



*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!

