



30 - Days of Inspired Living

Lily Matthews

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30 - Days of Inspired Living is a journal to help you focus on your goal and identify the steps you need over 30 days to reach your desired goal. Each day starts with a place for you to write a goal that will lead to you achieving the larger 30 - Day goal. A section for action steps will help you break down the goal to more manageable actions. For each day there is a page to draw or glue an image that represents your goal. The freestyle writing page will help you to express your thoughts and feelings through the media of writing.

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