



# Inside My Heart Guided Journal

*Robin McGraw*

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## **Inside My Heart Guided Journal** Robin McGraw

"Reflect on the life you've lived thus far. And on the life you are living now. This is what this guided journal is all about?to make a choice to put yourself first and to make the time to think about and create the life you want."

A woman loves to share her heart?and in this guided journal based on her bestselling book, *Inside My Heart: Choosing to Live with Passion and Purpose*, Robin McGraw speaks directly from her heart, challenging you to recognize and develop your own unique role in life and make your own choices to find who you are meant to be.

In a heart-to-heart conversational tone, Robin shares moments from her own life to show how you can make choices that truly reflect your own heart's truest priorities and highest goals. Her thought-provoking questions then inspire you to define your own purpose and passion in life, as well as choosing how to:

- Have a confident, discerning heart
- Set priorities
- Choose wisely
- Draw on your inner strengths

Robin also offers candid, personal examples of how to set boundaries, live with grace and integrity, and leave a legacy of love for the important people in your world.

Her *Inside My Heart Guided Journal* encourages you to make deliberate, knowledgeable choices in order to lead a richer, happier, and more meaningful life. Robin's encouraging words will give you the confidence to embrace your own life of joy and abundance.

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