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'6 journaling ideas for self development and self discovery

May 30th, 2020 - you might be wondering whether i do all of these journaling exercises on a daily basis the answer is no but there are a few that i do on a daily basis as of this writing 1 i write down my goals every day 2 i keep a daily log and 6 every night before bed i quickly jot down the single best thing that happened to me that day'

'101 creative journaling prompts kristal norton

May 31st, 2020 - and again all over your page until it is pletely filled up be creative use different colors fonts styles or perhaps even use letters found in a magazine squirt some acrylic paint onto your page move it around with an old credit card or key card scrape the paint up and down and then scrape side to side letting the colors mix slightly'

'art journaling 101 mini e course kristal norton

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'five creative ways to journal mother s niche

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