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Finding my own answers. The result is a really simple daily journal that can be completed in less than a few minutes. It is beautifully illustrated and with plenty of variety to keep kids engaged, all the while developing important habits that will set them up for life.

### Our Story – UK Store - The HappySelf Kids' Daily Journal ...

This layout with the doodles in the middle of both pages with the actual daily tasks on the either side is such a

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good one for a flower theme! These daises look more realistic than some of the other doodles and the way she uses a full yellow background is a super cool way to add ALOT of color to the spread.

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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 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

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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 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

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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



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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

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designs and wonderful products, we hope to help unleash your inner-greatness through words on paper. Everyone has a special story to tell. Makes a wonderful gift for friends, family, and loved ones. Give the gift of a simple journal, notebook, diary, or planner! They are great for any occasion: holidays, birthdays, weddings, ceremonies, events, "just because", and any occasion. What others are saying: "Through the advice of a friend, I started journaling 6 months ago. It's allowed me to peacefully release stress from work. In the past, I would take it out on my family, but it was never their fault. Now I can release my thoughts on paper. Thanks joyful journal!" -Alice "I started listing 5 things a day that I am grateful for. At first, it was not that easy. Now that I have kept a gratitude journal for

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about two months, things have completely changed. Mainly my mindset. I just realize how much I took for granted small things. Like the smell of coffee, a nice hand written card, or just a nice compliment. I mainly use my journal for gratitude and my daily thoughts!" -Mary Scroll up and click 'buy' to grab one today!

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personal use Great for expressing gratitude and thankfulness in your life Benefits of Journaling / Notekeeping Joyful Journals understands the powerful benefits associated with journaling and notekeeping. That's why we have created beautiful, high-quality products so you can harness your best self through the use of our notebooks, journals, and diaries. Here are a few of the incredible benefits you can take advantage of by journaling, keeping a diary, or releasing your thoughts on paper. Improves your mindfulness Boosts creativity and well-being Enhances emotional intelligence Increased goal setting and achieving Inner-healing and stress relief About Joyful Journals Joyful Journals believes that we all have something great within. We just have to find it and share it. Through the use of journaling,

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