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# Get Up & Grow Journal

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## **Get Up & Grow Journal** Duke C. Matlock

The Get Up and Grow Journal is an incredible tool that will help you to revolutionize your mornings, consisting of three months of interactive journal entries. Written as a companion to *Get Up and Grow: 21 Habits of Successful People*, the Journal is a practical way to track your habits and record the milestones reached along your growth journey. This journal acts as an accountability tool as well as an excellent way to track your progress. Journaling reminds you that your efforts are not in vain. You are implementing habits that are helping you get a little bit better every day; this journal will remind you of how far you have come should you be faced with discouragement along the way. The Get Up and Grow Journal will help you stay organized, streamline your morning routine, and build momentum.

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