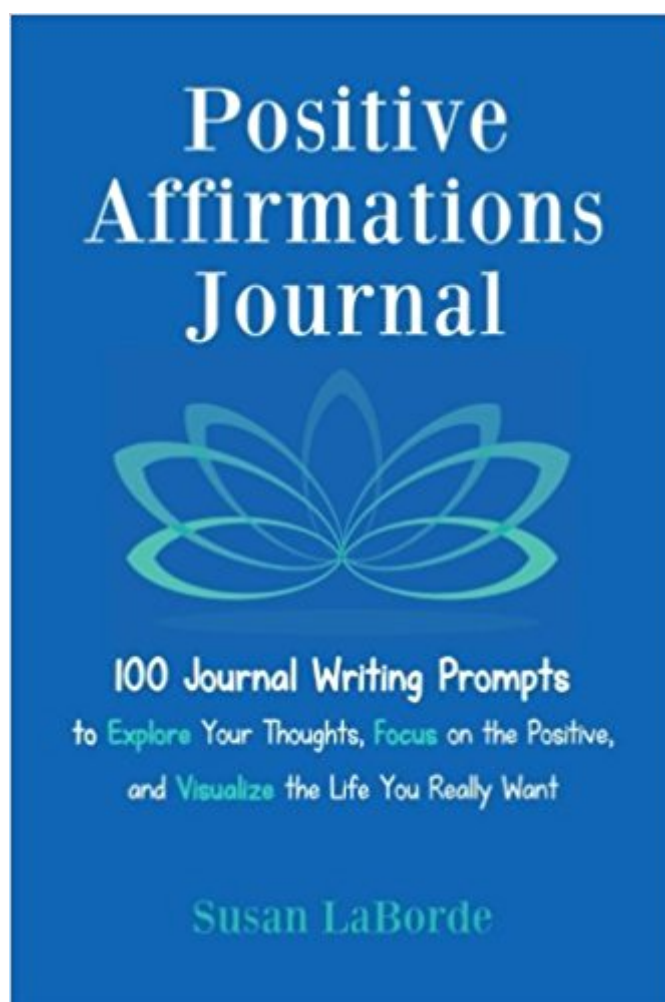


The book was found

Positive Affirmations Journal: 100 Journal Writing Prompts To Explore Your Thoughts, Focus On The Positive, And Visualize The Life You Really Want





Synopsis

Repeating affirmations is simple - but an effective affirmation involves much more than the words you speak! That's why Positive Affirmations Journal is not your typical interactive workbook. It includes 50 positive affirmations with TWO different writing prompts for each one. Yes, two, and it's designed this way for good reason. These 100 unique writing prompts help you dig deep by approaching your thoughts from more than one perspective. Instead of only scratching the surface, you'll take a close look at what's really going on in your head. What hidden negative thoughts are holding you back? Are you truly open to new possibilities, or are you letting your mind run on autopilot? Are you pursuing your passions or living by default? Do you have a clear picture of exactly what you want, or only a vague notion? This book takes you on a quest to find answers to those questions and more. The affirmations cover a broad range of topics, and the engaging prompts make your journey interesting and fun. From serious self-reflection to letting your imagination run wild, you will be encouraged and inspired to rethink your positive thinking. Most importantly, you'll explore the connections between your thoughts and the emotions behind them. Creative journaling is an excellent way to raise your self-awareness, and these 100 writing ideas provide keys to transforming meaningless statements into powerful, positive affirmations.

Book Information

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Customer Reviews

As an avid student of personal development, Susan LaBorde has been using positive affirmations for years. They have played a significant role in her life and serve as part of the inspiration behind her desire to help others. Susan is the creator of the Make A Vision Board website, which began as personal journey and grew into a passion for sharing what she has learned along the way. You

won't find her claiming to be any sort of self-help guru. What you will find in all her writing is the wisdom gleaned from those who do claim to be masters, as well as the knowledge acquired through traveling her own life path. That path has had its share of unexpected turns, some of which taught her the value of being able to find your center even when things go haywire. Her goal is to inform and educate others about practical ways to create a better life. Her main focus is on positive thinking and visualization techniques. She believes in keeping it real and, at the same time, always keeping an open mind.

Received this as a gift. I try to write in my journal first thing in the morning. It gets you in a positive mind set for the rest of the day.

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