



Begin your day...
start your
journal....

Today I'm feeling grateful and
wonderfully blessed, my heart is filled
and overflowing with an abundance of ...



For more on health check out
THE MOTTO EFFECT

MY
GRATITUDE
JOURNAL



Make your day special...
Say thanks!



My goals in life are....

.....

.....

.....

WORD LIST

love, peace, joy, happiness, stillness

ecstasy, bliss, oneness, spacious, expansive,
meditative, spiritual, creative, self-
expression, courage, knowledge, power

wisdom, truth, light, balance, glory

harmony, guidance, intuitiveness, pampered,
loved, secured, grace, divine, kindness,
compassion, poise, strength

success, prosperity, kindness, fun

intentional, productive, purposeful, amazing
human being!



I'm growing everyday, in every single way and becoming the best version of who I'm meant to become.

I'm attracting positive people, events, resources, and opportunities that are in line with ...

my true highest purpose!



My purpose in life is....

Today is an amazing productive, intentional, fun, love and joy filled day!

