*The Five ⓹ Minute Journal*

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*“You've got to get up every morning with determination if you're going to go to bed with satisfaction.” George .H. Lorimer*

I am grateful for…

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What would make today great?

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Daily affirmations: I am…

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3 Amazing things that happened today…

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How could I have made today better?

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*“For Every Reason It’s Not Possible, There Are Hundreds Of People Who Have Faced The Same Circumstances And Succeeded.” – Jack Canfield*

I am grateful for…

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What would make today great?

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Daily affirmations: I am…

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3 Amazing things that happened today…

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How could I have made today better?

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*“The Future Belongs To The Competent. Get Good, Get Better, Be The Best!” – Success Quote By Brian Tracy*

I am grateful for…

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What would make today great?

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Daily affirmations: I am…

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How could I have made today better?

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*“You Are Never Too Old To Set Another Goal Or To Dream A New Dream.” – C.S. Lewis*

I am grateful for…

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What would make today great?

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*“What You Lack In Talent Can Be Made Up With Desire, Hustle And Giving 110% All The Time.” – Don Zimmer*

I am grateful for…

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What would make today great?

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*“Creativity Is Intelligence Having Fun.” – Albert Einstein*

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*“The Only Limit To Our Realization Of Tomorrow Will Be Our Doubts Of Today.” – Franklin D. Roosevelt*

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*“The Man Who Has Confidence In Himself Gains The Confidence Of Others.” – Hasidic Proverb*

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*“Security Is Mostly A Superstition. Life Is Either A Daring Adventure Or Nothing.” – Helen Keller*

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*“Whether You Think You Can Or Think You Can’t, You’re Right.” – Henry Ford*

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*“We Generate Fears While We Sit. We Overcome Them By Action.” – Dr. Henry Link*

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*“Knowing Is Not Enough; We Must Apply. Wishing Is Not Enough; We Must Do.” – Johann Wolfgang Von Goethe*

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*“The Best Way To Get Started Is To Quit Talking And Begin Doing.” – Walt Disney*

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*“The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees Opportunity In Every Difficulty.” – Winston Churchill*

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*“You Learn More From Failure Than From Success. Don’t Let It Stop You. Failure Builds Character.” – Unknown*

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*“It’s Not Whether You Get Knocked Down, It’s Whether You Get Up.” – Vince Lombard*

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*“Failure Will Never Overtake Me If My Determination To Succeed Is Strong Enough.” – Og Mandino*

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*“We May Encounter Many Defeats But We Must Not Be Defeated.” – Maya Angelou*

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