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# Creatief Dagboek

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Een 30-daags begeleid dagboek



Vrije Vorm



Gemaakt met LoomJournals

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# Hoe gebruik je dit dagboek

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Welkom bij je dagboek! Hier zijn een paar tips om er het maximale uit te halen:

- 1 Reserveer elke dag een paar minuten om te schrijven
- 2 Wees eerlijk en schrijf vrijuit zonder oordeel
- 3 Probeer elke dag op hetzelfde moment te schrijven om een gewoonte op te bouwen
- 4 Bekijk je aantekeningen wekelijks om patronen te ontdekken



Scan voor een gedetailleerde handleiding over het gebruik van dit dagboek

**Datum:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

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**Datum:** \_\_\_\_\_

**Topic:** \_\_\_\_\_

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**Datum:** \_\_\_\_\_

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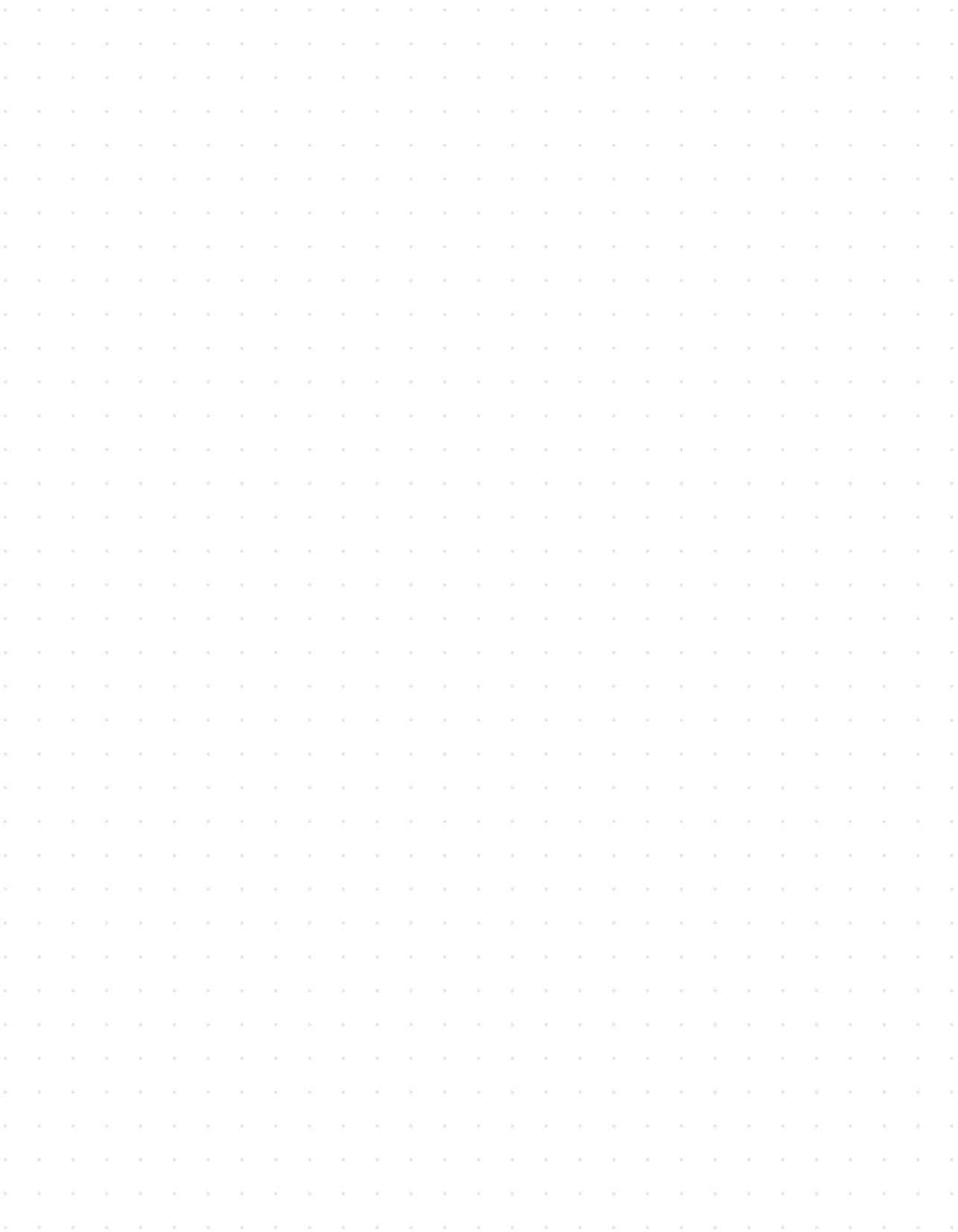
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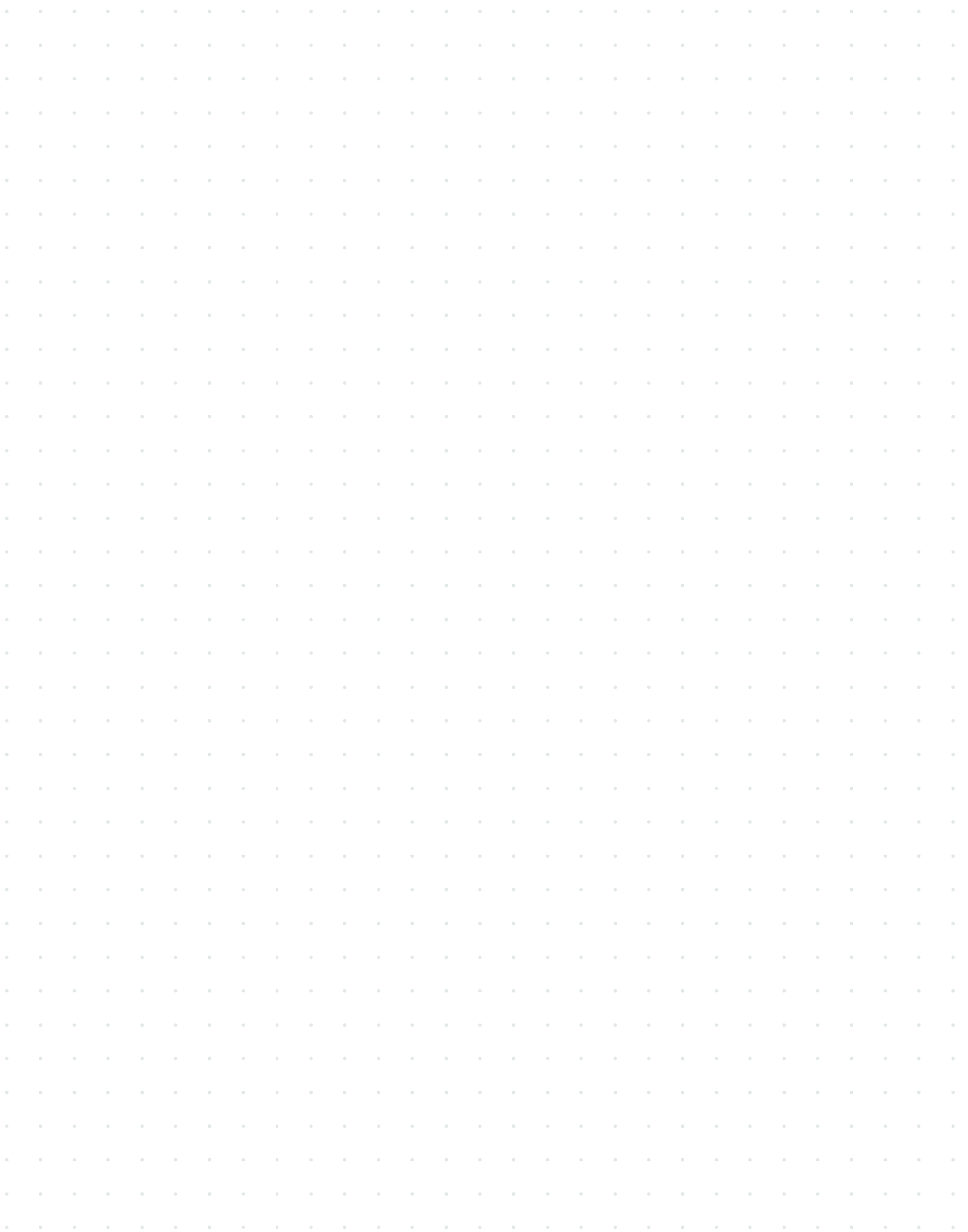
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