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*A grateful heart is
good medicine.*

GRATITUDE JOURNAL

S M T W T F S

DATE

TODAY I AM GRATEFUL FOR...

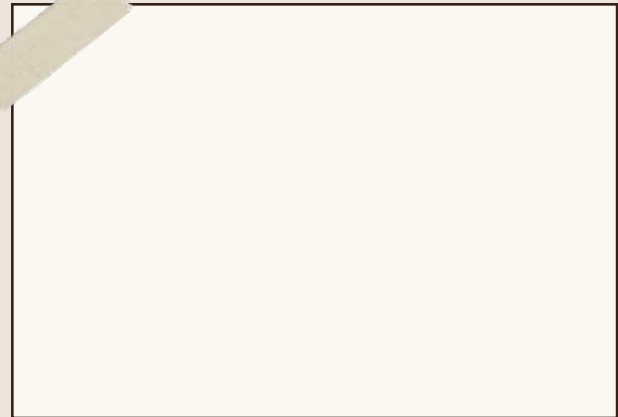
DAILY INSPIRATION

Don't rush through life. Take time and breath in the present.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



**MANIFESTING
DREAMS**

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*A grateful heart is
good medicine.*

Congrats on being a part of WiseLivn's community!

We are here to do life together- may you be inspired and encouraged to live into your best life!
Make it a habit to create an empowered experience for yourself each day.

Tips to making the most of your Gratitude Journal:

Gratitude Section:

- The practice of Gratitude has proven to improve your mental and physical health.
- Make it a daily habit to recount at least 3 things you are grateful for, and watch a shift in your overall well-being.

Priority Section:

- Prioritization is essential to help you succeed in your life, it helps ensure you're steadily progressing towards your goals. You will feel less overwhelmed by prioritizing your tasks and using your energy wisely.
- Set achievable daily tasks, and take control of your life. Learn to say no to some things, and yes to others with the power of prioritization.

Affirmation Section:

- Practicing positive affirmations can help you overcome fear and self-doubt. There is a fair amount of neuroscience showing the benefits that positive affirmations have on the brain making you happier and more positive.
- Don't underestimate the power of your thoughts and words you speak over yourself.
- Examples of affirmations:
 - I can do anything I put my mind to
 - I am accomplishing my goals and dreams
 - Happiness is a choice, and today I choose to be happy

Manifestation Section:

- Manifestation is the practice of thinking aspirational thoughts, and intentionally making them a reality. The key here is being clear about your desires and taking proactive action towards it.
- When you constantly remind yourself of your dreams and desires, you are applying the law of attraction. You need to fully believe it, and embrace the mindset that it is already yours.

DON'T FORGET TO HAVE FUN!

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DAILY INSPIRATION

Live with a vision, and don't be afraid to go after it unapologetically.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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DAILY INSPIRATION

Worry does not add a single hour to your life. Turn worry into action.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Practice gratitude and watch it transform your life.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Nothing more dangerous than a person who is focused and determined.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Let your hope be greater than your fears.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

There is power in choosing to live grateful- despite circumstances.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

When one door closes, another opens. Be patient.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

You are going to win this year and that's the end of the story.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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DAILY INSPIRATION

Never rule out a goal because you think it is unattainable. Be audacious.

TODAY'S PRIORITIES

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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Current mood: To build a life I don't need a vacation from.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

What if it works out exactly how you imagined it or greater. Entertain that thought.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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DAILY INSPIRATION

There is calmness to a life lived in gratitude.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



Blank space for writing affirmations.

MANIFESTING
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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Get around people who talk about ideas, growth, vision & success. Not others.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Your dreams will manifest this year. Believe it. Claim it.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



MANIFESTING
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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Move in silence. Let your progress speak for itself.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Release it. What happened, has happened, You have greater blessings ahead.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



**MANIFESTING
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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Be gratitude for what you already have and you will attract more good things.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Not everyone deserves access to you. Protect your energy.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



MANIFESTING
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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

You are next: Believe it. Envision it. Manifest it.

TODAY'S PRIORITIES

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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

The secret to your success is found in your daily routine.

TODAY'S PRIORITIES

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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Never chase what you want. Elevate your game, so what you want chases you.

TODAY'S PRIORITIES

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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Be patient with yourself while things are manifesting for you,

TODAY'S PRIORITIES

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MY AFFIRMATIONS



MANIFESTING
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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Be thankful for what you have and you will end up having more.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



MANIFESTING
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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Prepare your heart for new energy and new beginnings.

TODAY'S PRIORITIES

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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Believe in sudden positive shifts. Things can change in an instant.

TODAY'S PRIORITIES

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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Imagine yourself living peacefully doing what you love.

TODAY'S PRIORITIES

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MANIFESTING
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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Everything comes to you in the right moment. Be patient & grateful.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



MANIFESTING DREAMS

GRATITUDE JOURNAL

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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

Gratitude is a powerful catalyst for happiness, the spark that lights up the soul.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



**MANIFESTING
DREAMS**

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TODAY I AM GRATEFUL FOR...

DAILY INSPIRATION

One of the healthiest habits to learn: take nothing personally.

TODAY'S PRIORITIES

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MY AFFIRMATIONS



MANIFESTING
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DAILY INSPIRATION

Growth looks so good on you. Keep doing you.

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MY AFFIRMATIONS



MANIFESTING
DREAMS

THE POWER OF GRATITUDE.

Studies have shown that expressing Gratitude raises your happiness by 25%, Now that you have successfully practiced Gratitude for 31 days, continue on with this habit !

Your entire energy and persona changes with the intentional awareness of gratitude, it opens the door and attracts even greater blessings into your life.

Send an email to hello@wiselivn.com and share your experience with us. We'd love to connect!