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Journal Your Life's Journey: Geometric Design 1, Lined Journal, 6 X 9, 100 Pages



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Synopsis

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 donÃ¢â ¬â„¢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 JournalAlmost 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 doesnÃ¢â ¬â„¢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 makeClarifies your thinking and as Tony Robbins says Ã¢â ¬Å“Clarity is PowerÃ¢â ¬Â•Houses all your million dollar ideas that normally get lost in all the noise of lifeExposes repeated patterns of behaviors that get you the results you DONÃ¢â ¬â„¢T wantActs as a bucket for you to brain dump in Ã¢â ¬â œ a cluttered mind leads to a disorganized lifeRevisits daily situations giving you a chance to look at it with a different perspectiveDoesnÃ¢â ¬â„¢t crash and lose everything you put into it like electronics (just like electronics though donÃ¢â ¬â„¢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 journalLetÃ¢â ¬â„¢s 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 lifeÃ¢â ¬â„¢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 holdbacksMake 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 ever 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 Ã¢â ¬Å“Today I bought this awesome journal and will recommend all my friends do the same.Ã¢â ¬Â• Wink WinkScroll up and hit the add to cart button now.

Book Information

Diary: 102 pages

Publisher: CreateSpace Independent Publishing Platform; Jou edition (May 9, 2015)

Language: English

ISBN-10: 1512088145

ISBN-13: 978-1512088144

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,824,763 in Books (See Top 100 in Books) #95 inÃ Â Books > Reference > Dictionaries & Thesauruses > Lexicography #247 inÃ Â Books > Reference > Words, Language & Grammar > Handwriting #939 inÃ Â Books > Education & Teaching > Higher & Continuing Education > Test Preparation > SAT

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it. The point is to get one or seven and use them. Make life easier by unleashing the hidden power of a blank book.

It is a great journal for kids and great for adults to spread there feelings and share ideas it is simply a great notebook for writing poems I don't recommend it for school but for a life story or simply a diary! I would rate this a 5 star ÃƒÂ Ã Å¸Ã ËœÃ Â•

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