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Daily Q&A: The Fitness Edition: A Journal for Positivity, Kindness, and Productivity

Mickey Reed

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Daily Q&A: The Fitness Edition: A Journal for Positivity, Kindness, and Productivity

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Daily Q&A: The Fitness Edition: A Journal for Positivity, Kindness, and Productivity Mickey Reed Checking in with your thoughts and feelings on a daily basis is important for personal growth. If you aren't sure where you stand, how can you possibly move forward and grow? Journaling is a great way to examine your feelings, your patterns in mood and emotions, and your progress toward achieving your goals. The questions in this journal will allow you to focus on positivity, kindness, and productivity—in your life and in your workouts. Each question should reveal if you got the most out of your day, practiced gratitude, and concentrated on the positive side of things. If you didn't, they will encourage you to try again tomorrow.

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