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Journal Your Life's Journey : Journal Your Life's Journey: Illustration Moon Night, Lined Journal, 6 x 9, 100 Pages before purchasing it in order to gage whether or not it would be worth my time, and all praised Journal Your Life's Journey: Illustration Moon Night, Lined Journal, 6 x 9, 100 Pages:

17 of 17 people found the following review helpful. I like the artwork on the frontBy Stephanie3I like the artwork on

the front, but I expected this to be much nicer. it's flimsy and the cover is like paperback. I would have expected it to be at least as thick as a notebook, but it's not. 3 of 3 people found the following review helpful. It is not good quality. I could pick up something comparable at ...By KristinIt is not good quality. I could pick up something comparable at the dollar store. Like the other reviews, it is flimsy. I didn't even think to read the reviews for a journal, but I wish I had read them. I'm not sure I like the design now that I see it in person. I am in need of a journal, and won't use this, as it is not durable at all. I'll give it to my kids and order myself a hardcover journal...and read the reviews! 7 of 7 people found the following review helpful. Three StarsBy jhellBasically a notebook, I thought it was hard binded. Basically used it for writing notes.

Are you harnessing the power of a journal? If you are going through life right now feeling like everything is out of control or that things are not happening the way you planned, you need a journal. I don't mean to be too direct, but it is time for you to discover why you feel the way you do and then figure out what to do about it. Or you can just write stuff in it! The great thing about a lined journal is you can make it into anything you want. A day timer, travel journal, diary, notebook for school, etc. If you need to write something down, a journal is the tool you need. If you want to use it for more than just a notepad then keep reading. Benefits Of Keeping A Journal Almost every successful person seems to have kept a journal in one form or another. Success in this case is not defined by money but overall happiness. Whether or not they called it journaling doesn't matter as they kept a record of their goals, success, failures, feelings and their daily life. Your journal contains the answers to your most burning questions. It is literally the best self-help book you could ever read because it is all about you. Just some of the benefits of journaling are: Allows you to reflect on your life and the changes you are choosing to make or not make Clarifies your thinking and as Tony Robbins says Clarity is Power Houses all your million dollar ideas that normally get lost in all the noise of life Exposes repeated patterns of behaviors that get you the results you DONT want Acts as a bucket for you to brain dump in a cluttered mind leads to a disorganized life Revisits daily situations giving you a chance to look at it with a different perspective Doesn't crash and lose everything you put into it like electronics (just like electronics though don't get it wet) You may want to keep multiple journals. One that contains your truest and most secret feelings that you guard heavily, but need a way to express. Another that contains all those fantastic ideas, dreams and awesome goals. Maybe just something you doodle in. No matter how you use it getting into the daily habit of journaling has the potential to improve the quality of your life. How To Use A Journal Lets look past the simple fact you know how to physically write in a journal and dig into how to actually use your journal. It might contain all the secrets to life's biggest problems but unless you know how to uncover those secrets they stay hidden away in your words. Let the words flow from the heart and be filled with emotions, no holdbacks Make a daily journaling schedule. Each and every day take the time to record your thoughts morning and night. If you love to type notes into your phone all day transfer them to your journal after. Sit in a quiet spot and allow yourself to be judgement free. Your journal is not a reason to turn yourself into an emotional punching bag. Start small. You do not need to write a specific number of words. Just the right amount of honest words that let you feel a sense of being free from negativity and energized with possibility. If you write in your journal like someone is going to read it, you will never allow yourself to fully express what needs to be expressed. Write like no one will ever read it because it is likely no one ever will unless you want them to. Write how you loved something, were mad at someone, wished something was different or anything you need to. Just do it. Start today writing in your journal. You could even put Today I bought this awesome journal and will recommend all my friends do the same. Wink Wink Scroll up and hit the add to cart button now.

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