateful can allow you to see all of your blessing. The benefits of gratitude journal are: 1. Lower stress levels. 2. Feel calm at night. 3. Gain a new perspective of what is important to you and what you truly appreciate in your life. 4. By noting what you are grateful for, you will gain clarity on what you want to have more of in your life, and what you can cut from your life. 5. Helps you focus on what really matters. 6. Keeping a gratitude journal helps you learn more about yourself and become more self-aware. 7. Your gratitude journal is a safe zone for your eyes only, so you can write anything you feel without judgment. 8. On days when you feel blue, read back through your gratitude journal to readjust your attitude and remember that you have great people and things in your life.



Relevant Kindle Books



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on...

Read ePub »



13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)

Reader s Digest Association, United States, 2013. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local...

Read ePub »



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Read ePub »



Trini Bee: You re Never to Small to Do Great Things

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Book: Trini Bee An Early Learning - Beginner...

Read ePub »



The Mystery of God s Evidence They Don t Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****. Save children s lives learn the discovery of God Can we discover God?...

Read ePub »