

Daily PERMAH-nent Journaling Prompts

Positive emotions – today I have opportunities to feel...

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Engagement – I have opportunities to get lost in what I’m doing by ...

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Relationships – these opportunities to connect with friends and family come to mind...

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Achievement: I have these opportunities today to move my business forward ...

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Meaning – I have these opportunities to help others ...

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Health and Wellness – I have these opportunities to care for my mind, body and spirit...

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