



# Life Begins at the End of Your Comfort Zone: A Journal to Reignite, Renew, and Refuel your Life

By Jacqueline Lewis



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**Life Begins at the End of Your Comfort Zone: A Journal to Reignite, Renew, and Refuel your Life** By Jacqueline Lewis

**Reignite, renew, and refuel your passion for life with *Life Begins at the End of Your Comfort Zone!***

Do you feel like you're stuck in a rut? It's time to step out of your comfort zone and reclaim a renewed vibrancy for life! This guided journal contains exercises, inspirations, and prompts to 'push' you in different aspects of your life.

Reignite your passions by waking up with a purpose, setting goals, incorporating movement into your daily life, and embracing your creativity. Renew your body and mind with exercises to help create more positive thoughts, daily gratitude lists, and meditation rituals.

Refuel your consciousness about life by getting to know your inner self. With plenty of space to write your own thoughts, feelings, opinions, and progress, *Life Begins at the End of Your Comfort Zone* is the perfect tool to help you live life to the fullest.

This cloth-covered, innovative guided journal includes:

the seven core ideas to help you on your journey for self-knowledge

coloring and drawing pages to help you reignite your creative spark

prompts to 'push' you to restore your passion for life



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### **Editorial Review**

About the Author

**Jacqueline Lewis** is the founder of the World Gratitude Map, a crowd-sourcing project and online map that encourages users to document and celebrate the good things in life.

### **Users Review**

**From reader reviews:**

**Sarah Maddocks:**

The reason? Because this Life Begins at the End of Your Comfort Zone: A Journal to Reignite, Renew, and Refuel your Life is an unordinary book that the inside of the publication waiting for you to snap that but latter it will surprise you with the secret that inside. Reading this book alongside it was fantastic author who also write the book in such wonderful way makes the content inside easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This book will give you a lot of advantages than the other book have such as help improving your proficiency and your critical thinking technique. So , still want to delay having that book? If I had been you I will go to the book store hurriedly.

**Blanche Ball:**

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**Barry Trusty:**

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