

Daily Journal: A Powerful Habit to a Bigger Life (Paperback)



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Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Aliya Franecki)

DAILY JOURNAL: A POWERFUL HABIT TO A BIGGER LIFE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This journal helps you follow your curiosity which can lead you to find your passion in life. In this daily journal, there are prompts and lined pages designed to draw your attention to things that are happening in your daily life. Boredom can be a real threat to our ability to experience fulfillment and significant happiness. When we try new things, we feel energized, excited and happy. It allows us to find new opportunities for our growth. The daily prompts in this journal are, What s something new I have done today, Today, I learned, I am grateful for, Three amazing things that happened today, Today s affirmations, What s something I need to finish, what do I need, One random act of kindness I have done today. There is also a weekly page for you to draw something positive or to simply paste a beautiful picture.Images are powerful. Our minds react better to imagery and this is a great way to feel appreciation and also attain our goals.Spend a few minutes a day writing in this journal. This is a journey, so it must be practiced regularly. You will be surprised when you look back at how much you have actually learned and how full your life is.



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