

---



# Kreativ dagbog

---



En 30-dages guidet dagbog



Friform

Skabt med LoomJournals

---

# Sådan bruger du denne dagbog

---

Velkommen til din dagbog! Her er nogle tips til at få mest muligt ud af den:

- 1 Sæt et par minutter af hver dag til at skrive
- 2 Vær ærlig og skriv frit uden at dømme
- 3 Prøv at skrive på samme tidspunkt hver dag for at opbygge en vane
- 4 Gennemgå dine noter ugentligt for at opdage mønstre



Scan for en detaljeret guide til, hvordan du bruger denne dagbog

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots, arranged in approximately 30 rows and 40 columns, intended for writing or drawing.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_



**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots arranged in approximately 25 columns and 35 rows, intended for writing or drawing.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

**Dato:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.