



Here's a quick update on how my gratitude journaling is going. I had all these plans for a beautiful ritual at the beach to get started with my journaling but of course life had other plans! Each day I am discovering the beauty of imperfection and I invite you to join me with your own gratitude journaling. You can get your **40 Days Of Gratitude Journal** at [amazon.com](https://www.amazon.com) or check out all my **life-changing daily practice journals**.

Here's **an organization you can donate to** to support Turkey during this difficult time

of devastating forest fires.

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