

Daily Journal Examples

Two major trends have recently swept the travel world: the first, an overwhelming desire (thanks to Elizabeth Gilbert’s bestseller, Eat, Pray, Love) to write one’s own memoir; the second, an explosion of social media, blogs, twitter and texts, which allow travelers to document and share their experiences instantaneously. Thus, the act of chronicling one’s journey has never been more popular, nor the urge stronger. Writing Away: A Creative Guide to Awakening the Journal-Writing Traveler, will inspire budding memoirists and jetsetting scribes alike. But Writing Away doesn’t stop there!author Lavinia Spalding spins the romantic tradition of keeping a travelogue into a modern, witty adventure in awareness, introducing the traditional handwritten journal as a profoundly valuable tool for self-discovery, artistic expression, and spiritual growth. Writing Away teaches you to embrace mishaps in order to enrich your travel experience, recognize in advance what you want to remember, tap into all your senses, and connect with the physical world in an increasingly technological age. It helps you overcome writer’s block and procrastination; tackle the discipline, routine, structure, and momentum that are crucial to the creative process; and it demonstrates how traveling@while keeping a journal along the way’is the world’s most valuable writing exercise.

The Mindfulness Journal is your daily guidebook for living in the present moment and experiencing the richness of life by applying mindfulness techniques to your work, your relationships, your habits, and even the most mundane tasks of your day.

A One-Year Self-Improvement Journal To Become The Ultimate Version Of You. Make self-reflection a powerful, daily habit. Go within, on an energizing journey of true discovery. Find your best self in wealth, relationships, career, and health. Discover new ideas, heal toxic thoughts, breakthrough limiting beliefs and create a strong, versatile character to deal with anxiety. This Daily Journal For Men guides you with 365 surprisingly powerful questions to the next level of life. Because self-awareness is the essential key for success and living a more exciting and meaningful life.

"When You Feel Rotten, Confused and Need to Unload? Try Journaling!" Are you going through a rough patch? Do you need more clarity in your life? Journaling is essentially externalizing your thoughts and feelings to paper. It lets you know more about yourself, experiences and hone in to your innervoice. Through this book, you'll learn how to fully express yourself like you've never done before! You'll be able to explore everything that goes on internally and externally.

By journalling about your thoughts and feelings, they ome clearer and real to you -- that you can almost touch it! In every aspect of your life, you can make it better by exploring it through journalling. With journalling you'll be able to vent off all fears, bad emotions, sad experiences and negative thinking so that you can eject them out of your system once and for all! You can explore your hopes, dreams and innermost thoughts to know what you really want! For someone who has done this for over a decade? Its funny and sometimes embarrassing to see what I wrote down many years ago.But its amazing to see, how far I've come where I managed to materialize my childhood wishes.It's the best feeling to actually meet your past self, though the journals of your youth. This book will also help you be more creative, self-motivated, self-aware and mindful amidst the confusion of a thousand things going on in normal life. Journalling will keep you grounded; to the present, to your thoughts, to your past and even to your future. This will help you be more physically, emotionally and spiritually be more content. It will help build stronger relationships to the people in your life, even a stronger connection with your dreams and aspirations. Start enjoying the many benefits of keeping a journal. Let me take you by the hand as we embark on this journey together. Grab your copy today... tags: my thoughts journal, do the write thing journal for writers, my daily diary examples, how to write a diary entry essay, jot it down journal, daily journal writing sample, things i want to remember journal, my daily life journal, my thoughts notebook, hw journal, life journal daily reading, how to write reading journal, write it down journals, examples of journal writing about yourself, a list of different kinds of journals that people keep, format to write diary entry, self improvement journal, cabn journal, how to start a journal entry for school, my jurnal, journal assignment format, how to begin a diary entry, think write create journal, what is a journal entry in writing, men's daily journal, journal writing workshop, how to set up a diary, one thought a day journal, journal to keep track of books read, how to start a diary entry essay, how to hack journal articles, how to write a good diary entry english creative, thought a day journal, how to write in journal format, what to put in a journal, how to make a personal diary creative, different journals to keep, how to make journal 3, how to start off a diary, why do people keep diaries, habit journal, how to write a journal entry, things to use journals for, my daily journal examples, easy journal, a journal about myself, mens diary, how to write a scholarly paper, types of journals to keep, how to start a personal diary, kinds of journal, cute journal entries, how to begin a diary, write a diary about yourself, things to use a journal for, focus journal, how to keep a diary, sample of personal journal diary, ways to start a diary, how to write a weekly journal, daily journal examples, things to do with a journal, work journal example, how to draw a journal, my writing journal, how to prepare a journal, journal writing examples about life, journaling ideas for beginners, how to write a journal for college, best journals for men, journaling techniques

A Five-Year Journal

A Five Year Memory Book

How to Make a Journal of Your Life

ACT Daily Journal

The Ritual Journal for Passionately Creative Women

Journal Keeping

How to Deploy, Manage and Use Chromebooks in the K-12 Classroom

The Small Changes That Change Everything

This picture book features images of Ancient Egyptian Jewelry covering works from Pre-dynastic shell necklaces to intricately designed gold earrings of the Roman period. A brief introductory essay discusses the history of jewelry and the evolution of Ancient Egyptian jewelry craftsmanship.

Dramatically change your life in just minutes a day with this powerful guided journal. When you are faced with life’s challenges, it’s easy to lose track of what’s important, get stuck in your thoughts and emotions, and become bogged down by day-to-day problems. Even if you’ve made a commitment to live according to your core values, the ‘real-world’ has a way of driving a wedge between you and a deeper, more meaningful life. Now there’s a flexible program for learning how to practice a popular, proven-effective therapy protocol on your schedule! With The ACT Daily Journal, you’ll learn all about the six core processes of acceptance and commitment therapy (ACT)—including mindfulness, acceptance, and values-based living—and even learn about a seventh: self-compassion. If there was ever a time to adopt the ACT approach to living, it’s now. By applying ACT to your life, you’ll learn how to roll with life’s punches, and stay in contact with the present moment, even when you have unpleasant thoughts, feelings, and bodily sensations. The gift of being present is becoming increasingly valuable in these uncertain times of conflict and chaos; it’s never been so important to live flexibly, with more meaning, and with a deeper understanding of shared struggles and our inherent humanity. ACT is more than just a therapy—it’s a framework for living well. It helps us accept. It teaches us to make a commitment to what we deeply care about. And it works best when practiced daily. Let this journal guide you toward what really matters to you.

The most powerful journal on the planet. In the international bestseller The 5 Second Rule, Mel Robbins inspired millions to 5 - 4 - 3 - 2 - 1...take action, get results, and live a more courageous life! Now, in The 5 Second Journal, Mel guides you step-by-step through a simple research-backed daily journaling method that will help you become the most productive, confident, and happiest you. It is the most powerful journal on the planet because it uses science to unlock the greatest force in the universe...YOU. Using this journal, you will: GET SH*T DONE You won’t just get more done—you’ll do it in half the time. Your life is way too important to spend it procrastinating. Invest a little time in here every day and in return you’ll get the best tools psychology, organizational behavioral, and neuroscience have to offer. KISS OVERWHELM GOODBYE Stop being ruled by your to-do list and start getting the important work done. Filling your days with menial tasks will not lead to a meaningful life. This journal will keep your focus on what’s most important, even in between conference calls and running errands. CULTIVATE ROCKSTAR CONFIDENCE Confidence is a skill YOU can build. Yes, you. And it’s not as difficult as you may think. Every day this journal will give you a chance to step outside your comfort zone so you can feel proud of yourself and watch your self-confidence grow. AMP YOUR PASSION Want to live a more passionate life? Stop focusing on sh*t that drains you. Seriously. This journal will show you a cool way to power up your energy levels and tap into that inner zen that knows exactly what fuels your fire. GET CONTROL OF YOUR LIFE If you get to the end of the day and wonder where it all went, it’s time to take stock. Using research from Harvard Business School, you’ll learn one simple mindset trick that keeps you present to what matters most, which is the secret to being in control. BE THE HAPPIEST YOU Science proves that your mood in the morning impacts your entire day. That’s why this journal is designed to boost your mood first thing, so you can become a happier, smarter, and more positive person all day. The fact is, happier people get sh*t done.

An Empowering Companion Volume to the Bestselling The Artist’s Way The Artist’s Way Morning Pages Journal is your personal gateway to one of The Artist’s Way’s most effective tools for cultivating creativity, personal growth and change - the morning pages. Morning pages are three pages of longhand, stream-of-consciousness writing done first thing in the morning. They are about anything and everything that crosses your mind, and are intended to provoke, clarify, comfort, cajole, prioritize and synchronize the day at hand. This daily writing, coupled with the 12-week programme outlined in The Artist’s Way, will help you discover and recover your personal creativity, artistic confidence and productivity. The Artist’s Way Morning Pages Journal includes an introduction by Julia Cameron with complete instructions on how to use the morning pages and benefit fully from their daily use. Its inspiring quotations will guide you through the process, and a final chapter shows how to start an Artist’s Way study group.

The Reggio Approach to Early Childhood Education

Get Unstuck and Live Fully with Acceptance and Commitment Therapy

Do One Fun Thing Every Day

Writing Away

The Bullet Journal Method

90 Days of Mindfulness and Reflection

Five Simple Business Rules for Writing

The Happiness Journal

What’s being widely regarded as “one of the most life changing books ever written” may be the simplest approach to achieving everything you’ve ever wanted, and faster than you ever thought possible. What if you could wake up tomorrow and any-or EVERY-area of your life was beginning to transform? What would you change? The Miracle Morning is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY, MOTIVATION, and FOCUS to take your life to the next level. It’s been right here in front of us all along, but this book has finally brought it to life. Are you ready? The next chapter of YOUR life-the most extraordinary life you’ve ever imagined-is about to begin. It’s time to WAKE UP to your full potential...

Our goal is to help you get to the marrow of your life through the habit of journaling. Yes, you will enjoy many other benefits from journaling as we explore later on. But as we view it, journaling is an essential part of knowing yourself and continuing your growth as a person. It unlocks a part of you that can’t be unlocked any other way.

Educational resource for teachers, parents and kids!

Building on her enormously popular book, Bringing Reggio Emilia Home, Louise Cadwell helps American educators understand what it means to use ideas from the Reggio Approach in their classrooms. In new and dynamic ways, Cadwell once again takes readers inside the day-to-day practice of a group of early childhood educators. This time she describes the growth and evolution of the work in the St. Louis Reggio Collaborative over the past 10 years.

Journal Buddies

The Chromebook Classroom

A Companion Volume to the Artist’s Way

Canvas One Line a Day

Daily Guided Writing

Writing for Spiritual Growth

The Wisdom Journal

Atomic Habits

the one line a day book with beautiful modern design, warm colors and silk ribbon inside, for happy five years memories. suitable for gifts and celebrations. Details: -Cover: Matte finish -Paper: White -Size: 5.5”8.5 -Pages: 291

The world’s leading expert on habit formation shows how you can have a happier, healthier life: by starting small. Myth: Change is hard. Reality: Change can be easy if you know the simple steps of Behavior Design. Myth: It’s all about willpower. Reality: Willpower is fickle and finite, and exactly the wrong way to create habits. Myth: You have to make a plan and stick to it. Reality: You transform your life by starting small and being flexible. BJ FOGG is here to change your life--and revolutionize how we think about human behavior. Based on twenty years of research and Fogg’s experience coaching more than 40,000 people, Tiny Habits cracks the code of habit formation. With breakthrough discoveries in every chapter, you’ll learn the simplest proven ways to transform your life. Fogg shows you how to feel good about your successes instead of bad about your failures. Already the habit guru to companies around the world, Fogg brings his proven method to a global audience for the first time. Whether you want to lose weight, de-stress, sleep better, or be more productive each day, Tiny Habits makes it easy to achieve.

Journal with PurposeOver 1000 motifs, alphabets and icons to personalize your bullet or dot journalDavid and Charles

Journal with Purpose is the ultimate reference for journaling, packed with over 1000 motifs that you can use to decorate and enhance your bullet or dot journal pages. Copy or trace direct from the page, or follow one of the quick exercises to improve your skills. Featuring all the journal elements you could wish for – banners, arrows, dividers, scrolls, icons, borders and alphabets – this amazing value book will be a constant source of inspiration for journaling and an ‘instant fix’ for people who find the more artistic side of journaling a challenge.

Over 1000 motifs, alphabets and icons to personalize your bullet or dot journal

One Line a Day

Embrace What Matters, Ditch What Doesn't, and Get Stuff Done

A Modern Fable on Real Success in Business and in Life

Listography

An Easy & Proven Way to Build Good Habits & Break Bad Ones

Heinlein’s Rules

Self-Care

Simple but powerful, Journal Buddies is no ordinary journal. It is an invitation to experience a journaling adventure and to expand creativity and express feelings. It is an opportunity to strengthen self-esteem, build healthy relationships and create a positive outlook on life. It is a unique journal created with the help of important people in life, such as friends, parents, teachers, family members, etc.

From the team that brought you The Obstacle Is the Way and Ego Is the Enemy, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history’s greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today’s top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you’ll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you’ll find the serenity, self-knowledge, and resilience you need to live well.

The Chromebook Classroom gives you a fast, clear road map for turning a new fleet of Chromebooks into rich learning tools for a single classroom or an entire district! The Chromebook Classroom is the perfect companion for educators just getting started with Chromebooks - or looking for new ways to boost their students' learning through technology.

The simple aim of this book is to help and support you through life. It is a tool to help you be a stronger version of the man you already are. Back in the day, keeping a journal was the manly thing to do. All the great thinkers, writers and explorers of the past kept a journal on a regular basis - from Ernest Hemmingway to Bruce Lee. It was a simple habitual practice; a clever therapeutic outlet, particularly for men, that has been lost. This book aims to bring it back. While the gym strengthens your body, think about this book as a workout for your mind. This is brain training to build a positive mental attitude and, ultimately, a beter and more resilient you. Contains three interactive sections: Warm Up, Hurdles and Strength, each with prompts, challenges and motivators to help get you started. Plus the MindManual, which offers further support, checks and advice to keep your brain training on track.

The Mindfulness Journal

A Year of Daily Journal Writing Prompts, Questions & Actions to Fill Your

Bringing Learning to Life

learn Ideas, tips, techniques & exercises including journaling’s therapeutic powers through daily personal self dialogue, prompts/questions etc...

A Picture Book

365 Journal Writing Ideas

The Daily Stoic

Creative Women’s Daily Journal

Featuring an original introduction by Oprah Winfrey, this beautiful journal is destined to become a trusted companion as you reflect on your own life’s journey. “The most valuable gift you can give yourself is the time to nurture the unique spirit that is you.”—Oprah Winfrey Oprah Winfrey has been keeping journals since she was fifteen years old. She has long considered the act of writing down her most personal experiences and giving thanks at the end of the day to be a form of therapy. For Oprah, journaling is a life-long, spiritual practice inspiring some of her most powerful aha moments and offering insight into her own evolution. The Wisdom Journal features an exclusive introduction by Oprah and showcases the hand-picked quotations from the world renowned thought-leaders who have enlightened and her throughout the years. Destined to become a trusted companion and beloved keepsake, recording your own life’s journey, The Wisdom Journal will prompt you to express all that you hold within your heart and to discover what it means to actualize the truest expression of yourself.

A beautiful daily journal to lead your journey in the art of living--and an instant WSJ bestseller! For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers, and ordinary citizens. With the acclaimed, bestselling books The Obstacle Is the Way, Ego Is the Enemy and The Daily Stoic, Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius, Seneca, and Epictetus to hundreds of thousands of new readers all over the world. Now Holiday and Hanselman are back with The Daily Stoic Journal, a beautifully designed hardcover journal that features space for morning and evening notes, along with advice for integrating this ancient philosophy into our 21st century lives. Each week readers will discover a specific powerful Stoic practice, explained and presented with related quotations to inspire deeper reflection and application, and each day they will answer a powerful question to help gauge their progress. Created with a durable, Smyth-sewn binding and featuring a helpful introduction explaining the various Stoic tools of self-management, as well as resources for further reading, this is a lasting companion volume for people who already love The Daily Stoic and its popular daily emails and social media accounts. It can also be used as a stand-alone journal, even if you haven’t read the previous books. For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year—and for the rest of their lives.

With more than a hundred published novels and more than seventeen million copies of his books in print, USA Today bestselling author Dean Wesley Smith follows five simple business rules for writing fiction. And now, he shares how those rules helped shape his successful career. In this WMG Writer’s Guide, Dean takes you step-by-step through Heinlein’s Rules and shows how following those rules can change your writing—and career—for the better. Simple rules, yet deceptively hard to follow. Do you have the courage to take a hard look at your writing process and follow Heinlein’s Rules? Dean shows you how. "Dean Wesley Smith's blog gives both a slightly different view of the publishing world than I'd seen before and detailed hands-on "here's how to get from A to B" instruction." – Erin M. Hartshorn, Vision: A

Resource for Writers

With more than a hundred published novels and more than seventeen million copies of his books in print, USA Today bestselling author Dean Wesley Smith knows how to outline. And he knows how to write a novel without an outline. In this WMG Writer's Guide, Dean takes you step-by-step through the process of writing without an outline and explains why not having an outline boosts your creative voice and keeps you more interested in your writing. Want to enjoy your writing more and entertain yourself? Then toss away your outline and Write into the Dark.

The Best Daily Journal and Fastest Way to Slow Down, Power Up, and Get Sh*t Done

Ancient Egyptian Jewelry

How to Start a Journal, Make It a Habit, and Find Endless Writing Topics

A Creative Guide to Awakening the Journal-Writing Traveler

The Daily Stoic Journal

This Book Will Make You Stronger

Effortless Journaling

The Harvard Classics

A simple journal that offers one question per day, to be answered on the same day for five years in a row. The questions range from the prosaic ("What did you have for lunch today?") to the contemplative ("Can people really change?"), giving readers a comprehensive look back at their thoughts and feelings over a five-year span. For anybody who has ever given up journaling after being intimidated when facing a blank page, this book makes it easy to take a snapshot of your inner life in just a few minutes each day. The beauty of this journal is that it enables readers to track their emotional growth as well as keep track of memories, and provides an interesting walk down memory lane a few years later. The simple one-question prompts make this book to journaling as adult coloring books are to art - a gateway product with built-in creative inspiration. The specially-sized package features a printed flexi-bound cover, four-color endpapers, quality paper, and bookmark ribbon.

The system combines elements of a wishlist, a to-do list, and a diary. It makes it easy to get thoughts out of your head and onto paper, to see them clearly and decide what to do about them

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

When nomad artist and free spirit Dan Price began jotting down his musings in the form of whimsical drawings and inspired prose, he hardly could have imagined that his self-published journal-zine, the MOONLIGHT CHRONICLES, would earn him a cult following across the country. Now in its twentieth edition, the MOONLIGHT CHRONICLES has brought Dan's creed of "truth, beauty, and really big sabbaticals from the convention of life" to thousands across the countryWith such a following, Dan figured it was time to collect his offbeat observations into book form in hopes of inspiring other would-be journal writers to take pen, camera, and brush in hand. As Dan is fond of noting "Seems there's tons of empty journal books, but not too many on how to fill 'em up!" In HOW TO MAKE A JOURNAL, Dan answers the call, teaching readers how to tap into those pent-up creative juices and collect their life experiences on paper.

An Awesome Journal

The Lazy Genius Way

The Leader Who Had No Title

One Question a Day

Daily Practices, Writing Prompts, and Reflections for Living in the Present Moment

Tiny Habits

The Miracle Morning

The Daily Gratitude Journal for Men

NEW YORK TIMES BESTSELLER - Being a Lazy Genius isn't about doing more or doing less. It's about doing what matters to you. "I could not be more excited about this book."--Jenna Fischer, actor and cohost of the Office Ladies podcast The chorus of "shoulds" is loud. You should enjoy the moment, dream big, have it all, get up before the sun, track your water consumption, go on date nights, and be the best. Or maybe you should ignore what people think, live on dry shampoo, be a negligent PTA mom, have a dirty house, and claim your hot mess like a badge of honor. It's so easy to feel overwhelmed by the mixed messages of what it means to live well. Kendra Adachi, the creator of the Lazy Genius movement, invites you to live well by your own definition and equips you to be a genius about what matters and lazy about what doesn't. Everything from your morning routine to napping without guilt falls into place with Kendra's thirteen Lazy Genius principles, including: - Decide once - Start small - Ask the Magic Question - Go in the right order - Schedule rest Discover a better way to approach your relationships, work, and piles of mail. Be who you are without the complication of everyone else's "shoulds." Do what matters, skip the rest, and be a person again.

This self-help book is a daily guide to happiness. Author Viet Hung shares life experiences with suggestions to thrive and be happy. What is the meaning of life? Are we living, or just existing? Are we living for ourselves or only others? What would make you happy? Each day, choose a short inspirational piece to read from this journal to improve positive thinking, mindfulness, and your own future outcomes to thrive in life.

From The Monk Who Sold His Ferrari author comes an inspiring parable about the skills needed to excel in career and life.

The Ritual Journal for passionately creative women Our modern lives are so fast-paced, especially as creative women; we're moving at warp speed every single day. Most of us are always doing something for our business, clients, families, or even just our homes (or cute home offices). This pace isn't sustainable over the long haul. Creative women not only crave downtime, but we also need it to stay in tip-top innovative shape. So right now, I want to ask you, What would it feel like to take a pause, slow down, and create loving rituals for yourself? What would it feel like to turn every "to do" or task into a mini-celebration? Or infuse the daily grind with mini (or not-so-mini) doses of fun and glamour? If it all sounds fabulous, you're not quite sure where to start, welcome. You're in just the right place. Before diving into the specific rituals, you can create (you'll find lots of fun examples below", pull out your notebook +journal on the following: For women looking for a journal to assist with manifesting, writing prompts, and daily journaling, this self-care journal is for you. You will have 60 journal pages and daily planner pages for a total of 100 pages. I hope you will find this journal enjoyable and fulfilling

Writing Into the Dark: How to Write a Novel Without an Outline

366 Meditations on Wisdom, Perseverance, and the Art of Living

Journal with Purpose

366 Days of Writing and Reflection on the Art of Living

A Day and Night Reflection Journal (90 Days)

Track Your Past, Order Your Present, Plan Your Future

One List a Day: a Three-year Journal

Examines the spiritual power of writing and provides a variety of topics to help one find the inspiration to write.

This tactile new version of our bestselling One Line a Day memory book features a rich oatmeal-colored, canvas cloth case, striking metallic page edges, and a ribbon page marker. Each page features space to jot down an idea or daily highlight on the same date over five years, allowing journalers to look back on years past as they capture the present. A handsome way to record and reflect, this five-year diary makes an excellent gift for graduates, adventurers, dreamers, and anyone embarking on a new phase of life.

Find gratitude with this motivational journal for men Learn how incorporating gratitude into your life can make you the best version of yourself. This gratitude journal for men is a straightforward, thought-provoking collection of prompts designed to help men explore the core components of gratitude--awareness, intention, and action--through short, simple, and insightful prompts. The Daily Gratitude Journal for Men includes: 90 Days of gratitude--Discover the things you are thankful for with two creative writing or art exercises each day, one for the morning and one for the evening. Poignant quotes--Reflect on the inspiring words and wisdom of men like Eckhart Tolle, Michael Singer, Werner Erhard, and more. Bonus guidance--Go further with other practices that will help you on your gratitude journey, including breathwork and mindfulness. Boost happiness, positivity, and personal growth with this gratitude journal for men.

This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. Self-Care: A Day and Night Reflection Journal offers a space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. Filled with delicate illustrations, this 90-day journal will help you integrate self-care and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely, and the back pocket is perfect for holding mementos.

A Five-Year Memory Book

The Companion to The Wisdom of Sundays by Oprah Winfrey

The 5 Second Journal

The Ultimate Journal Writing Book for Kids & Adults

The Artist's Way Morning Pages Journal

A Boy's Journal for Discovering and Sharing Excellence

The Guide to Journaling for Men

The Daily Journal For Men

"When You Feel Rotten, Confused and Need to Unload? Try Journaling!" Are you going through a rough patch? Do you need more clarity in your life? Journaling is essentially externalizing your thoughts and feelings to paper. It lets you know more about yourself, experiences and hone in to your innervoice. Through this book, you'll learn how to fully express yourself like you've never done before! You'll be able to explore everything that goes on internally and externally. By journaling about your thoughts and feelings, they ome clearer and real to you -- that you can almost touch it! In every aspect of your life, you can make it better by exploring it through journaling. With journaling you'll be able to vent off all fears, bad emotions, sad experiences and negative thinking so that you can eject them out of your system once and for all! You can explore your hopes,dreams and innermost thoughts to know what you really want! For someone who has done this for over a decade? Its funny and sometimes embarrassing to see what I wrote down many years ago.But its amazing to see, how far I've come where I managed to materialize my childhood wishes.It's the best feeling to actually meet your past self, though the journals of your youth. This book will also help you be more creative, self-motivated, self-aware and mindful amidst the confusion of a thousand things going on in normal life. Journaling will keep you grounded; to the present, to your thoughts, to your past and even to your future. This will help you be more physically, emotionally and spiritually be more content. It will help build stronger relationships to the people in your life, even a stronger connection with your dreams and aspirations. Start enjoying the many benefits of keeping a journal. Let me take you by the hand as we embark on this journey together. Grab your copy today...