


Creative Journal



A 30-Day Guided Journal



Free-form

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns



Scan for a detailed guide on how to use this journal

Date: _____

Topic: _____

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

Date: _____

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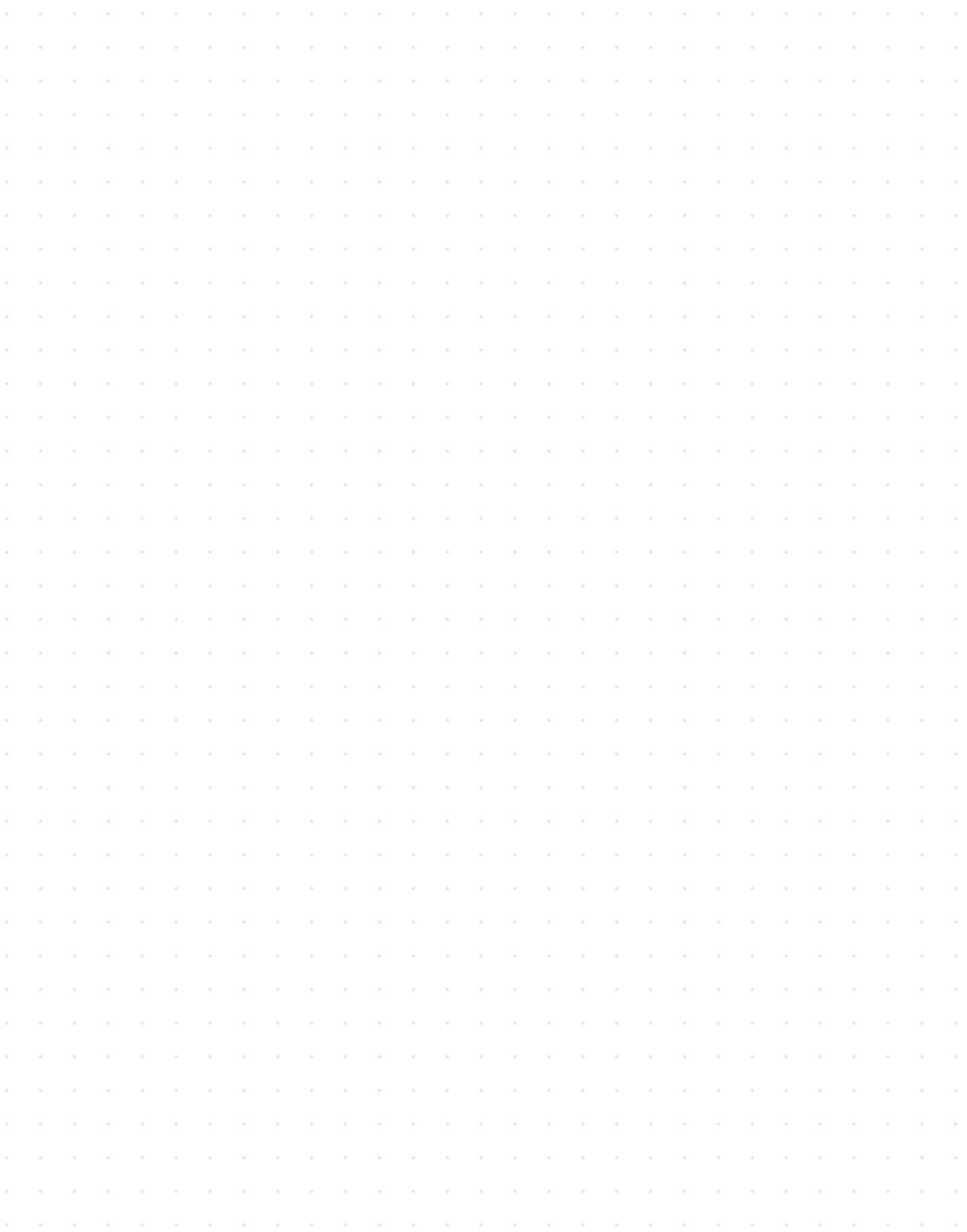
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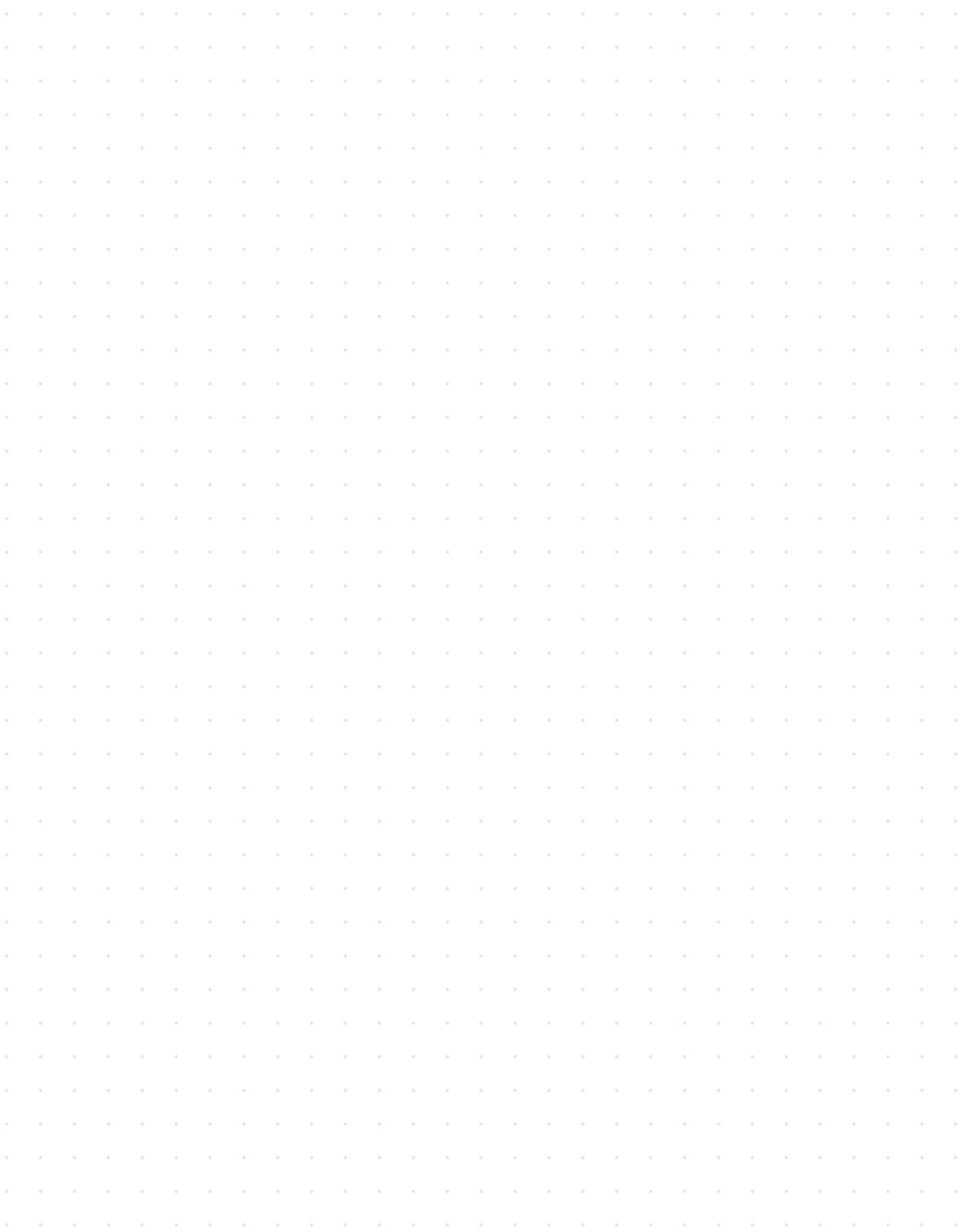
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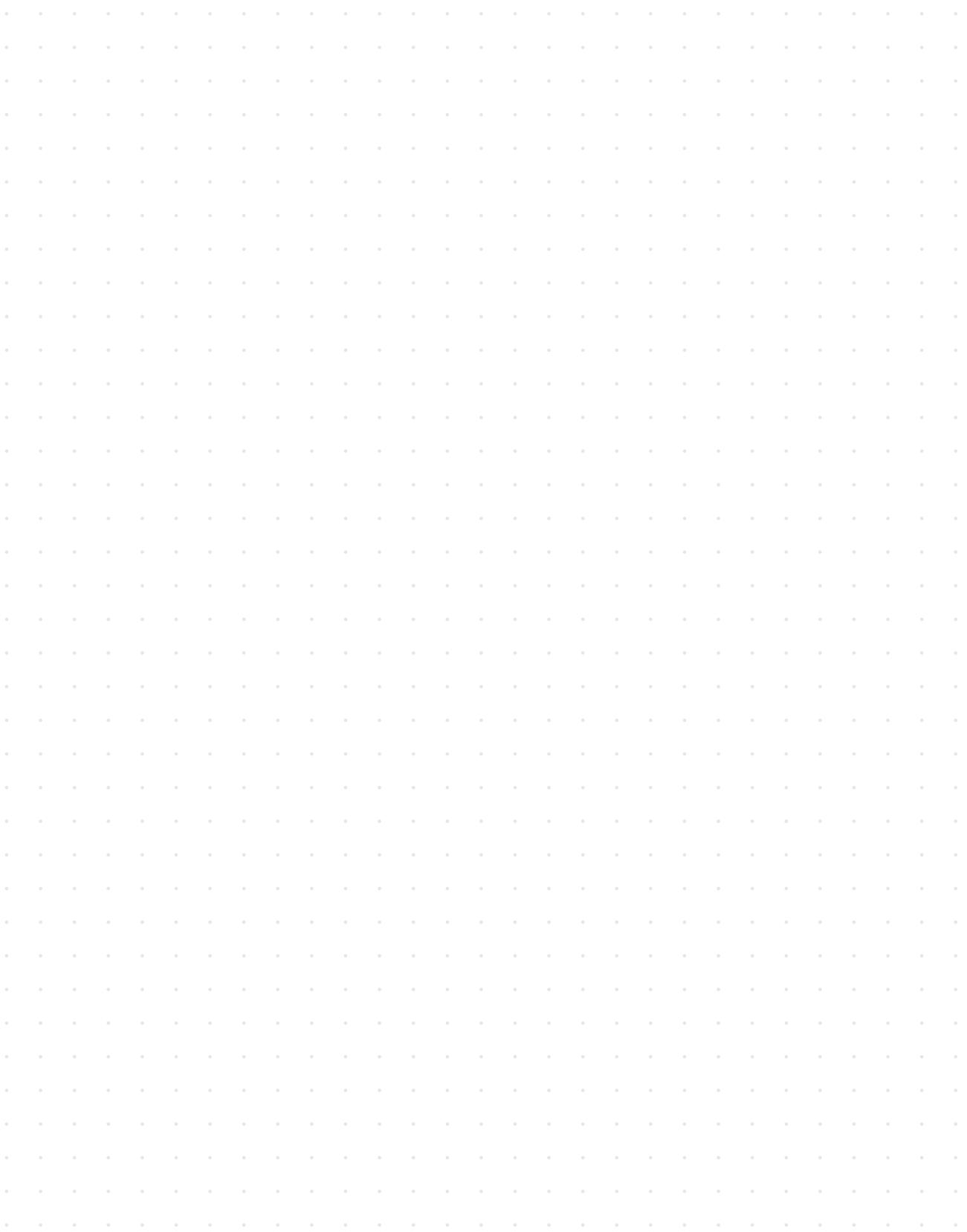
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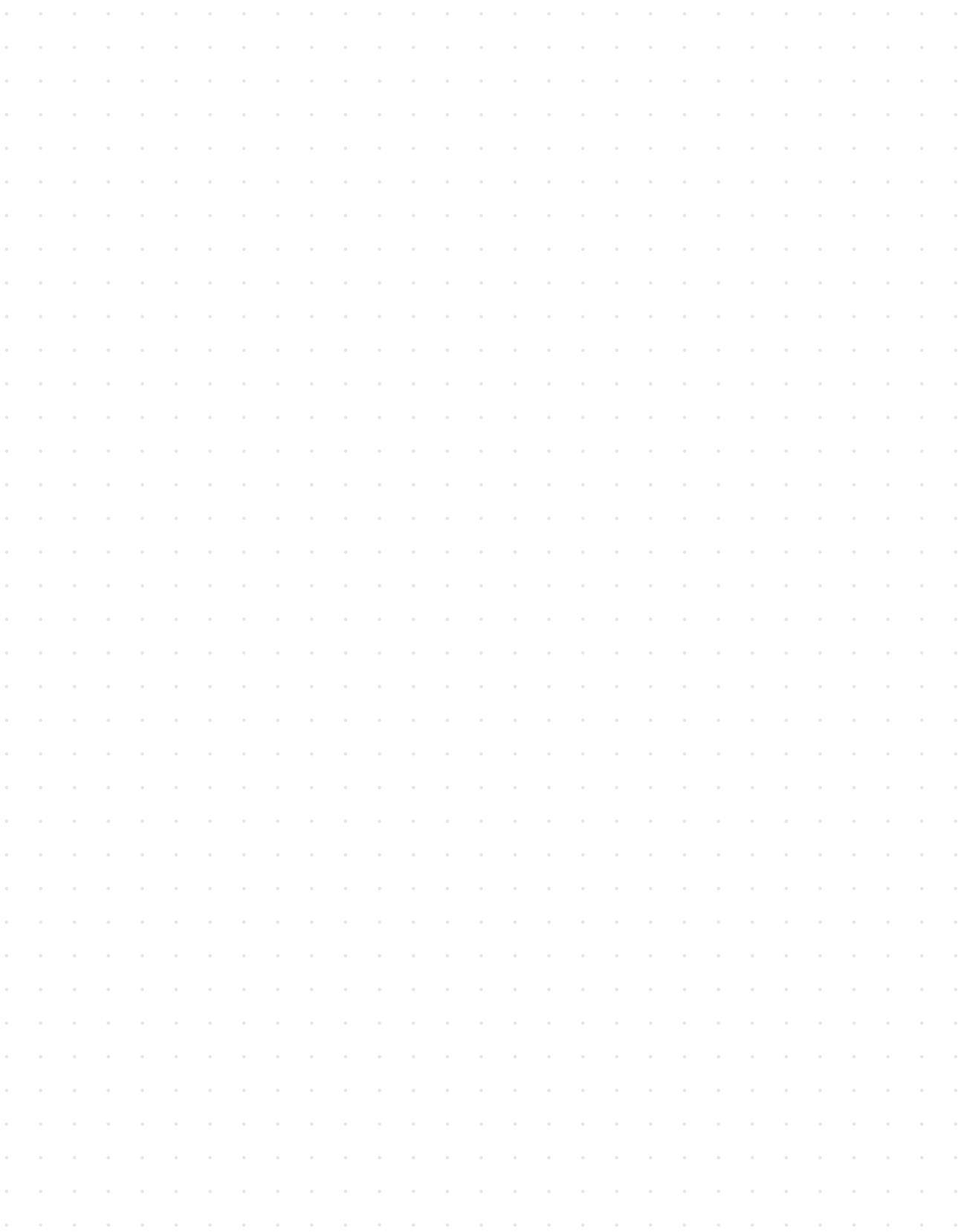
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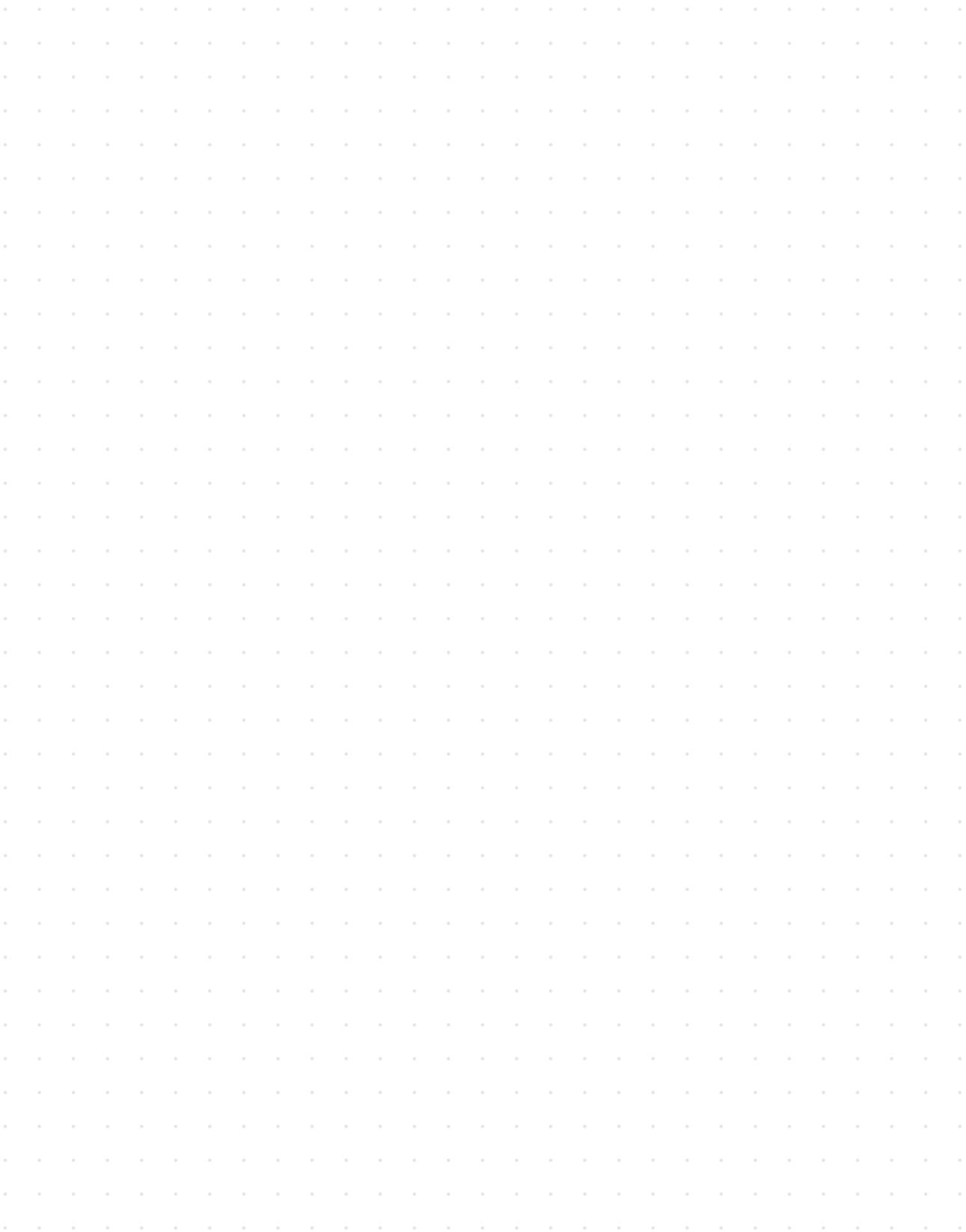
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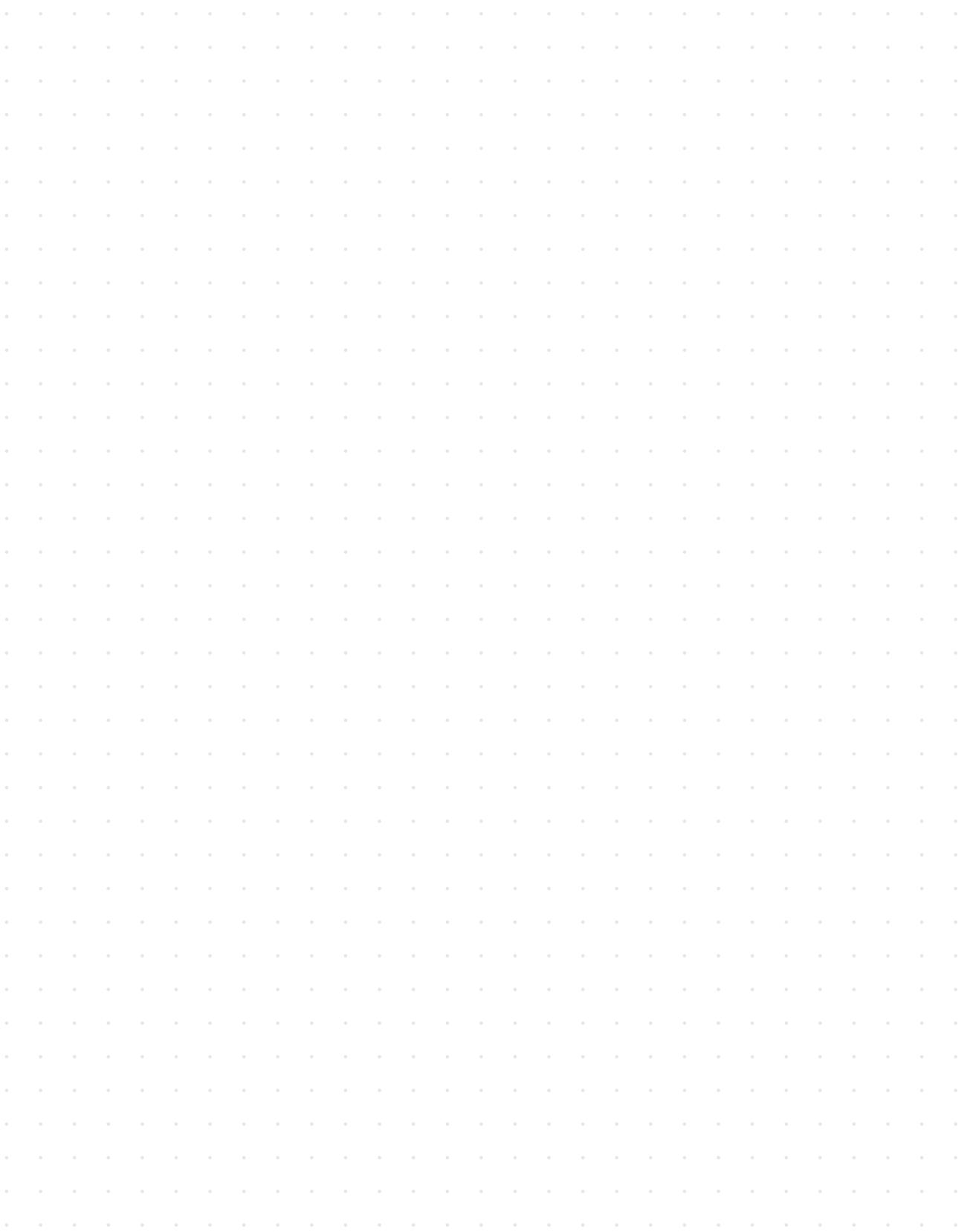
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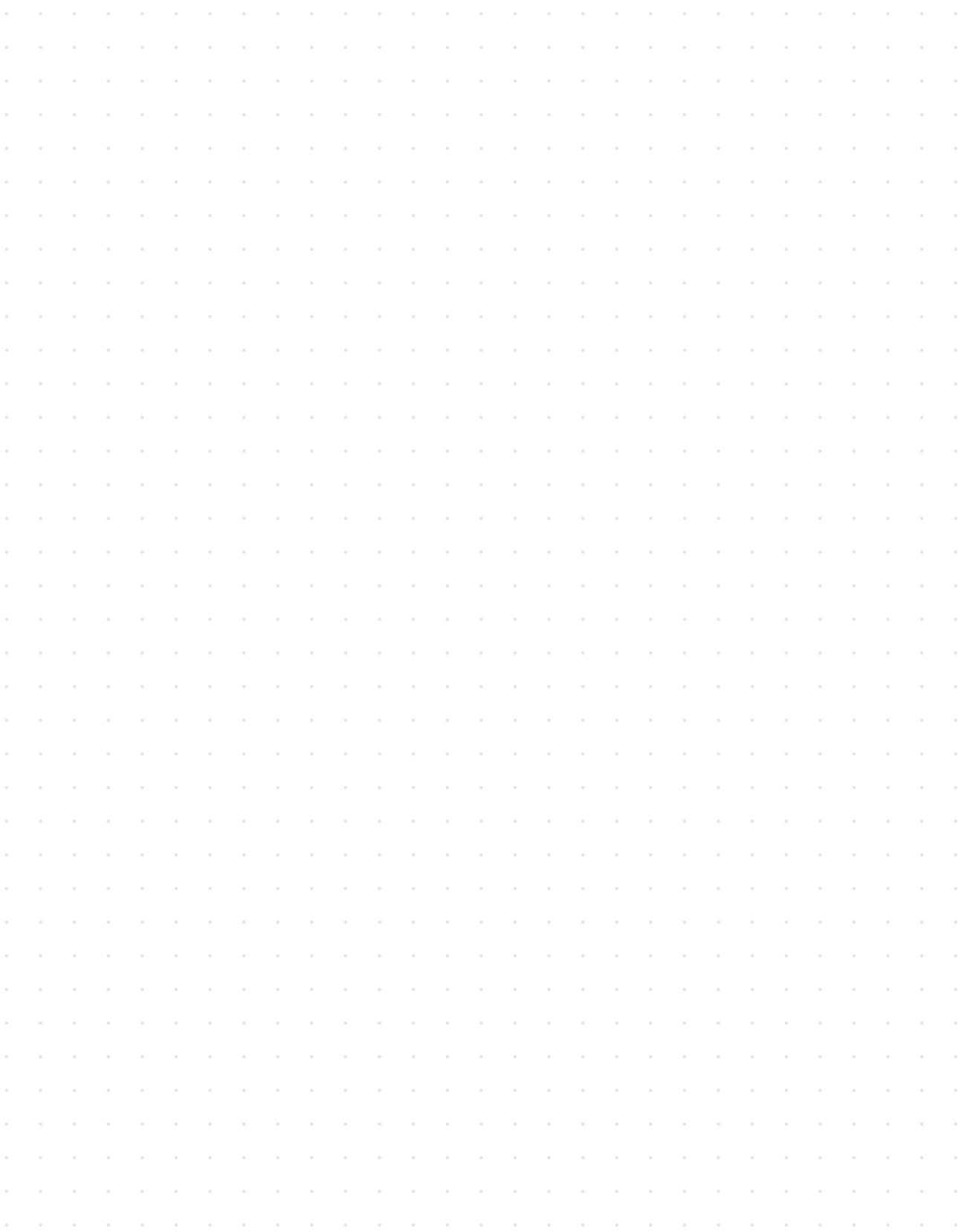
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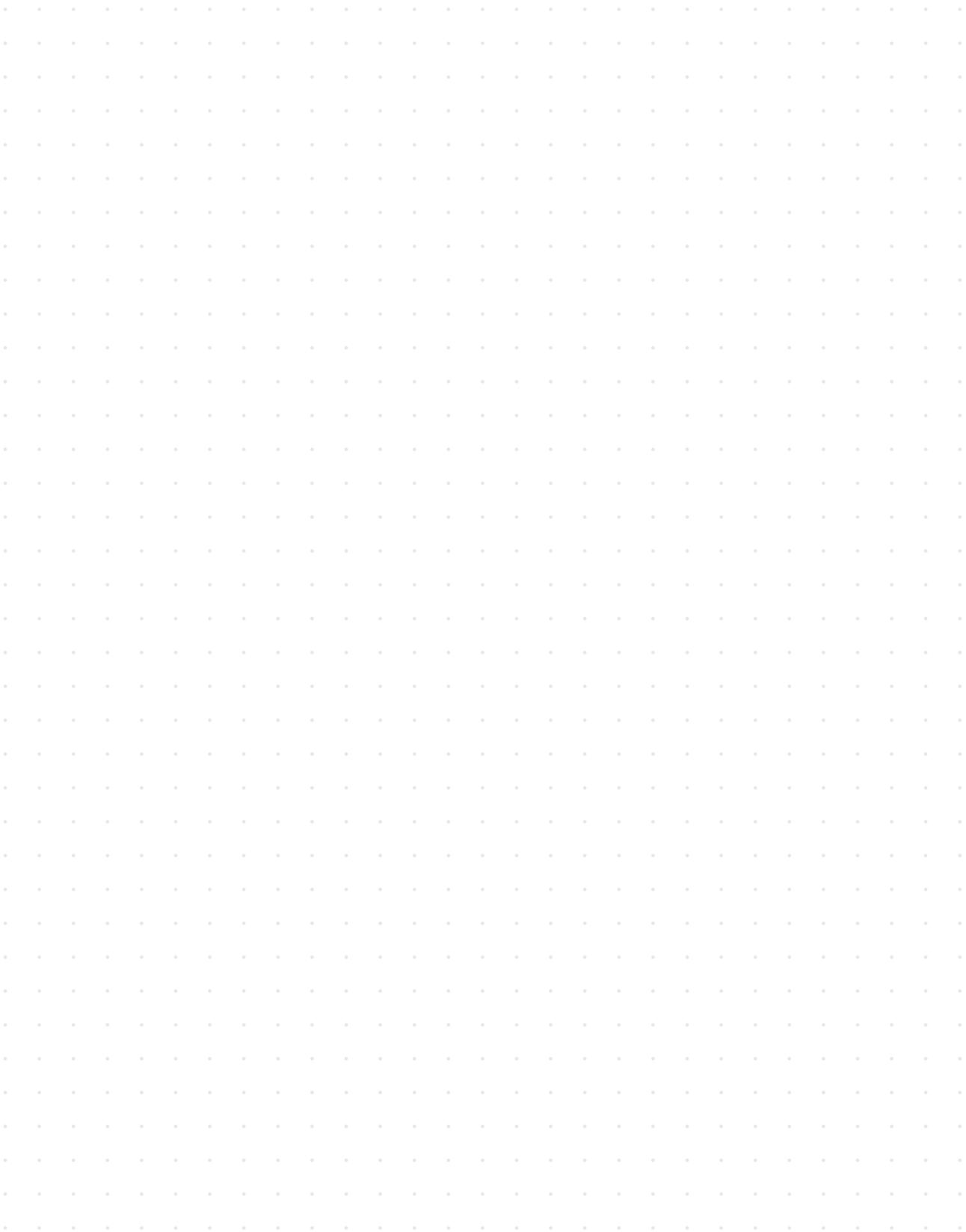
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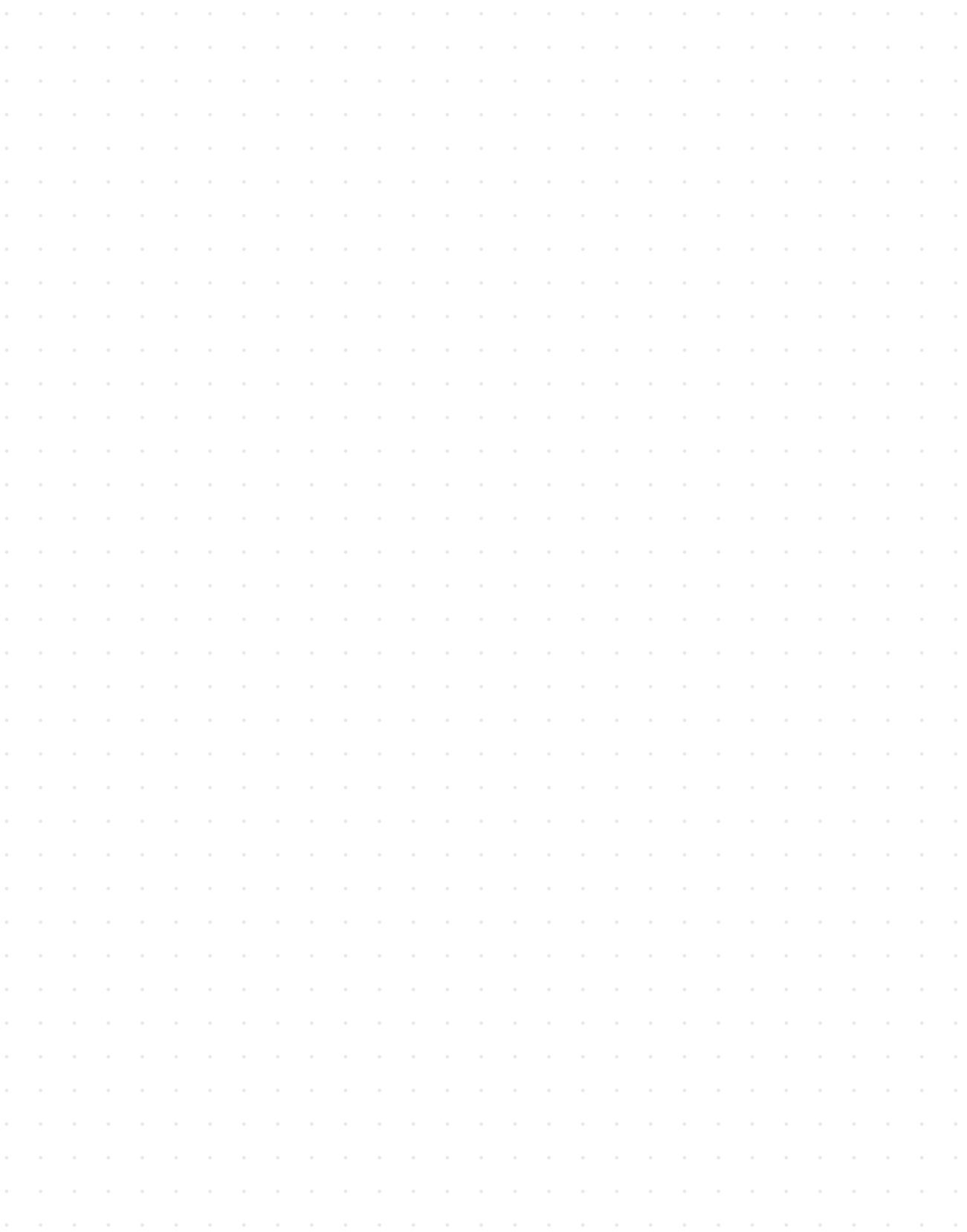
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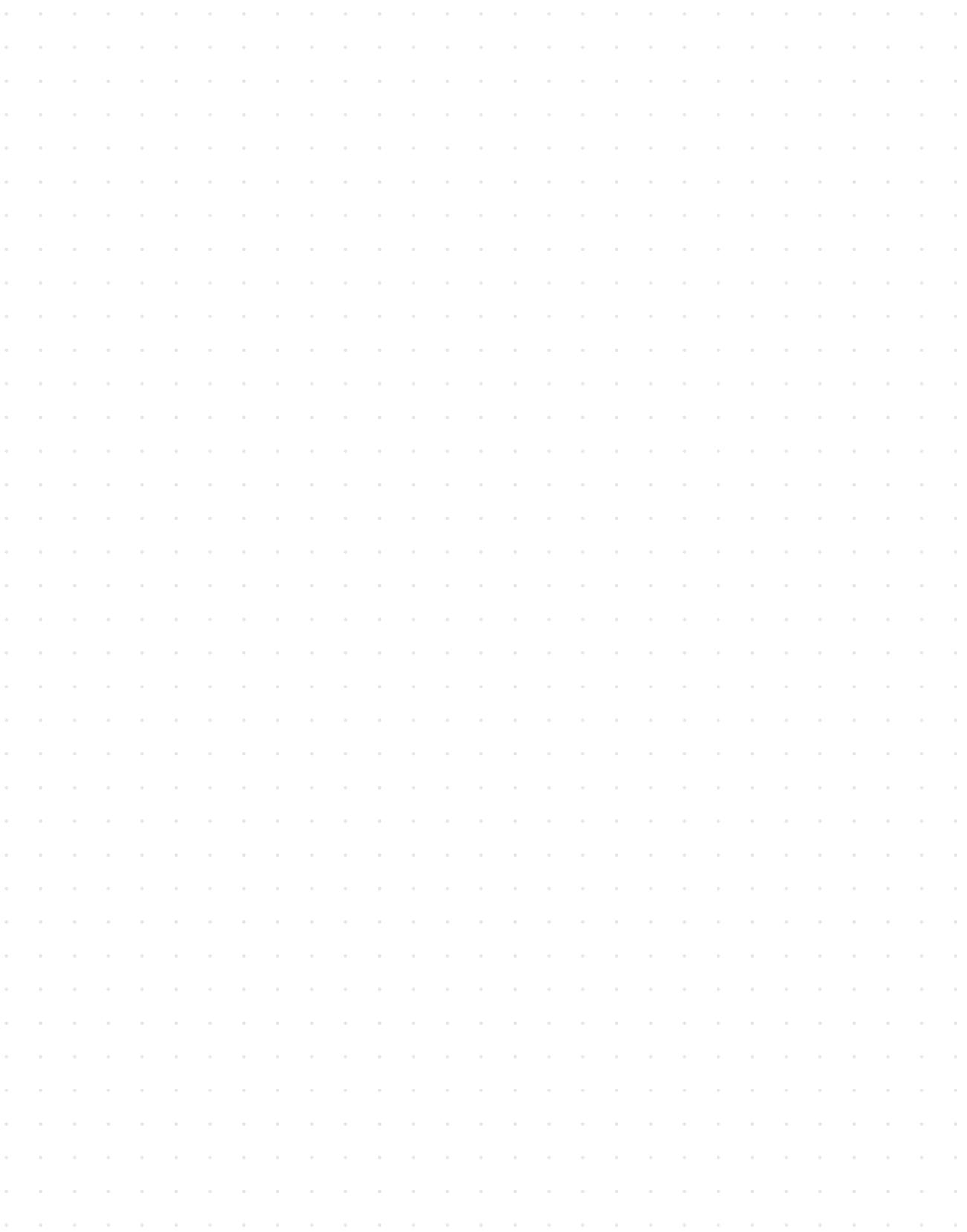
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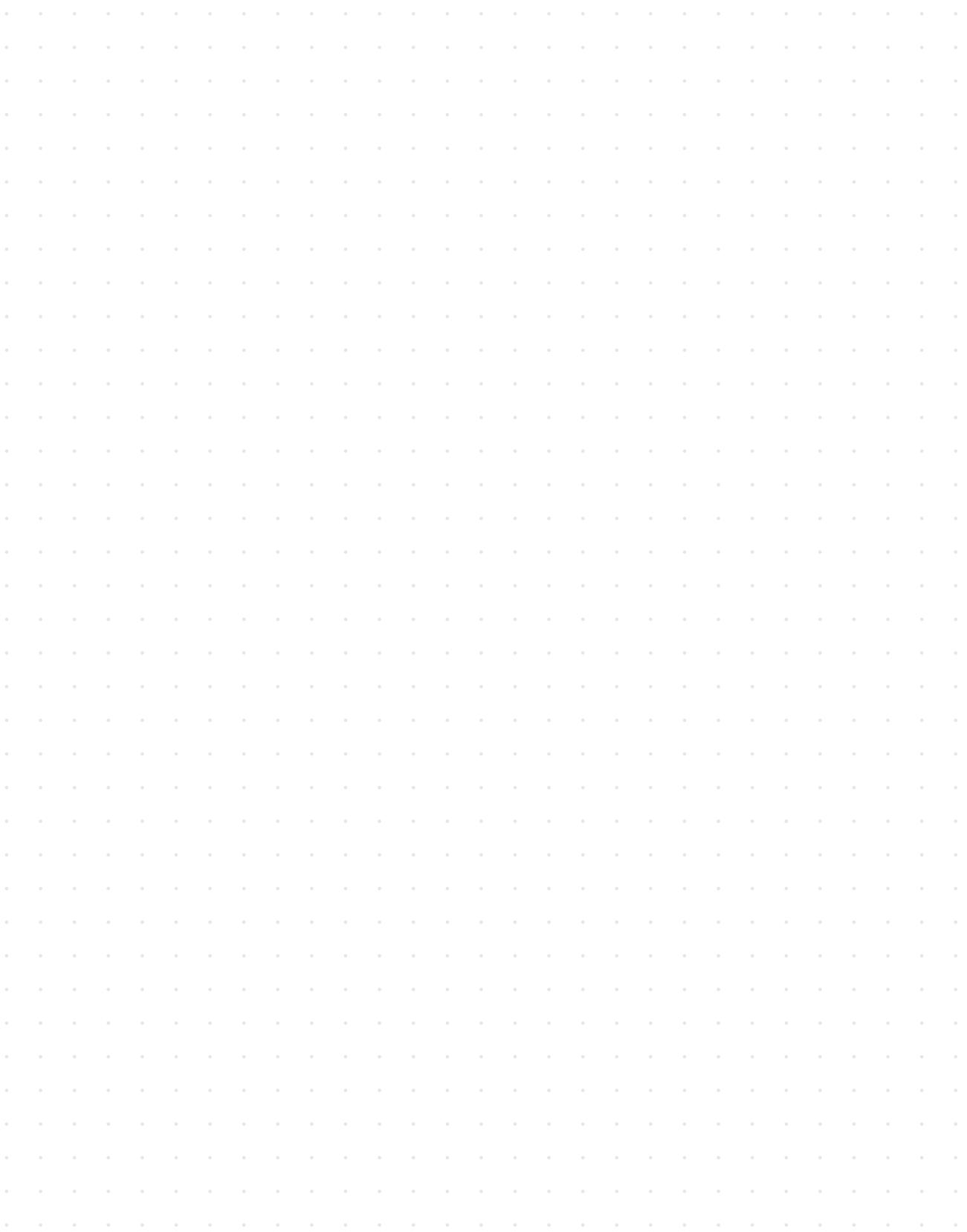
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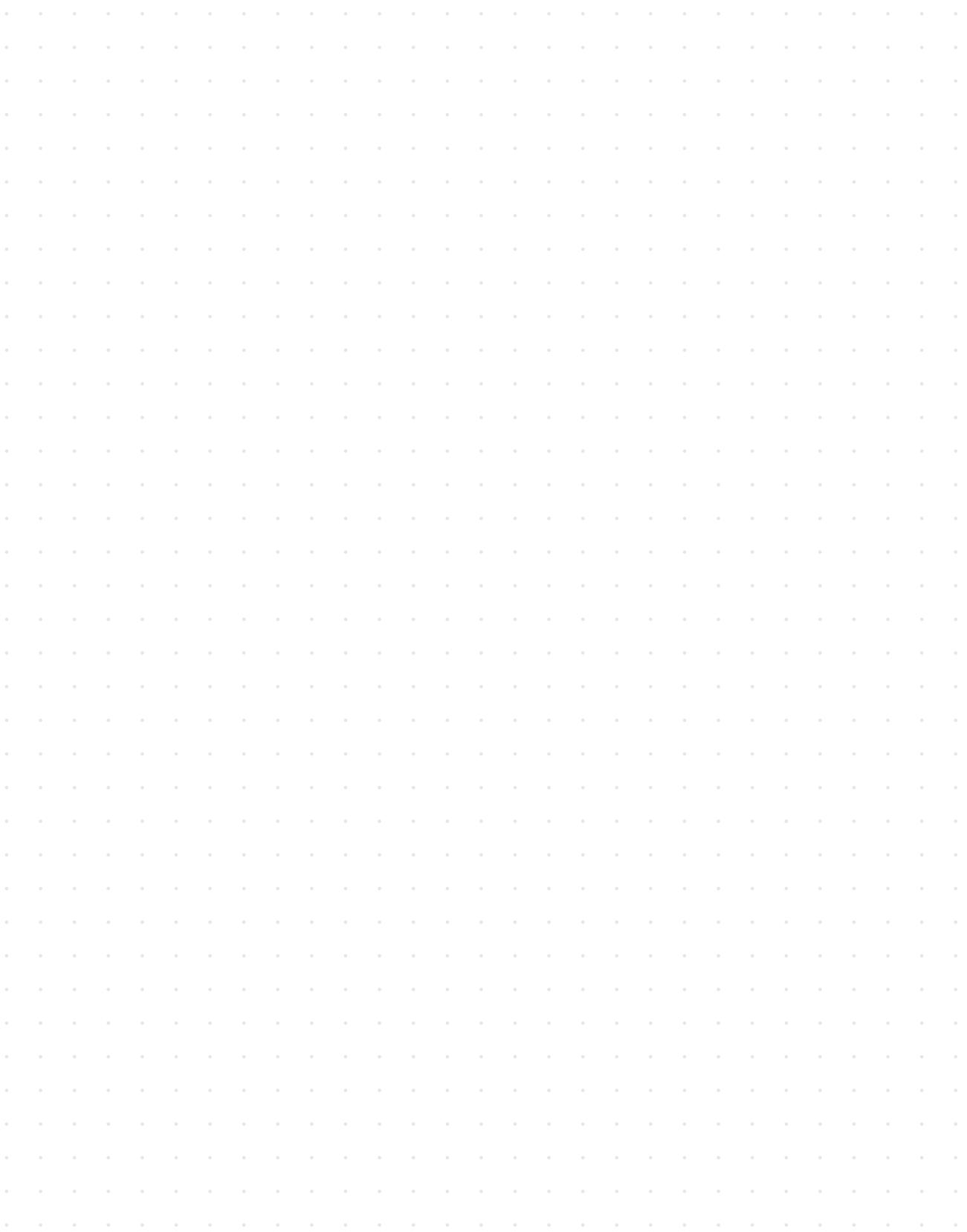
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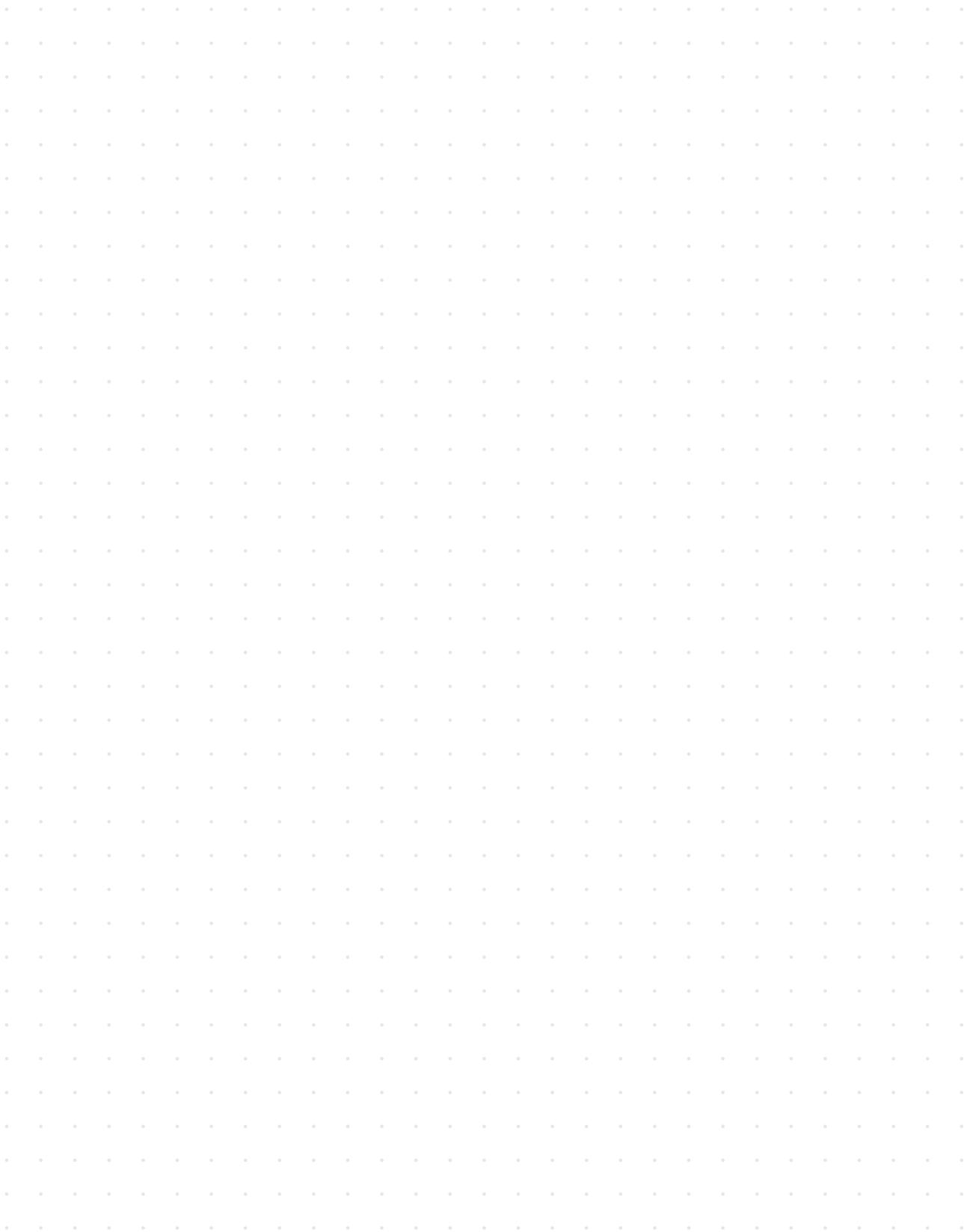
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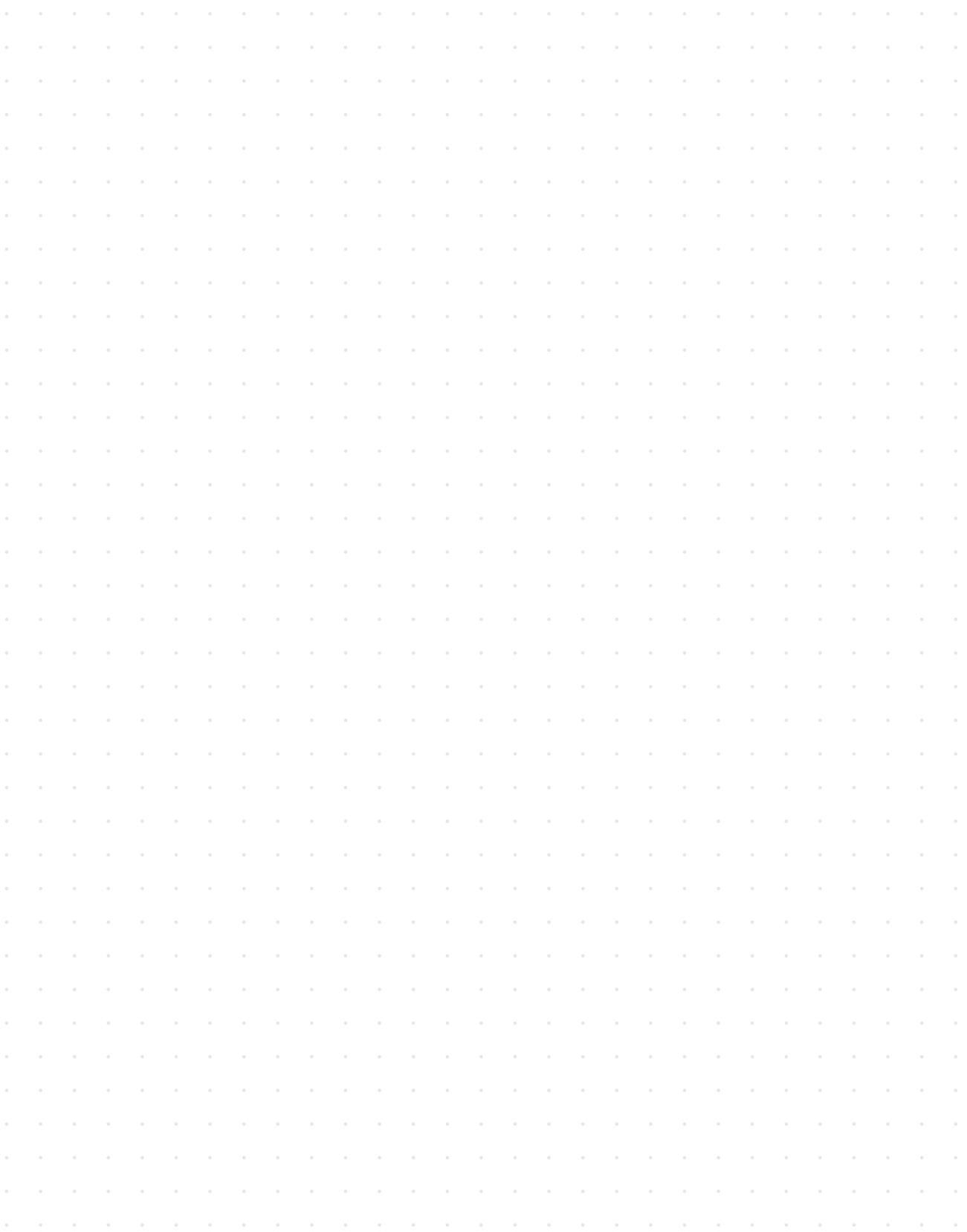
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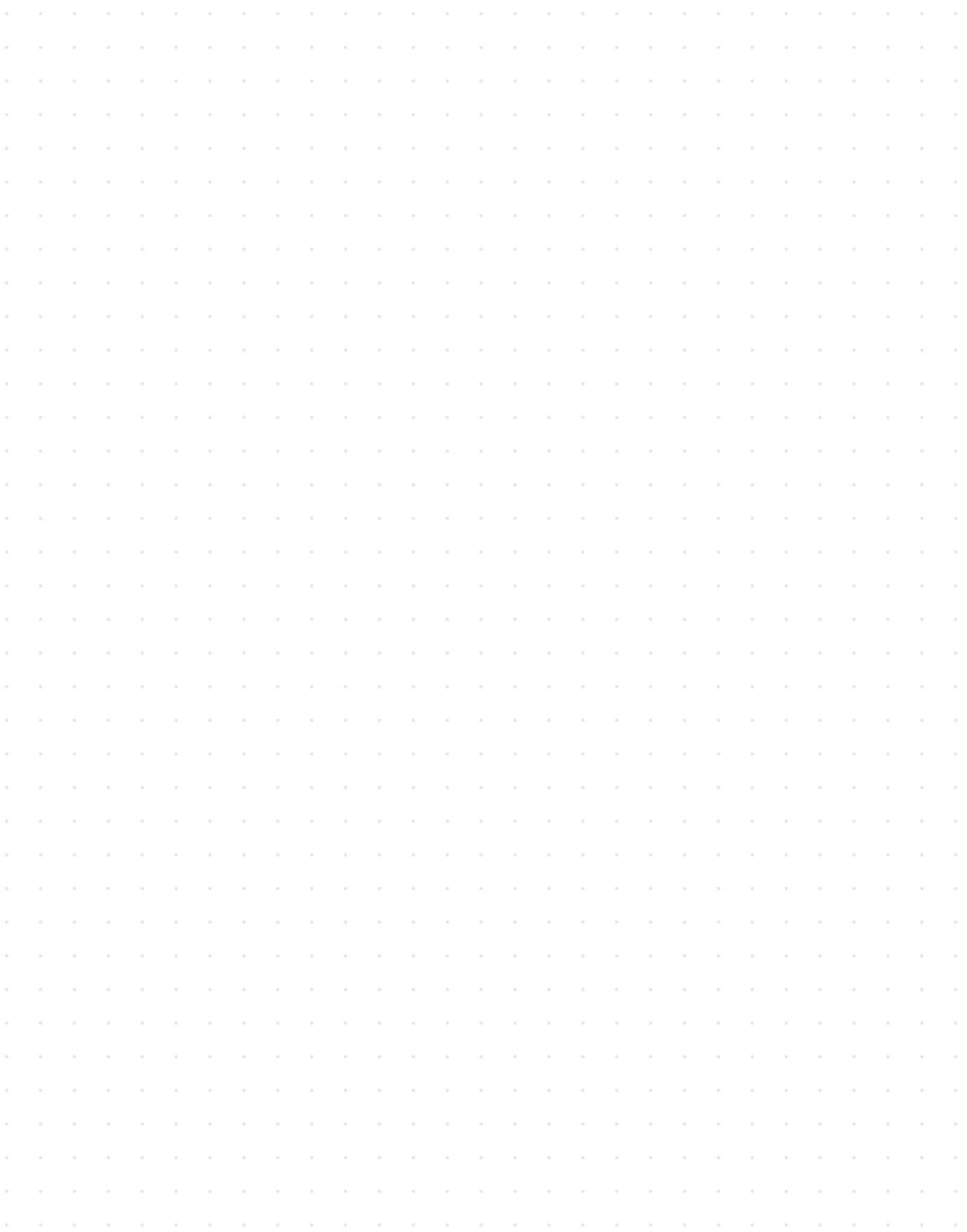
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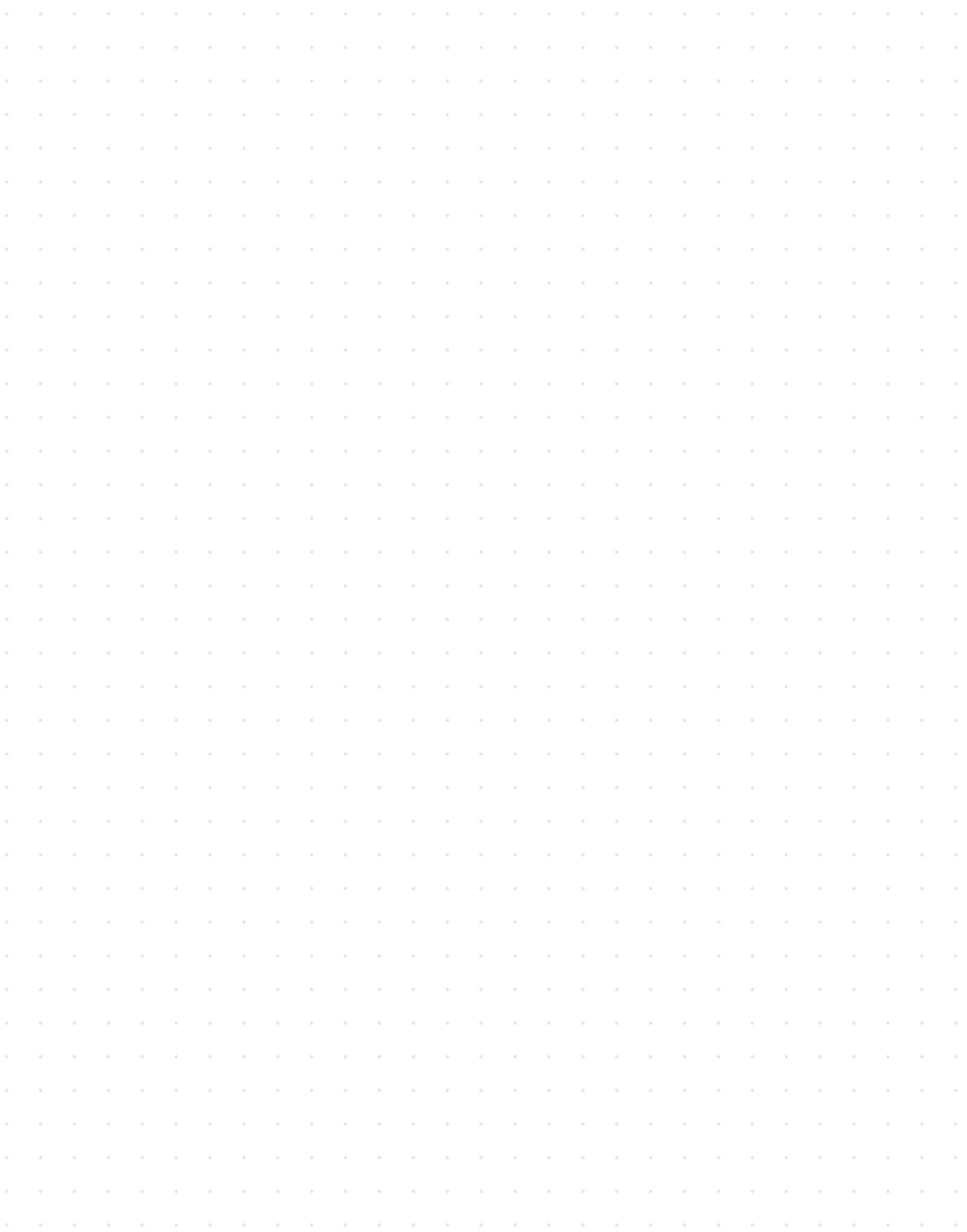
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A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

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Topic: _____

A large grid of small dots, arranged in approximately 25 rows and 40 columns, intended for writing or drawing.

Date: _____

Topic: _____

