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Journal Your Life's Journey: Tree Vector Journal, Lined Journal, 6 X 9, 100 Pages



Synopsis

We read the reviews. Enjoy the 200 page version

<http://www..com/My-Daily-Journal-Colorful-Vector/dp/1519398204>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.The great thing about a lined journal is you can make it into anything you want. A day timer, diary or a 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 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. 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 "Clarity is Power" •Houses all your million dollar ideas that normally get lost in all the noise of lifeExpose repeated patterns of behaviors that get you the results you DON'T wantActs as a bucket for you to brain dump in " a cluttered mind leads to a disorganized lifeRevisits daily situations giving you a chance to look at it with a different perspectiveDoesn'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 journalLet'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 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 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 "Today I bought this awesome journal and will recommend all my friends do the same." • Wink Wink

Book Information

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Customer Reviews

I thought this was going to be a substantial journal. It is a flimsy little booklet. I wish I had read the reviews before I ordered it. It's not even worth returning because the shipping will be almost the same as the price I paid for this. Very disappointed

When I saw this book on , the way they had it shown was a thick looking book. I got the book yesterday after 2 weeks after I ordered it, It was flimsy and not even worth the price I paid. It should cost at least \$2 not \$6!

I 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.

It 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!

Basically a notebook, I thought it was hard binded. Basically used it for writing notes.

Although the colors are vibrant on the front I was a little disappointed with the journal. Could have been my fault for not reading the description thoroughly though. I bought it as a gift but will probably keep it and order another. The cover is really pretty though.

Loved the cover wasn't so pleased with the book itself. Flimsier than I anticipated.

flimsy.. though it would be sturdier

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