



Daily Balance Journal: 3 Year Daily Journal for Life Balance and Self-Connection

Mike Eltgroth

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This innovative, daily entry journal is intended to promote balance and harmony in your life. Spanning three years, this journal has a new question every day of the year covering one of the 7 facets of life: Mental, Physical, Spiritual, Relationships, Environment, Work, and Finance. Each meaningful question is followed by three lines for your short answer. Watch your life and thoughts change as your answers evolve each year. Start your journey today with this easy to use, conveniently sized, keepsake journal.

- Convenient 6x9 size. Big enough to easily write in yet small enough to travel with you.
- 365 thought provoking questions. Use the Look Inside feature to see a sample.
- 3 lines each day for your answer. Short and sweet.
- Watch your thoughts and life evolve over time.
- Start your journey on any day of the year.

What would greater balance in life mean for you? More peace? More time to do the things that you love? More energy? The first step to gaining more balance and harmony in your life is to seek it.

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