



## 5 Things Journal - Gratitude, Hope, Knowledge, Pay It Forward, Good Moments: Medium Ruled, Soft Cover, 6 X 9 Journal, Khaki, 100 Pages (Paperback)

By Legacy

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 5 Things. Living in the moment.live life fully, enjoy the moments and acknowledge the good ones Showing kindness.small random acts of kindness can change someone s day and sometimes their life Being thankful.having gratitude and appreciation for all of the blessings and opportunities we experience daily is a true gift Learning.challenge yourself to learn something new every day [Some of the benefits of learning are knowledge, empowerment personal growth. Learning also strengthens your brain and enhances life. If you ever need something to be grateful for, consider the opportunity to learn. By being able to read, you know the joy that can come from reading a book, a menu, a letter or a recipe.] Remembering Hope.having something to look forward to helps us to be happy and gives us hope (We all need hope.); Sometimes we will do, hear, read or experience something that we want to remember. The 5 Things can change your life and the lives of those around you. Challenge yourself to incorporate the 5 things in your daily life for at least 3 months. At the...

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