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journal and other similar
items like planners diaries
and notebooks is the focus of
the action gratitude
journaling focuses on what you
are grateful for filling out a
planner focuses on what you
need to do a diary s focus is
on what happened in your day
notebooks are for taking notes
about the present or future
events to help you remember'*
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printable is a fun and
interactive way to help'*

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that gently guides readers to
reflect on their emotions
intentions and energy through
a series of simple practical
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to helping tune up your
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improve your health the power
of gratitude goes far beyond
positive psychology happiness
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new and meaningful habits by
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nothing special about bullet
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purpose of the bullet journal is to teach you to unplug which is critical in this digital age we live in and do more with less'

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'the 6 minute diary 6 minutes a day for more mindfulness

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