



## Affirmation Journal: 30 Positive Me Challenge (Paperback)

By Annie Watts

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Brighten your day with this colorful positive affirmations book journal. Jam-packed with 30 happiness prompters including motivational quotes. This journal with daily affirmations for women amps up your ability to notice (and create!) moments of joy and gratitude in your life-one day at a time. The nicest part of this journal is that it will not lay abandoned on your bookshelves as a victim of writer s block. It happens sometimes that some days are just not interesting enough to write about! Then you start to feel guilty about not journaling, then you keep procrastinating, then you look at the journal and it s been too long since you wrote in it and you have to give up. Not with this one. You won t find any dates on the pages so if you put it away you can re-start it without feeling guilty. Think of it as: daily affirmations strengthening my recovery.



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