

Download Two Minute Mornings A Journal To Win Your Day Every Day

Life begins each morning. — Joel Olsteen. For a great portion of my life, mornings were the worst part of my day. Wake up. Go to school. Wake up. The Coronado Eagle & Journal is Coronado Island's only local newspaper. Bringing Coronado News and Events into every home on the Island for over 100 years. Today I am honored to invite my dear friend Ruthie Gray to the blog. Ruthie is a woman full of wisdom and life experience, just the kind of woman I love to learn from. 100 journal prompts for you to pick out each day: make and decorate a little jar, write all these prompts on bits of paper (or just print them out) and put them in the jar, and then pick out one each day and write about it in your journal. if you are thinking about starting one, this is a good excuse to start!