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# Self-Discovery Journal

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A 30-Day Guided Journal



Daily Entry

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 with today's life purpose question
  - Reflect on your core values and strengths
  - Explore fears and limiting beliefs honestly
  - Capture insights and lessons learned
  - End with a moment of gratitude



Scan for a detailed guide on how to use this journal

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