Quote Journal

A 30-Day Guided Journal

Daily Entry

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

DAILY ENTRY

QUOTE JOURNAL

Date _____

QUOTE
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AUTHOR
Who said or wrote this? Full name if known

SOURCE
Book, speech, film, song — where did you find this?

WHY THIS RESONATES
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HOW TO APPLY THIS
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