

TODAY'S DATE:

JOURNALING IS A **POWERFUL** AND **SIMPLE** TOOL FOR EVERYONE.  
USE THIS PAGE TO WRITE YOUR THOUGHTS, FEELINGS + ACTIVITIES FROM  
TODAY OR ANYTHING ELSE YOU MIGHT HAVE ON YOUR MIND.

Three empty circles for writing the date.

DON'T OVERTHINK IT, JUST LET IT FLOW...

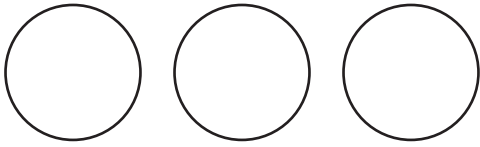
A large rounded rectangular box containing ten horizontal lines for journaling.



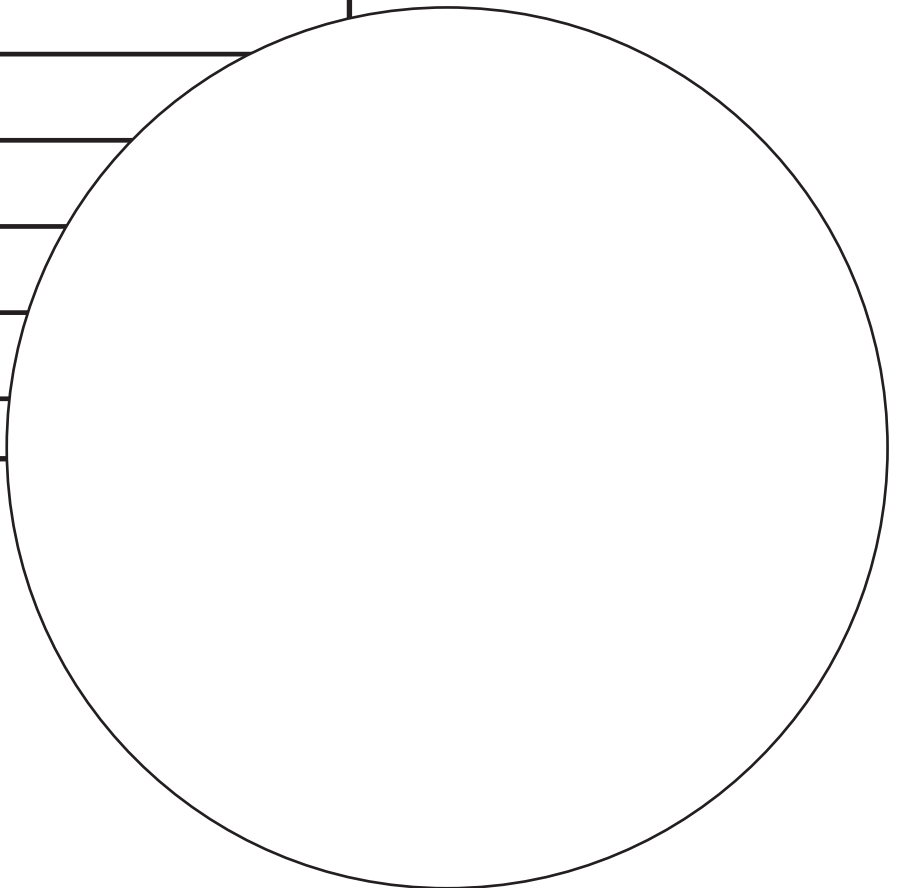
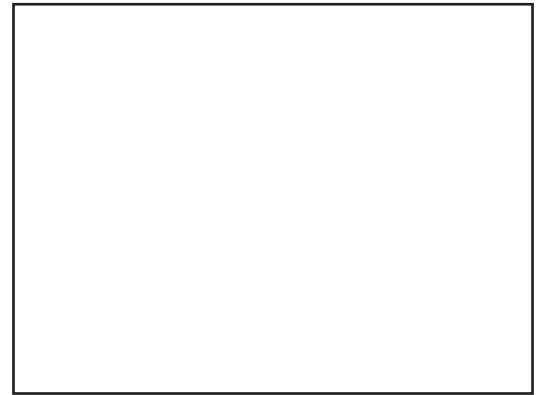
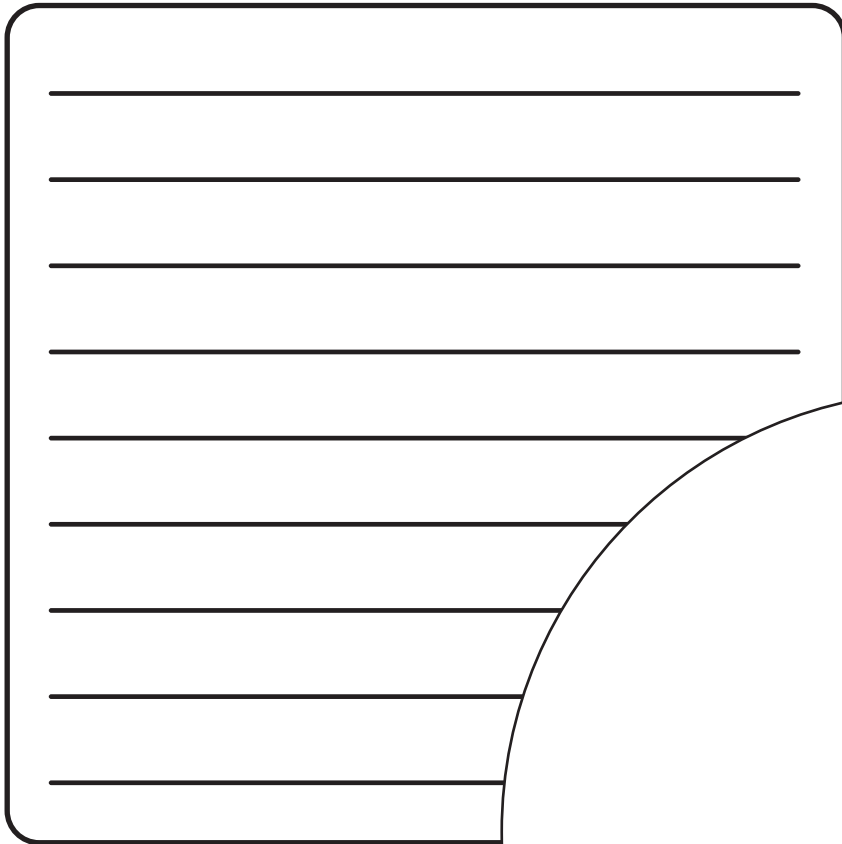
CREATING MENTALLY STRONG COMMUNITIES

TODAY'S DATE:

JOURNALING IS A **POWERFUL** AND **SIMPLE** TOOL FOR EVERYONE.  
USE THIS PAGE TO WRITE YOUR THOUGHTS, FEELINGS + ACTIVITIES FROM  
TODAY OR ANYTHING ELSE YOU MIGHT HAVE ON YOUR MIND.  
YOU COULD EVEN DRAW A PICTURE.



DON'T OVERTHINK IT, JUST LET IT FLOW...



CREATING MENTALLY STRONG COMMUNITIES