


Inspirationsdagbog



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.

Dato: _____

Topic: _____

A large grid of small dots for writing notes.

Dato:

Topic:

A large grid of small dots for writing notes.

Dato: _____

Topic: _____

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

Dato: _____

Topic: _____

A large grid of small dots for writing notes.

Dato: _____

Topic: _____

A large grid of small dots for writing notes.

Dato: _____

Topic: _____

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

Dato: _____

Topic: _____

A large grid of small dots for writing, consisting of approximately 25 columns and 35 rows.

Dato: _____

Topic: _____

A large grid of small dots for writing notes.

Dato: _____

Topic: _____

A large grid of small dots for writing.

Dato: _____

Topic: _____

A large grid of small dots for writing.

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Dato:

Topic:

A large grid of small dots for writing notes.

Dato: _____

Topic: _____

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

Dato: _____

Topic: _____

Grid of dots for writing.

Dato: _____

Topic: _____

A large grid of small dots for writing notes.

Dato: _____

Topic: _____

A large grid of small dots for writing.

Dato: _____

Topic: _____

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Dato: _____

Topic: _____

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