

A hell yes to gratitude

WITH ROSANNE AUSTIN

Gratitude will kick fear's ass every time. Fear has nothing on gratitude. In fact, a thankful thought will neutralize fear's negative nonsense in an instant. Spring is the perfect time to make gratitude your new go to — fear is boring AF! To get you started on the path to a new level of confidence and freedom through the power of gratitude, use this gorgeous two-page journal to capture 5 things you are grateful for each day... starting today. At the end of the month, notice what's different. Smart cookies will make this a habit for life. HELL YES!

xoxo, Rosanne

DATE	I'M THANKFUL FOR....
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