



# 90 Day Gratitude Journal

By Tegan Marshall  
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*Start each day  
with a  
grateful heart*

Every day for 90 days when you wake or as you go to sleep, write down just one thing that is good about that day. Do your best to find something new every day and watch your life transform as you attract even more good things into your life.

This simple step of focusing on the good is incredibly effective.

Enjoy,  
Love always,  
Tegan



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# One Good Thing About Today Is...

Month

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# One Good Thing About Today Is...

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Month

# One Good Thing About Today Is...

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A grateful heart  
is a magnet for  
miracles

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