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Reviews

Absolutely essential study book. It normally fails to price excessive. I realized this ebook from my dad and i encouraged this publication to find out.

(Mariela Stroman)

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Triangulus 3 Publishing, United States, 2014. Hardback. Book Condition: New. 252 x 182 mm. Language: English . Brand New Book ***** Print on Demand *****.Where were you a year ago? What were you doing 2 years ago? What were you feeling 3 years ago? What were your dreams 4 years ago? What did you accomplish 5 years ago? THE 5 YEAR JOURNAL will enable you to journalize and plan the next 5 years with what you want, what you have felt, and where you have been. Year by year your entries add to the total summary of your feelings and events, until, on one page you can look back at the past years, up to 5 years - day by day - thought by thought - experience by experience. With the advantage of 3 lines, you can easily summarize your day, create a gratitude journal, a health or diet journal, and a prayer or dream journal, track your goals and intentions and so much more. If you want to journal more, use a blank book first then come back to the 5YJ. We tend to be hard on ourselves, not always giving ourselves the credit due for what growth and change has occurred. Journalizing in this Journal and in the Workbook sections, over a 5 year period will memorialize what was happening. Then having 5 years to look back upon, at one glance, can give us a more accurate reflection of what did or did not happen in the past. Recording a relative reflection creates an accurate record of memories that we can then use for assessment and personal growth. This Journal will be a reminder and support, of where we have been and where we want to go with our lives. Even if you already journal, THE 5 YEAR...

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