



# Dailygreatness Journal: A Practical Guide For Consciously Creating Your Days

*Lyndelle Palmer Clarke*

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How we start our days determines how we spend our days. How we spend each day determines our future. What, then, is more important than beginning and ending each day with clear intentions, a positive focused mindset and conscious reflection? You've probably read countless self-help books but how do you create lasting change and an awesomely inspired life. The Dailygreatness Journal: A Practical Guide For Consciously Creating Your Days, combines a yearly diary, goal and appointment planner, and daily tools for self-mastery. Designed to be used throughout the calendar year, the daily pages will guide you to form great habits through the 8 daily steps of meditation & visualisation, intentions, dream journalling, gratitude, evening self-awareness questions, exercise, inspired actions & inspiration. The weekly and quarterly check-ins keep you committed, accountable & motivated. With a yearly review that celebrates your achievements and highlights new opportunities for the coming year. Each stage lays the foundations for achieving self-mastery, reaching your goals and finding and following your purpose. The flexibound cover means the journal is sturdy and durable yet light in weight. The smooth matt cover makes it a pleasure to handle and inside, the premium quality paper is easy to write on, with 2 silk ribbon markers for keeping your place and the beautiful design, with 432 full colour pages, will inspire you to use it everyday. Caution! This journal if used everyday, could radically transform, profoundly shape and dynamically alter your destiny!

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