



5 Minute Gratitude Journal: 360 Days of Gratitude

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The 5 Minute Gratitude Journal is specifically designed for the person who wants to pay attention to the good things in life we'd otherwise take for granted. Studies have traced a range of impressive benefits to the simple act of writing down the things for which you are grateful for. This gratitude journal is Not filled with inspirational quotes. It is an open book for you to track a year's worth of your life and keep a record for what exactly you are grateful for. This book was inspired by a Tim Ferris Pod cast on being more mindful and how to be a joyful, great full, and goal orientated person. The 5 Minute Gratitude Journal has a morning section which takes 5 minutes and a before bed section. This practice is done for 30 days at the end of 30 days there is a one page personal review of the last 30 days and what you're goals are for the next 30 days. At each 30 day increments there is another review till your year end review. Allowing you a full year of Gratitude Journaling. The journal is on clean white paper that is thick and allows you to write on both side of the paper. It is paper back and easy to travel with.

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