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# Reading Journal

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A 30-Day Guided Journal



Hybrid

Created with LoomJournals

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# How to Use This Journal

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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

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- Start a new entry each time you finish a book or a reading session
  - Rate the book and record how many pages you read
  - Write down your thoughts — what resonated, what surprised you, what you disagree with
  - Capture your favorite quote and key takeaways to revisit later
  - Review your entries monthly to see your reading journey unfold



Scan for a detailed guide on how to use this journal

Date: \_\_\_\_\_

Rating:  1  2  3  4  5

Pages read: \_\_\_\_\_

Mood (1-10):  1  2  3  4  5  6  7  8  9  10



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**Key takeaways** *(hint key takeaways)*

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