

A decorative border of yellow flowers, possibly hibiscus, surrounds the central orange box. The flowers are in various stages of bloom and are slightly out of focus, creating a soft, natural frame.

The **QUIET NO MORE MOVEMENT**

A LITTLE JOURNAL FOR WOMEN
CALLED TO BE GLOBAL
INFLUENCERS WANTING TO SHIFT
THEIR MINDSET WITH GRATITUDE
AND WORK THROUGH THE
PODCAST EPISODE PROMPTS.

|

Made with love...

Episode #1

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

Episode #2

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #3

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #4

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

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[illegible]

Episode #5

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #6

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #7

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #8

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #9

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #10

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #11

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #12

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #13

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #14

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #15

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #16

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

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[illegible]

Episode #17

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #18

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #19

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #21

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #22

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #24

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

Episode #25

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

[illegible]

Episode #26

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

[illegible]

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

[illegible]

[illegible]

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

Episode #30

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

Episode #31

GRATITUDE

MEMORY VERSE

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S PODCAST EPISODE PROMPTS JOURNAL

