



I Am So Grateful: A Journal for Cultivating Gratitude in Your Life

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The I Am So Grateful journal is a 42 day voyage into bringing more thankfulness into your life. All it takes is 5 to 10 minutes of daily focus to bring more gratitude into your world.

In this book you will find many ways to express your gratitude. There is a place to write three things you are thankful for each day, a spot to doodle, and a weekly check-in to see how you're doing with your gratitude practice, plus much more.

Give yourself the gift of gratitude as you journal your way to thankfulness daily. This handy journal can go with you wherever you go.

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