

PERSONAL GROWTH JOURNAL

To every one of us

Who finally...maybe...possibly...
Believes they have
The right to perpetual health, happiness & well-being,
Beginning now.



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INTRODUCTION:

This is The Beginning of Your Best Year Ever!

Of all knowledge, the wise and good
seek most to know themselves.
-William Shakespeare

This Personal Growth Journal is for those who wish to cherish each day as if it were a spectacular adventure. It will encourage a zest for learning and growth that lives on through the pages of your journal and inspire you to reach for the life of your dreams.

This journaling project enables you to lean into each day of your life with efficiency and clarity of purpose. It provides you with tools for self-discovery, growth and transformation. As a record of your strengths, successes and blessings takes shape in the pages that follow, you will experience feelings of achievement and victory. These new feelings will become a powerful motivator to help you strive for continued growth.

As you practice the life-changing principles contained in these pages, you will be amazed at the help that will come to you. Set your sights on the goals ahead of you and let your journal assist you in creating the life of your dreams!

Suggested Areas for Personal Growth

- Health
- Happiness
- Prosperity
- Total well-being for myself and for all others
- Peace of mind
- Ways to be of service
- Increased conscious contact with my Greater Self
- Enhanced self-image
- Freedom to feel worthy of having material possessions