


Journal créatif



Un journal guidé de 30 jours



Libre

Créé avec LoomJournals

Comment utiliser ce journal

Bienvenue dans votre journal ! Voici quelques conseils pour en tirer le meilleur parti :

- 1 Réservez quelques minutes chaque jour pour écrire
- 2 Soyez honnête et écrivez librement, sans vous juger
- 3 Essayez d'écrire à la même heure chaque jour pour créer une habitude
- 4 Relisez vos entrées chaque semaine pour repérer des tendances



Scannez pour un guide détaillé sur l'utilisation de ce journal

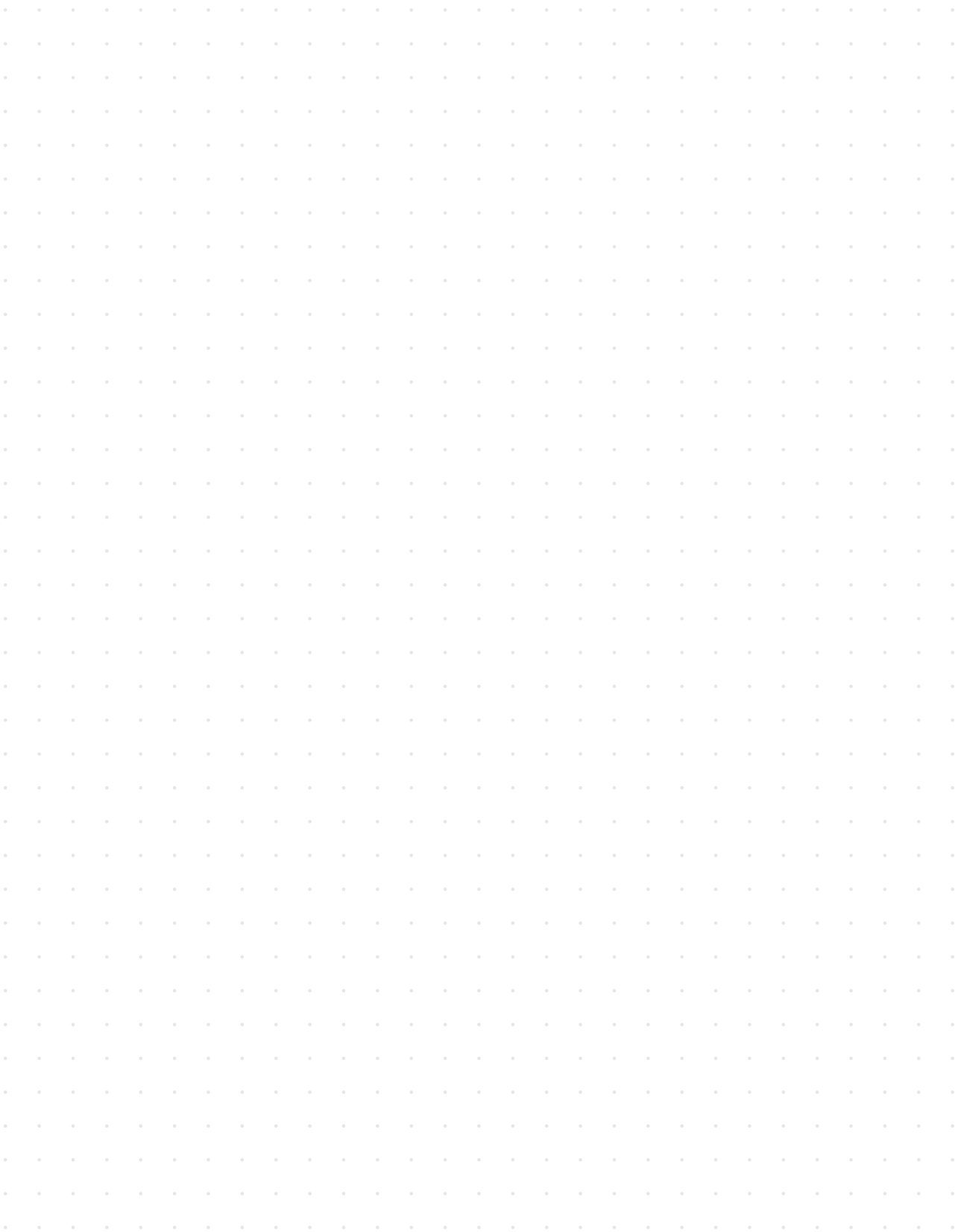
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A large grid of small dots for writing, consisting of 20 columns and 30 rows of dots.

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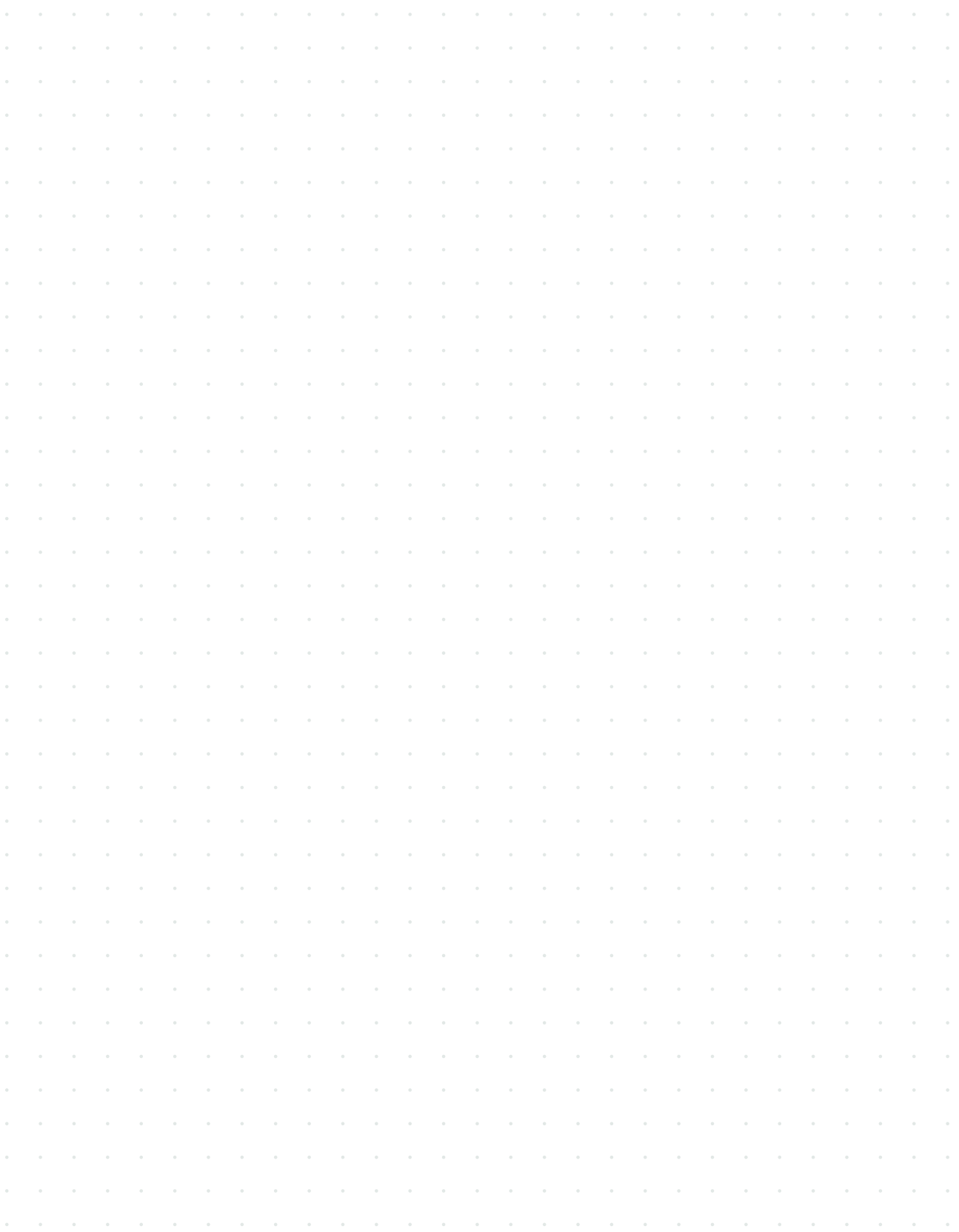
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A large grid of small dots for creative writing, consisting of 20 columns and 30 rows of dots.

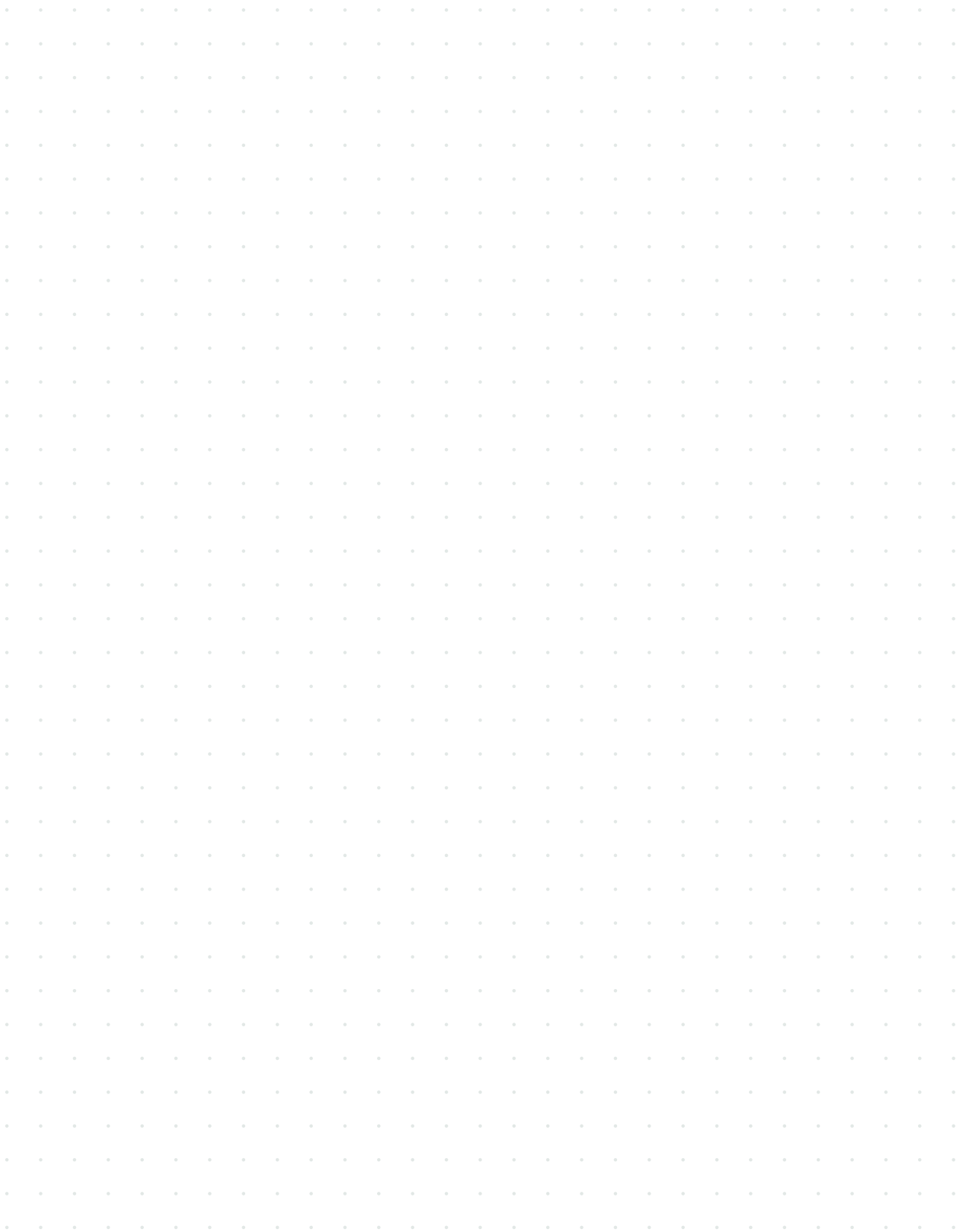
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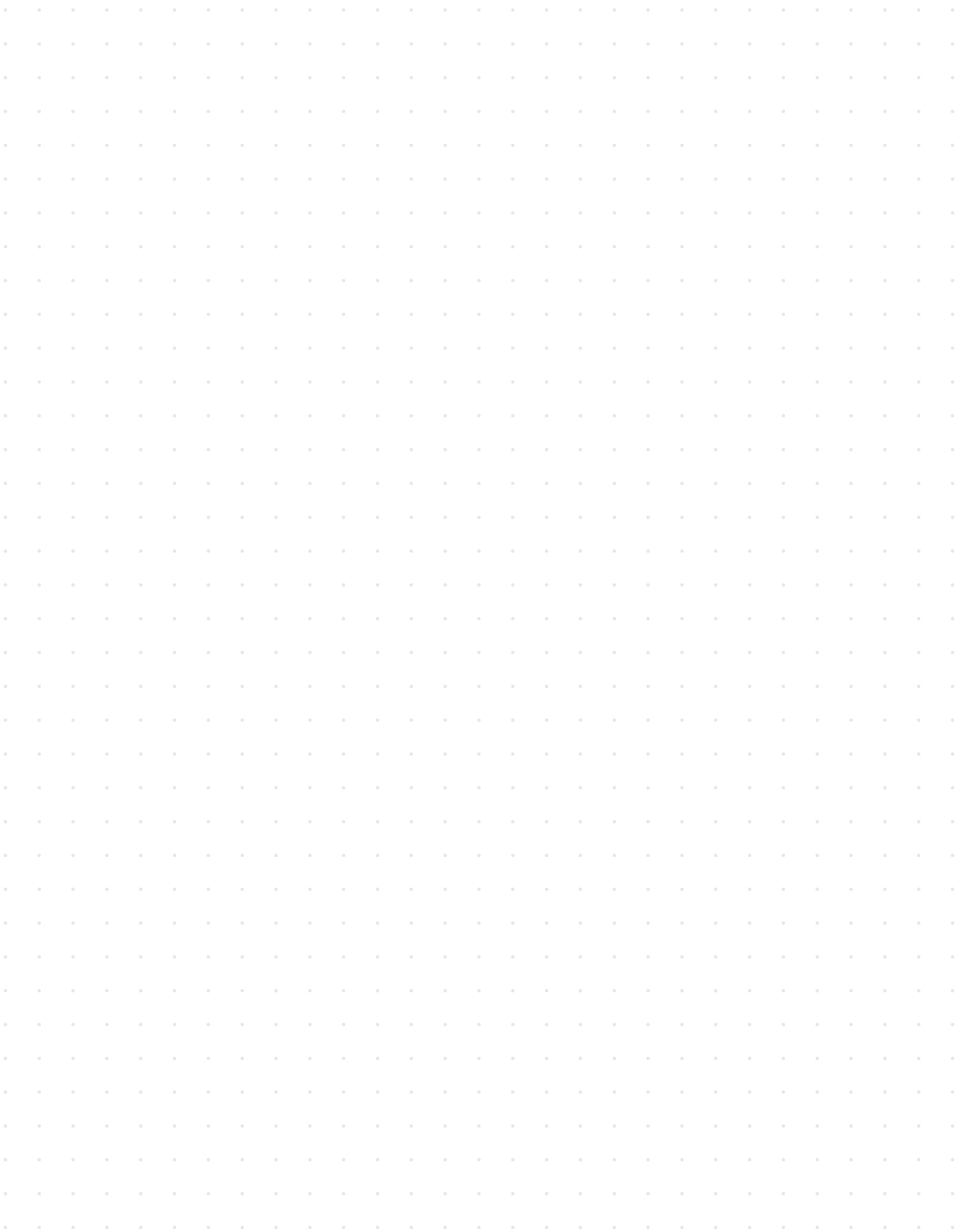
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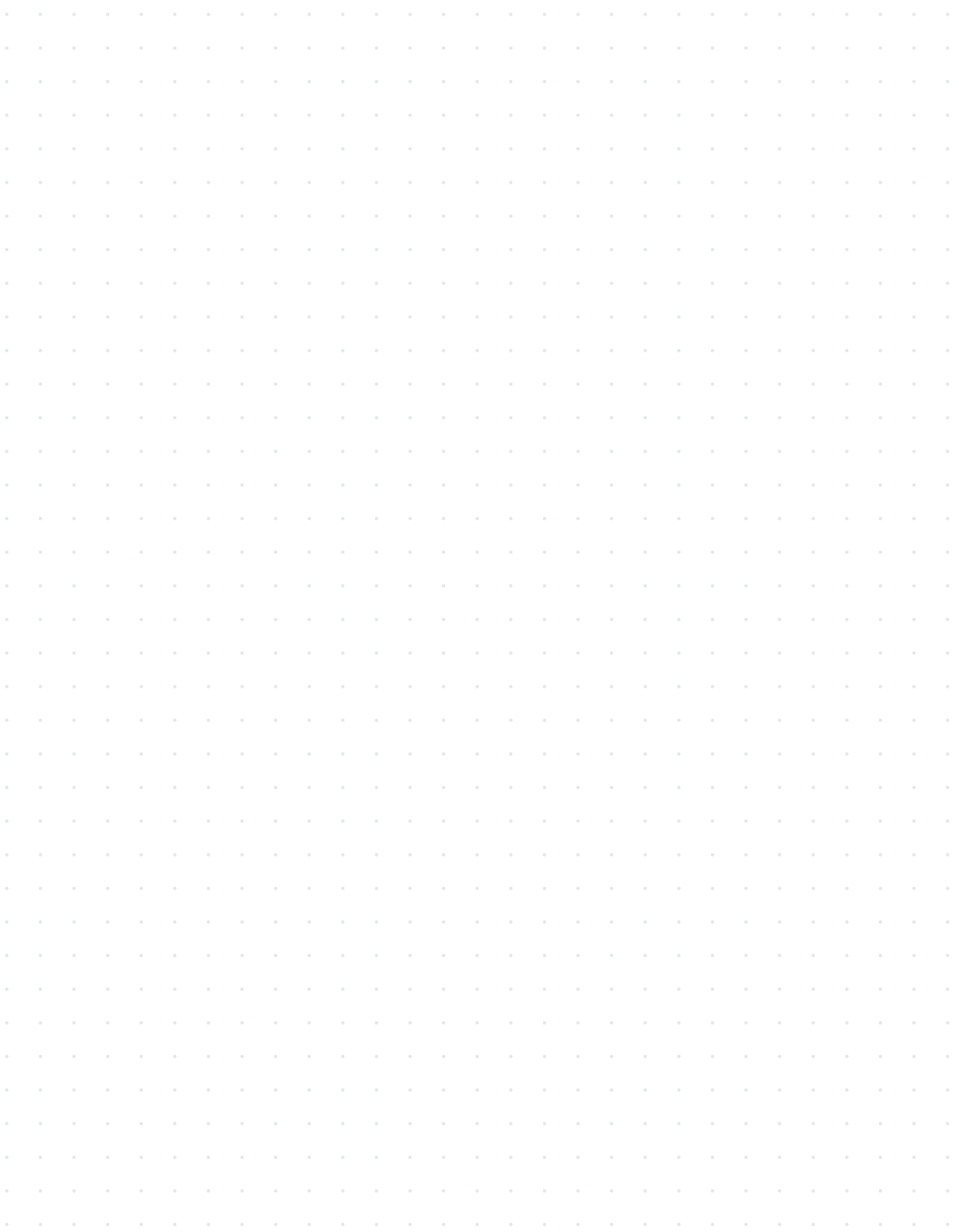
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