

# My Gratitude Journal

Magnify the Blessings in YOUR Life!

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Greetings to You!

This is Dr. Marlene Shiple and I'm pleased to welcome you to your personal Gratitude Journal, "My Gratitude Journal".



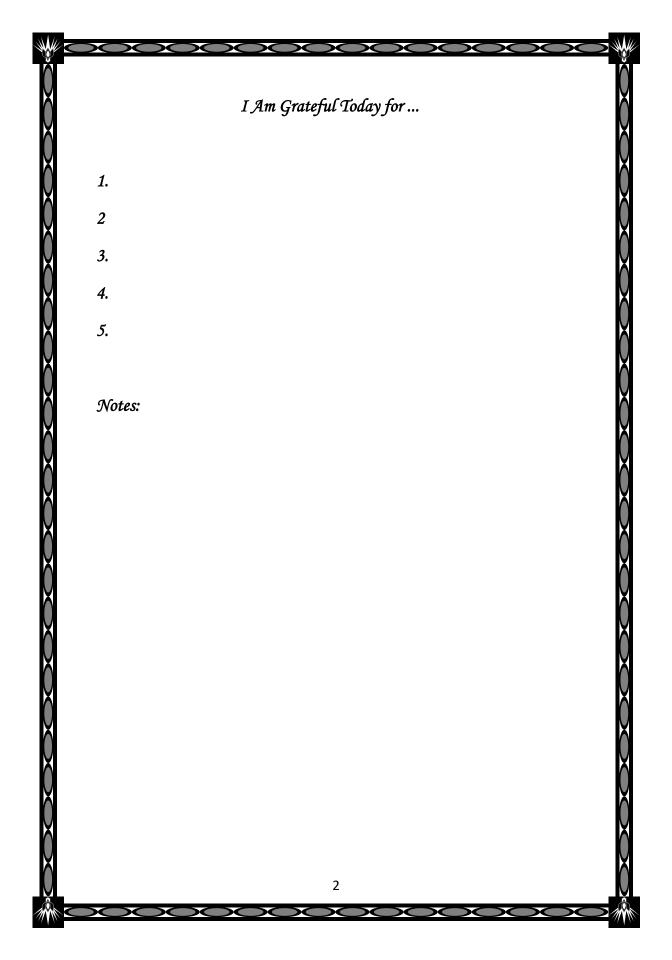
The purpose of this Journal is to provide you with a place to keep track of those elements for which you feel grateful each day. I encourage you to <u>use</u> it diligently every day!

A powerful way to build more abundance into your life is to pay close attention to the <u>positive</u> elements – your blessings -- each day. In this way, you direct your subconscious mind to notice even <u>more</u> blessings that are showering down upon you.

What you focus upon expands - extends - multiplies! So, focusing on gratitude naturally increases <u>even more</u> the frequency and quantity -- the abundance -- of those events about which you feel grateful.

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Sincerely, Marlene Shiple, Ph.D.



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<u>The Life Coach Dr.</u> – Life Coaching assistance to add Satisfaction & Contentment in Your Life: Visit <u>http://thelifecoachdr.com/coach</u>

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