

INNER SHINE

YOUR JOURNAL TO MINDFULNESS

*4 weeks of
positive emotions*

This will be a great week

two things i'm thankful for

date:

1.

2.

today will be great because

two things i'm thankful for

date:

1.

2.

today will be great because

Weekly challenge

Let's start easy. For your first challenge, look at yourself in the mirror for at least 10 seconds and smile. Do this every day.

two things i'm thankful for

date:

1.

2.

today will be great because

two things i'm thankful for

date:

1.

2.

today will be great because

two things i'm thankful for

date:

1.

2.

today will be great because

“You can, you should, and if you’re brave enough to start, you will.” – Stephen King

two things i’m thankful for

date:

1.

2.

today will be great because

two things i’m thankful for

date:

1.

2.

today will be great because

Hey, congratulations! You just completed the first of many amazing weeks. Keep up the good work.

**SMILE. IT'S
CONTAGIOUS**

Let the journey begin!

Now that you got a taste of the journal, you are ready to cultivate a habit of gratefulness live a happier life.

Get the book on Amazon today!
