

- 1) **The Gratitude Journal - 31 Days of Gratefulness** is a diary of things for which one is grateful. Spending a few minutes each day or even a week to acknowledge and absorb the positive attributes of life can make a profound impact on one's overall well-being. This journal contains positive quotes at the end of each day to remind you of gratefulness throughout the world.

It is the perfect gift for yourself or someone else to reflect on things that you are grateful for in life.

Grab Yours 

Gratitude Journal - 31 Days of Gratefulness <https://a.co/d/1Q4Xehw>

#gratitudeandappreciation #gratitudeandgrowth #journal #Gratitude #lemon8bookclub

- 2) **Self Love Planner - 12 Months of Loving You** is the perfect addition to your self-love journey. Each month is equipped with guided prompts, motivational quotes, and exercises to build, enhance and promote self-love from within.

Grab Yours 

Self Love Planner: 12 Months Of Loving You <https://a.co/d/hZed5Ds>

#selflove #planner #transformation #lemon8bookclub #annual

- 3) **My Journey of Self-Discovery: A Personal Autobiography with Affirmations: A Guided Journal to Understanding, Embracing, and Celebrating Myself**


Grab Yours 

<https://a.co/d/6lv8P4z>

My Journey of Self-Discovery: A Personal Autobiography with Affirmations* is a guided journal designed to help you embark on a profound exploration of your life, values, and identity. Through a carefully crafted series of prompts and affirmations, this 50-page journal offers you the space to reflect on your past, embrace your present, and set intentions for your future.

Each chapter invites you to delve into different aspects of your personal journey, from childhood memories to the challenges that have shaped your resilience. You'll uncover your deepest values, rediscover parts of your identity, and learn to appreciate your strengths while acknowledging areas for growth. With every page, affirmations encourage self-love and acceptance, helping you build a stronger, more positive relationship with yourself.

- 4) **Aubrii's Adventures: A Day In The Life Of ASD**

Grab Yours 

<https://a.co/d/j6g2RmG>

Join Aubrii as she takes us on an adventure going through her day living and thriving with Autism Spectrum Disorder. You will be amazed and in awe!