

My Daily Diary

Dartan Creations

My Daily Diary: A Lined Purple Notebook First Light Press,2019-03-15 Remember when you were a child, and you had a diary that you wrote in every night? You can still do that in this 6 x 9 inch lined notebook. Each page has a place for the date and starts off with Dear Diary, just like you probably started your entries when you first kept a diary. Just because you're a grown-up it doesn't mean you have to stop keeping a diary. This is the perfect size to keep handy on your nightstand for late night writing. With 130 pages, there's lots of room for your thoughts and ideas.

My Elegant Daily Diary 2020 Daily Diary Journal Notebook Publishing,2020-01-24 THIS ONE PAGE PER DAY DIARY for 2020 is a perfect daily journal to record your daily ideas, thoughts or activities. Perfect support in all your daily notes. - you can customize it to your likes and needs! What's to expect: elegant Floral cover, white paper 366 lined pages for every day from January to December (" 8,5 x 11 size, 392 pages) monthly overview with section for your own notes or important dates can be used as journal, diary, notebook, planner Ideal gift for any occasion, especially in the Christmas / New Year period, for your friends or family members.

My Journey One Line a Day Dadamilla Design,2019-02-06 With 366 pages (one for each day including leap year) this Five Year Memory Book allows you to write down all the happy, precious and funny memories about your life journey As the years pass by, you will have an incredible view of your thoughts, memories and behaviors giving you a new perspective and insight. More Details include: 366 Dated Pages Five pre-lined spaces (write your own year) each day. High Quality Blank Paper Beautifully designed Soft Cover. Portable 6x9 size. Perfect as a Gratitude Journal. Make an invaluable gift to yourself, start writing one line today and you won't be able to stop for the next five years!

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My Daily Journal Librairy Journal Publishing,2019-12-27 In this beautiful Daily, There is ample room inside for writing notes and ideas. It can be used as a notebook, journal or composition book. This paperback Daily is 6 x 9 (letter size) and has 120 pages.

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Daily Diary Book Dartan Creations,2017-03-17 Blank lined journals are perfect to record all the important events in your life and this 6 x 9, 108 page lined notebook is excellent for doing just that.

A place for all your thoughts, poems, funny quips or even recipes. Honestly it is just lined paper inside so you can make it into anything you want. A day timer, travel journal, diary, notebook for school, etc. You could even write the next bestselling graphic novel in it. O.K. I know you get it. Oh and it makes the perfect gift. Blank Book Billionaire Journals, Coloring Books and Puzzle Books is focused on creating high quality, fun and yet practical books to enhance your daily life. Whether you are looking for a funny and hilarious journal as a gift option or something to track your fondest memories or your favorite recipes we have it. We have the following books ready for you in multiple varieties: Notorious Notebooks Journal Your Life's Journey My Recipe Journal My Travel Journal My Bucket List My Diet Journal My Food Journal My Dream Journal My Gratitude Journal My Pregnancy Journal My To Do List Journal My Address Book My Smoothie Recipe Journal My Fitness Journal My Workout Journal My Golfing Log Book My Running Journal My Daily Journal My Lined Journal My Lined Notebook Kadence Lee Coloring Books Just search Amazon for any one of these author names and look for ones with Blank Book Billionaire. Scroll up and grab your copy today, nah grab two ;)

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Journal with Purpose Helen Colebrook, 2019-11-26 *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.

Silver Lining Journal Shreya Badonia, 2017-12-02 *Silver Lining Journal* is a self-explanatory journal which is designed to help you find yourself through a series of prompts to bring a positive change in your life. How well do you know yourself? What do you want from your life? This journal will help you answer the arduous questions about life. Every chapter in the journal contains a principle which can leverage readers to attain a prosperous and mindful life. It includes a planner and chart where you can write about your goals and plan your future because people don't plan to fail but fail to plan.

My Daily Journal My Daily Journal, 2016-01-13 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 DON'T 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 Let'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 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 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 Scroll up and hit the add to cart button now.

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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 Scroll up and hit the add to cart button now.

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