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If you've decided you want to start keeping a gratitude journal but feel intimidated by the thought of all those lines on each page and the hours you'll spend writing, don't despair! The Gratitude Journal For Men With Inspirational Quotes is set up to be the perfect companion for the busy man who doesn't have a lot of time to write every day.

Each day's entry contains just seven short lines so you won't feel overwhelmed. There are two days per page with enough days for an entire year ... but it's all up to you how you use it, even skipping days if you want or need to. With as little as five minutes to spare, you can do this!

This gratitude journal is undated so you can start at any time and fill the pages as you see fit. If you're having a really thankful day, go ahead and fill up an entire page. Or skip days if you just don't have the time, you forget, or it's hard to find something to be thankful for.

You will find a gratitude-related quote on every page. Take a moment before you start writing to read and reflect on the particular quote. This can bring you to a place of thankfulness and help to jump start your list or thoughts for that day.

Being grateful doesn't have to take a lot of time, but it can definitely change your life for the better. And the Gratitude Journal For Men With Inspirational Quotes is the perfect place to keep a record of everything you appreciate in your life.

A gratitude journal makes a great gift for the busy man in your life. And with its flexible format, he can create the gratitude journal that best meets his needs.

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