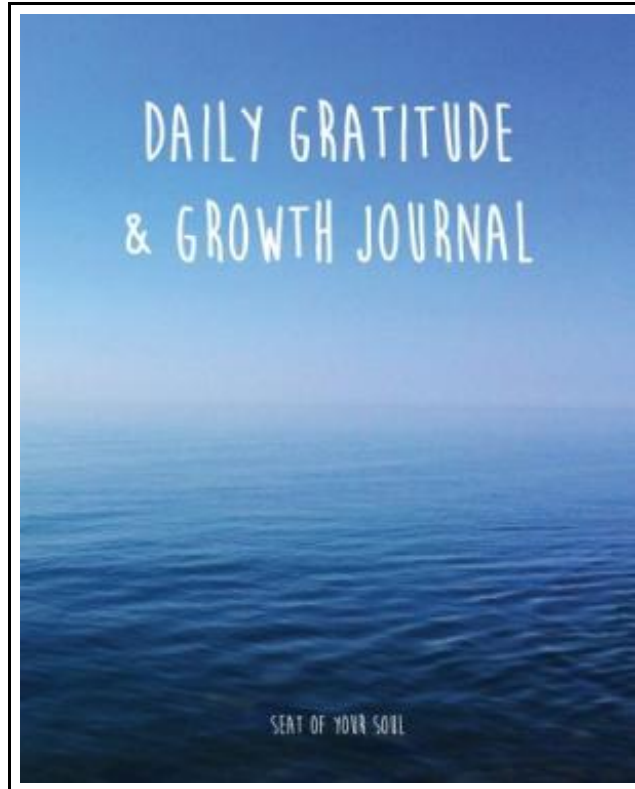


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(Rodger Hane)

DAILY GRATITUDE GROWTH JOURNAL: SEAT OF YOUR SOUL DAILY JOURNAL - 365 DAYS BONUS LEAP YEAR DAY EXTRA LARGE PAGES TO WRITE YOUR GOALS THOUGHTS PERFECT GRATITUDE PERSONAL DEVELOPMENT TOOL



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.EXTRA LARGE PAGES - 8quot; x 10quot; pages actually allow you to write your daily goals, accomplishments, and thoughts! SPECIAL EXTRAS - 365 Days (unlike most journals) PLUS an extra day for leap years! And a Cover Page for your name and the year. TARGETED PAGES - We have sections on each page for your daily commitment, daily top target, daily focus, daily goals and wants, a nightly recap, and a nightly gratitude - we've got you covered! BONUS GIFTS - Seat Of Your Soul VIP Club members get a FREE guided audio meditation and beginner yoga video! The Seat of Your Soul daily journal is an ideal self-improvement tool that aides you in your daily goals, self-tracking, productivity, happiness, thoughts, wins, and gratitude. This journal comes with extra-large pages that are dated for you to keep a great record of your progress in life - as well as an opening page to write down your name and the year. Keeping a daily thought diary is an amazing tracking tool that has been shown in many studies to greatly increase appreciation, get more important tasks done, and increase feelings of well-being and connection. Journals are used by many self-help mentors and high achievers - and have really taken off since the likes of Tim Ferriss, Robin Sharma, and many others have raved about their daily journaling practices. quot;Writing in a journal reminds you of your goals and of your learning in life. It offers a place where you can hold a deliberate, thoughtful conversation with yourself.quot; - Robin S. Sharma Orders Yours Now Change Your Life Forever!.

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