



Journal+: For Positive Thinking

Jessica Adanich

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The world and life can be tough at times. Journal+ is your daily, active reminder that you are that special person that God created to be in His beautiful world. This is your journal to help you grow your relationship with the Lord and help you see the person inside that the Lord made you to be. The Lord created us all to be one of a kind and we need to celebrate that gift, daily!

Journal+: For Positive Thinking Details

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Shannon says

I was lucky enough to win this journal in a goodreads give away, but they did not influence my review. The set up for this journal will make writing in it a breeze. On one side of the page there are thought bubbles with questions for me to think about and answer. The other side of the page gives me a space to write my thoughts for the day. And even a small area for doodling! The only thing that would have made this better was for it to be spiral bound so that it could lay flat when I was writing.

Russell Howen says

"JOURNAL+ For Positive Thinking" provides practices for bettering your life, positive thinking about yourself and others, and Biblical references to supply daily encouragement.

Kathy Heare Watts says

I won a copy of Journal + For Positive Thinking in a Goodreads Giveaway.

This is exactly as it states, a JOURNAL, not a book to read, but a beautifully constructed journal to record your thoughts and positive events for the day. They are lines to fill in along with some picture blocks too.

On the Left side of the book page:

What I dreamt about last night (with a cloud to write in)

3 things Inspiring the day

One positive thought about today

One thing I love about myself (with a star to write in)

3 things I love

One thing I learned recently

Questions to myself (with a box and Q)

Positive thought I want to think about myself (with an oval to write in)

3 things I am grateful for

3 feelings I want to practice today

Something I am looking forward to

A blessing The Lord has given me today (with a dove to write in)

What I want to dream about tonight

And each day has a different Bible verse

On the right page:

Date

Verse for your day

Thoughts of the day

Doodles of the day

I know lots of people journal and this is a really nice journal to use, especially if you want to start journalling and not exactly sure how. Not only that, I think it would make a beautiful gift.
