

1 Minute Journal



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This is a journal to keep track of the good things in your life. No matter how hard and defeating life can sometimes feel, there is always something to feel thankful for.

The regularly journaling about the good things in your life can help prepare and strengthen you to deal with the rough patches when they pop up.

It's exceptionally simply write down the things you are grateful for on a this daily. A few benefits you will have:

- Lower your stress levels
- Give you a new perspective
- Find out on what really matters to you
- Learn more about yourself

So, when you feel bad, you can read through this journal to remember all the good things in your life.

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