


Schetsdagboek



Een 30-daags begeleid dagboek



Vrije Vorm

Gemaakt met LoomJournals

Hoe gebruik je dit dagboek

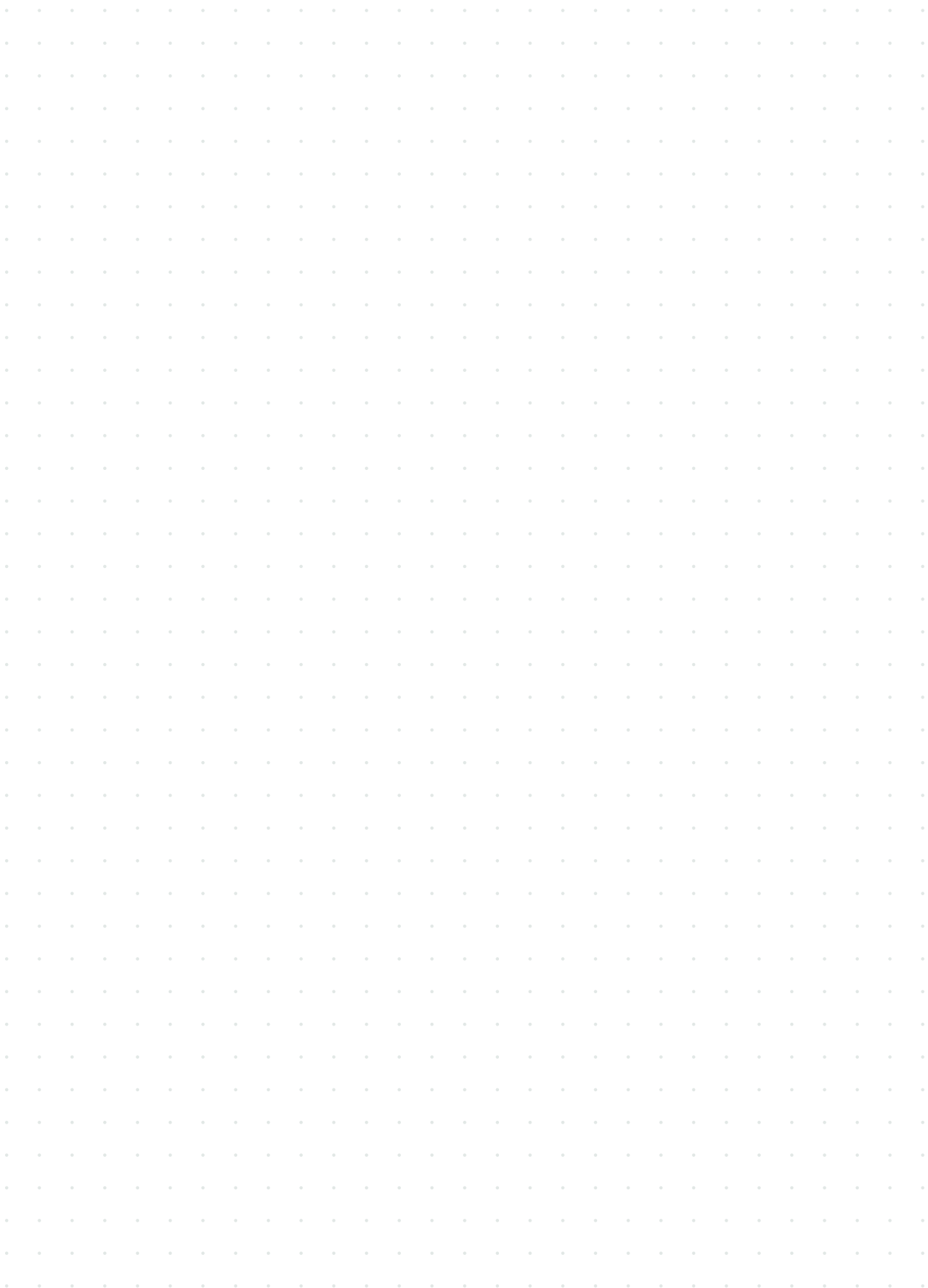
Welkom bij je dagboek! Hier zijn een paar tips om er het maximale uit te halen:

- 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

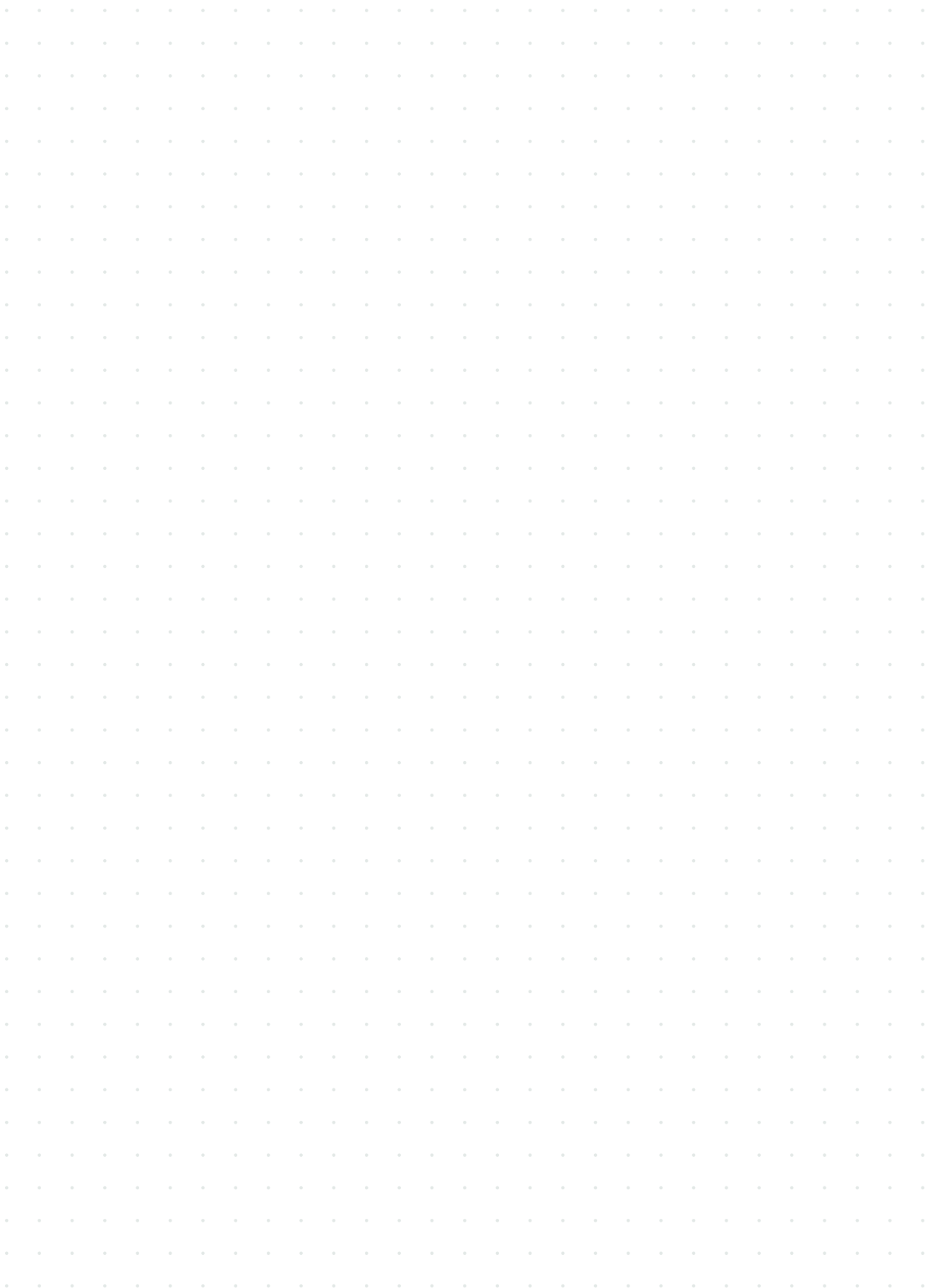


Scan voor een gedetailleerde handleiding over het gebruik van dit dagboek

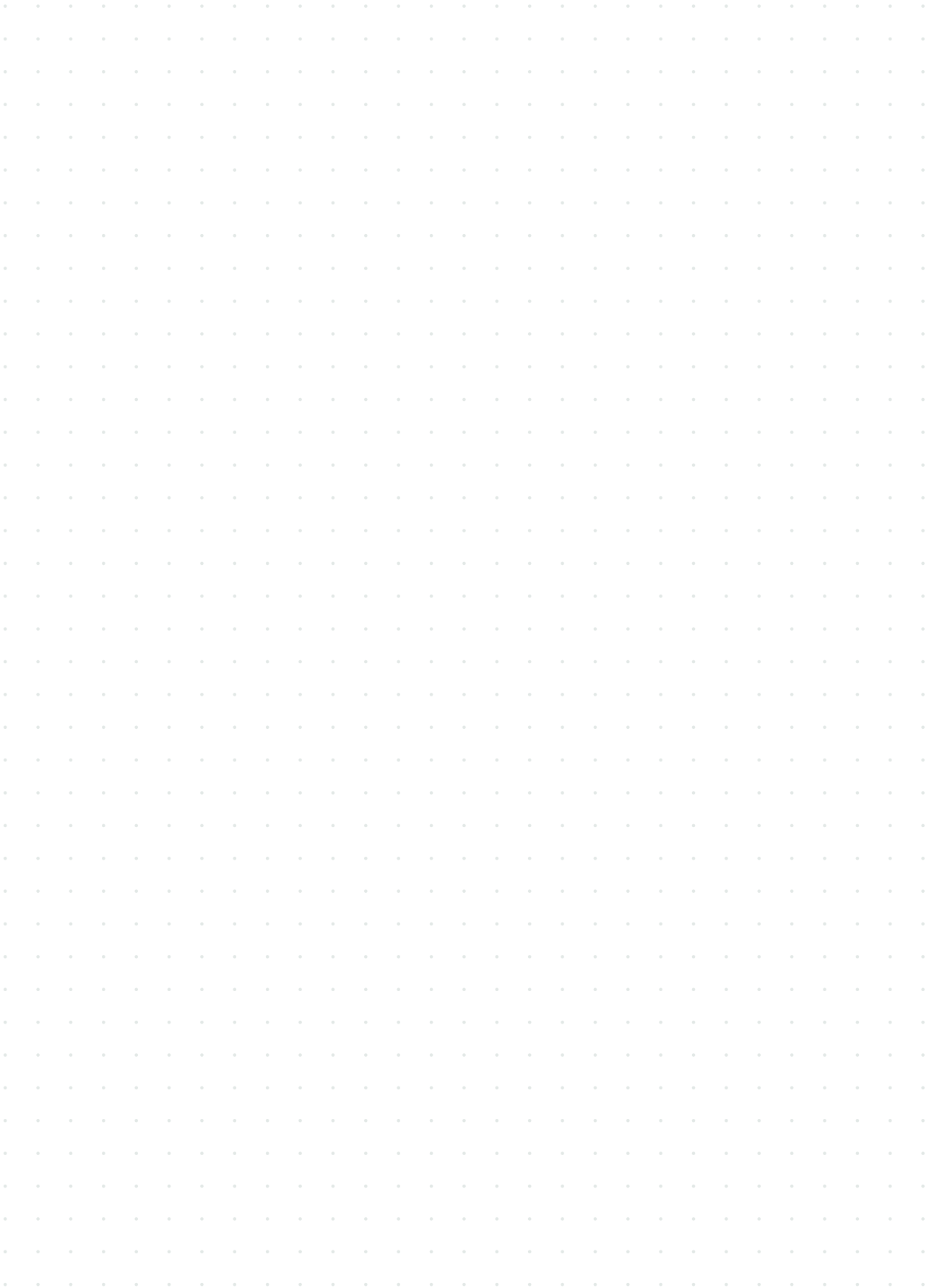
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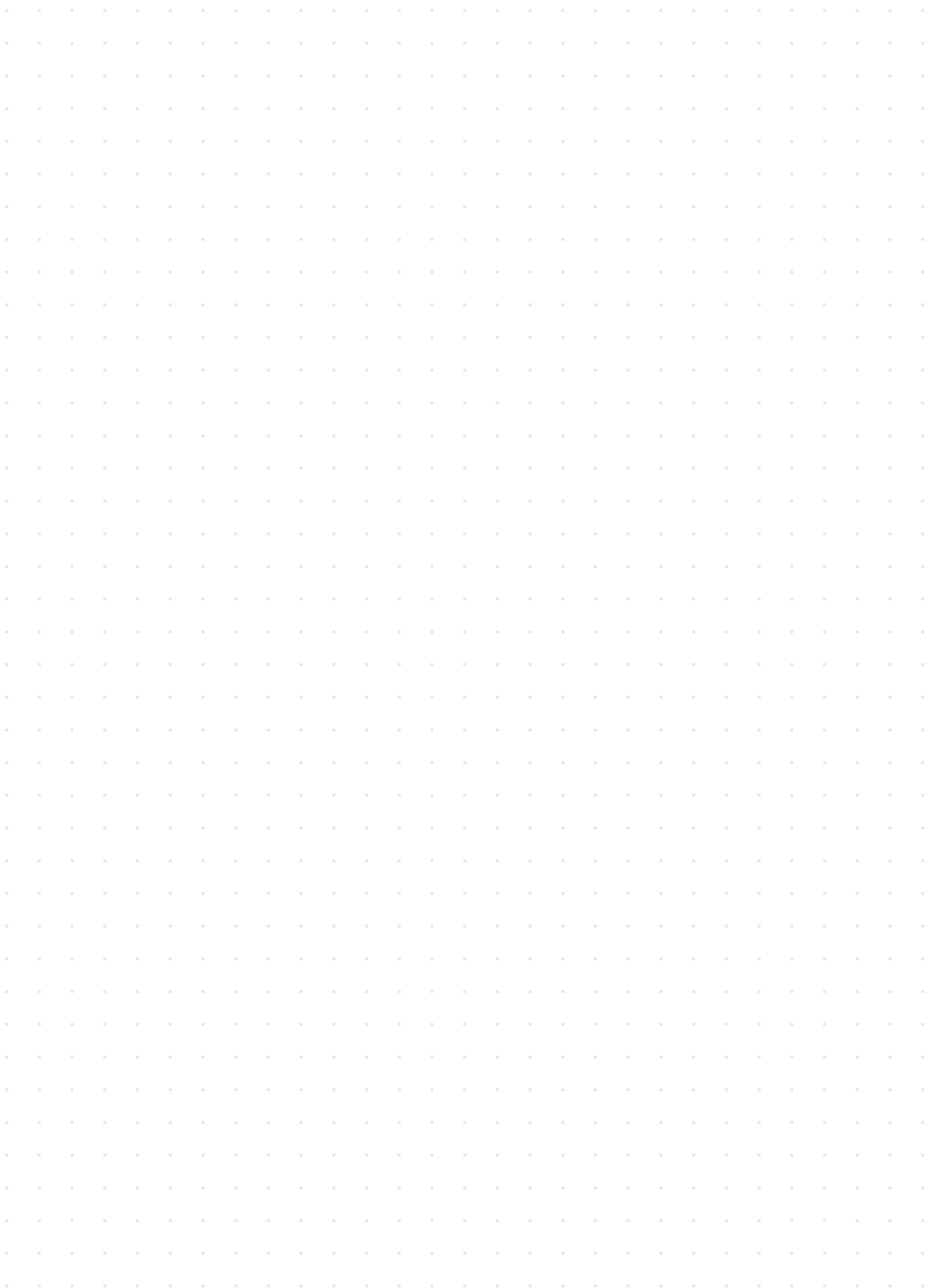
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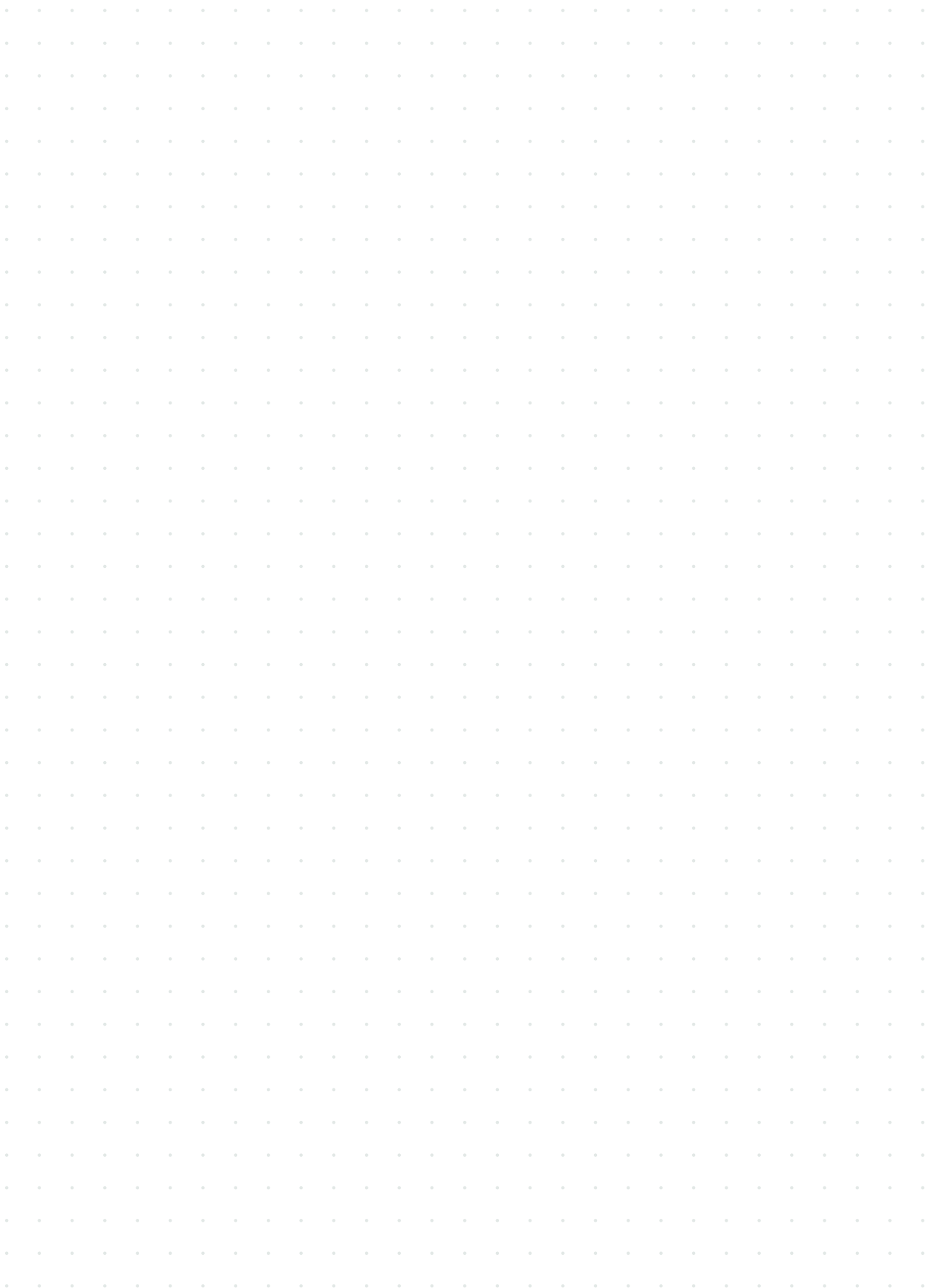
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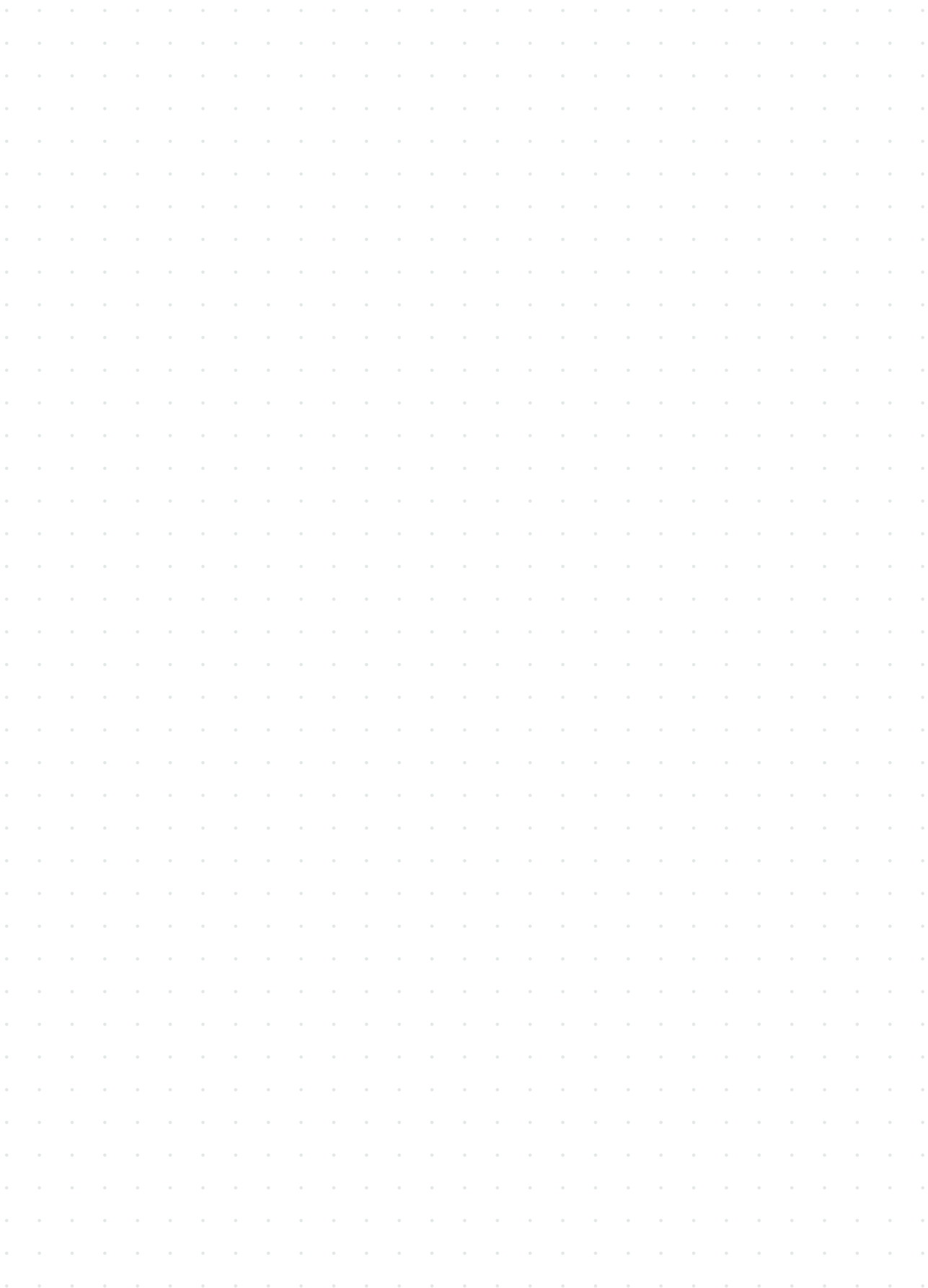
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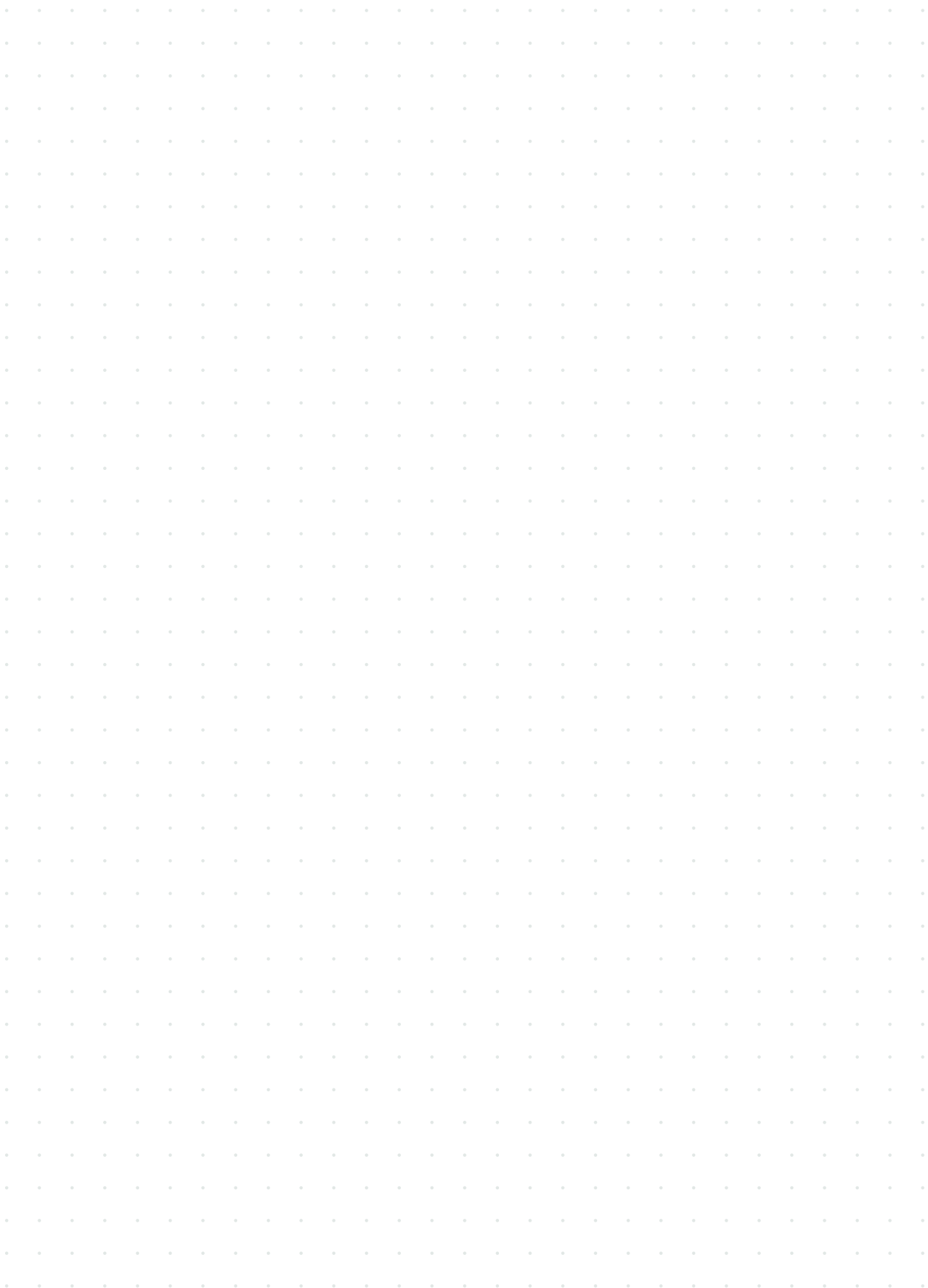
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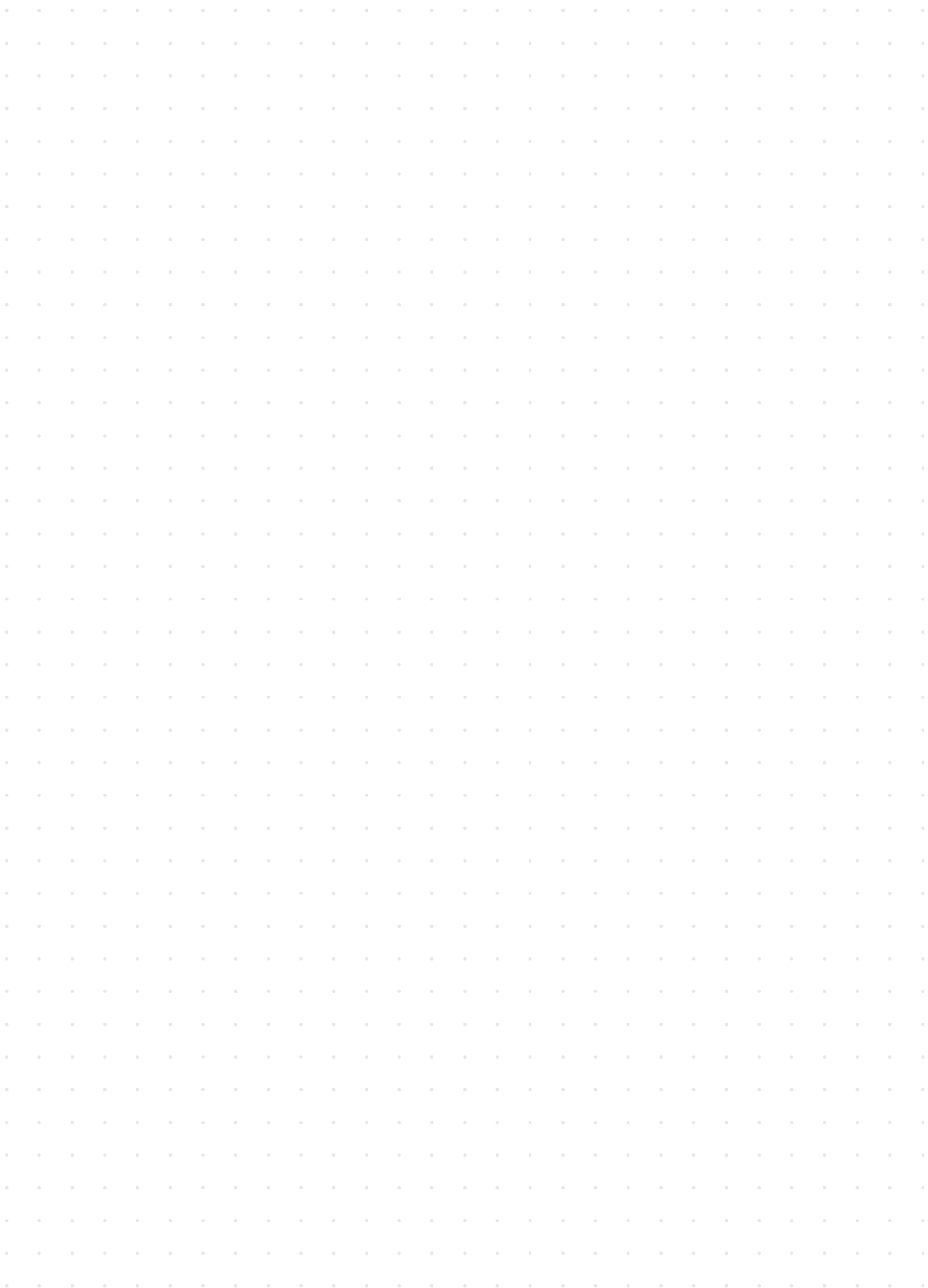
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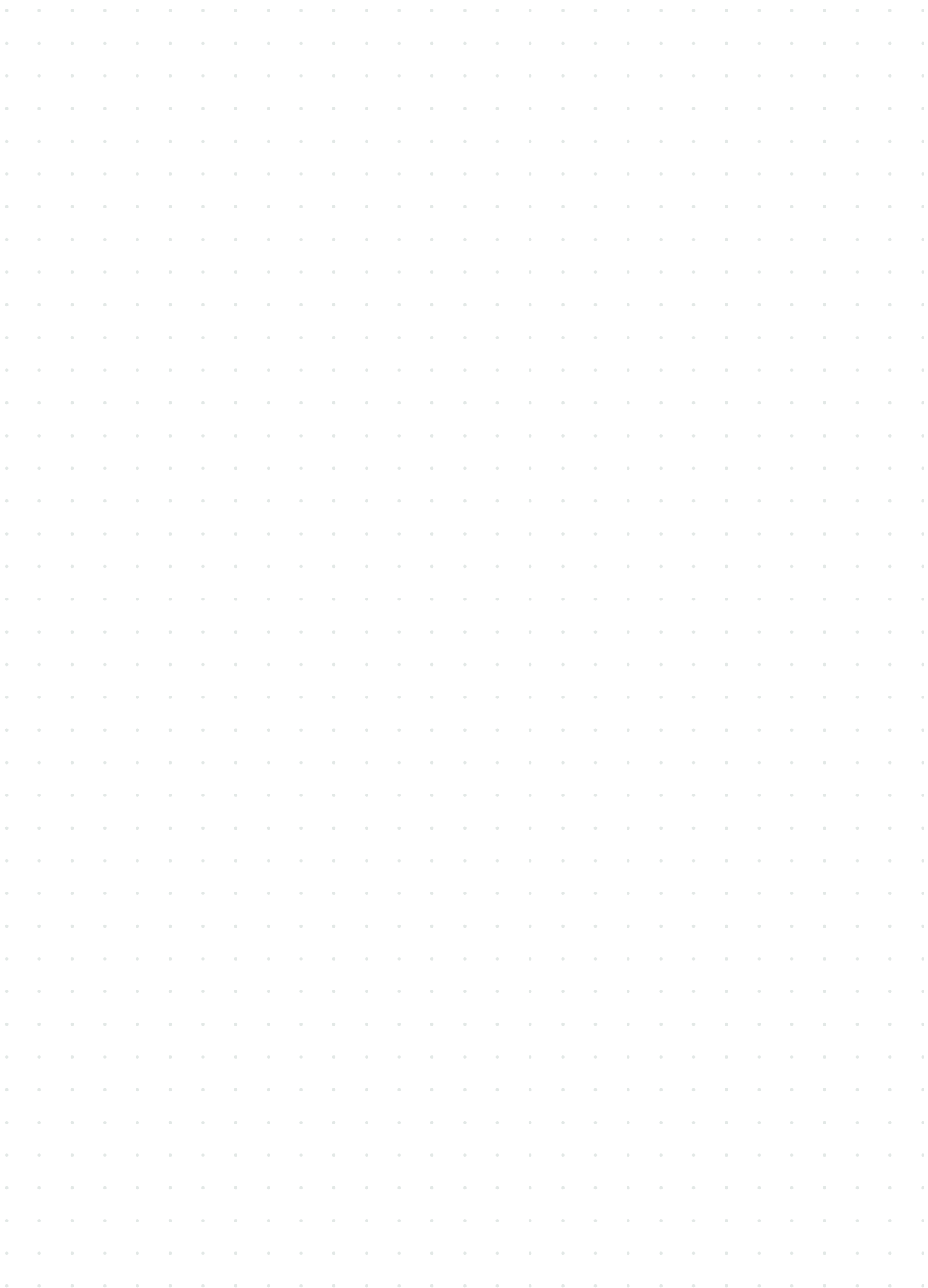
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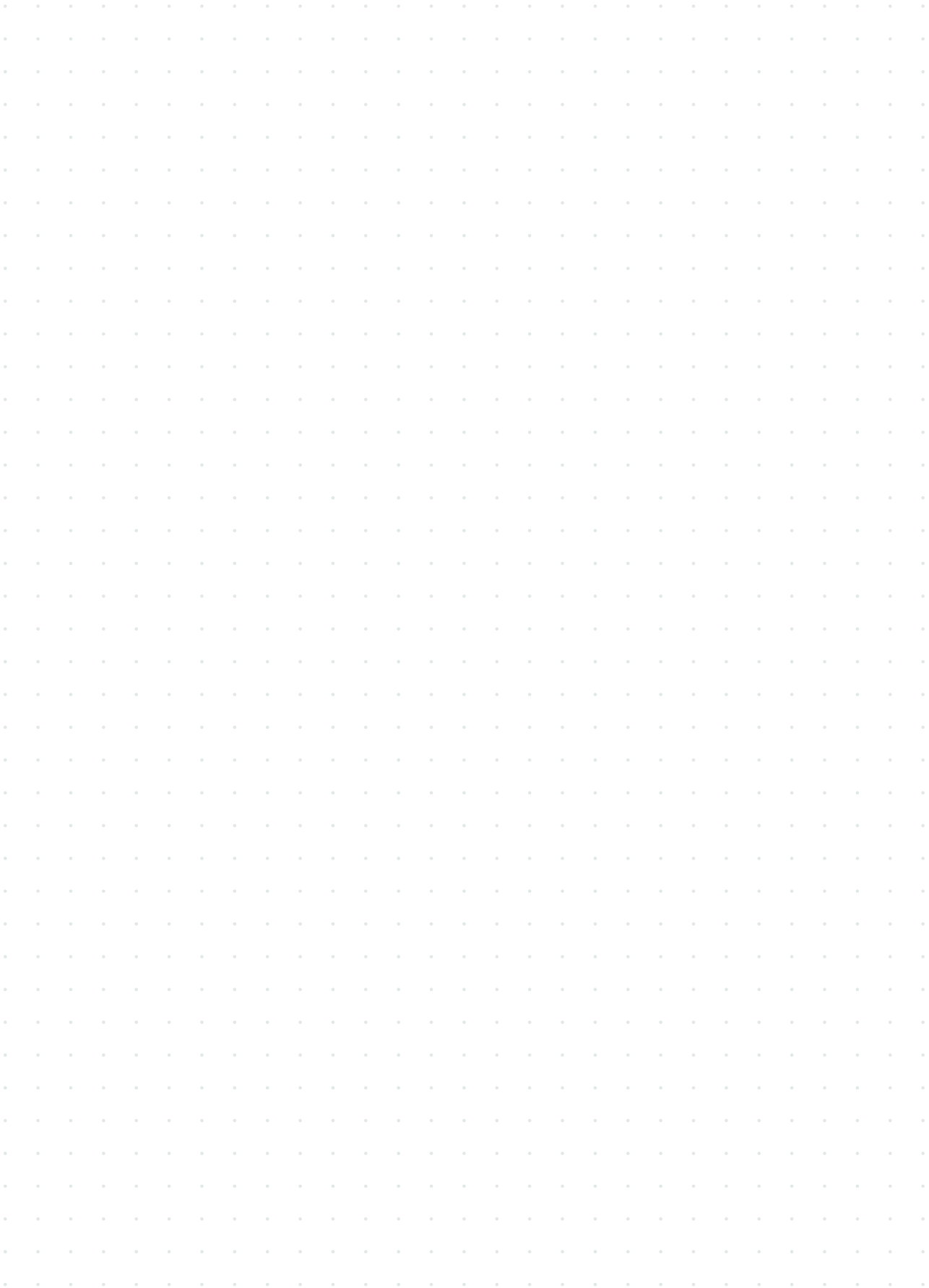
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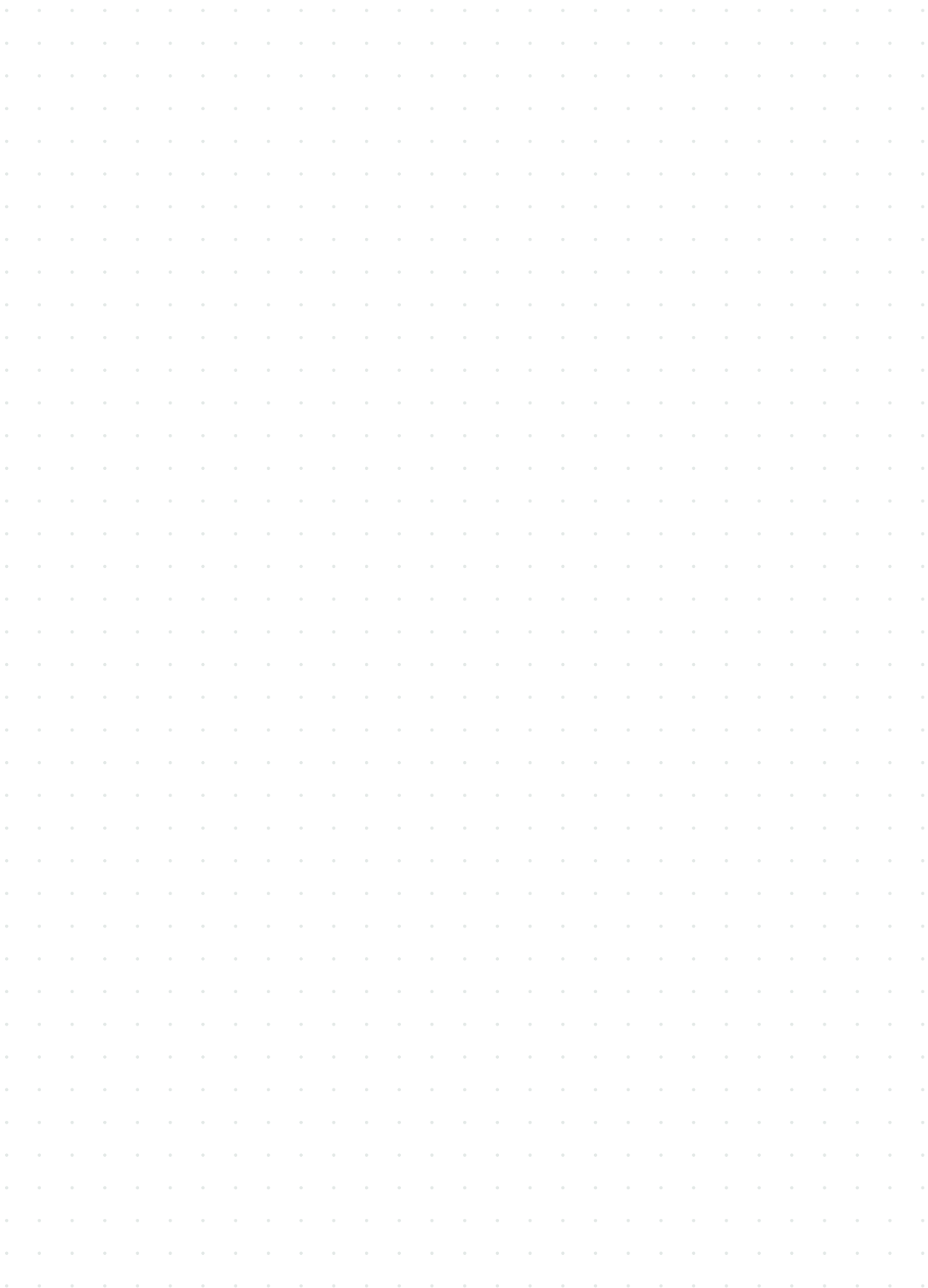
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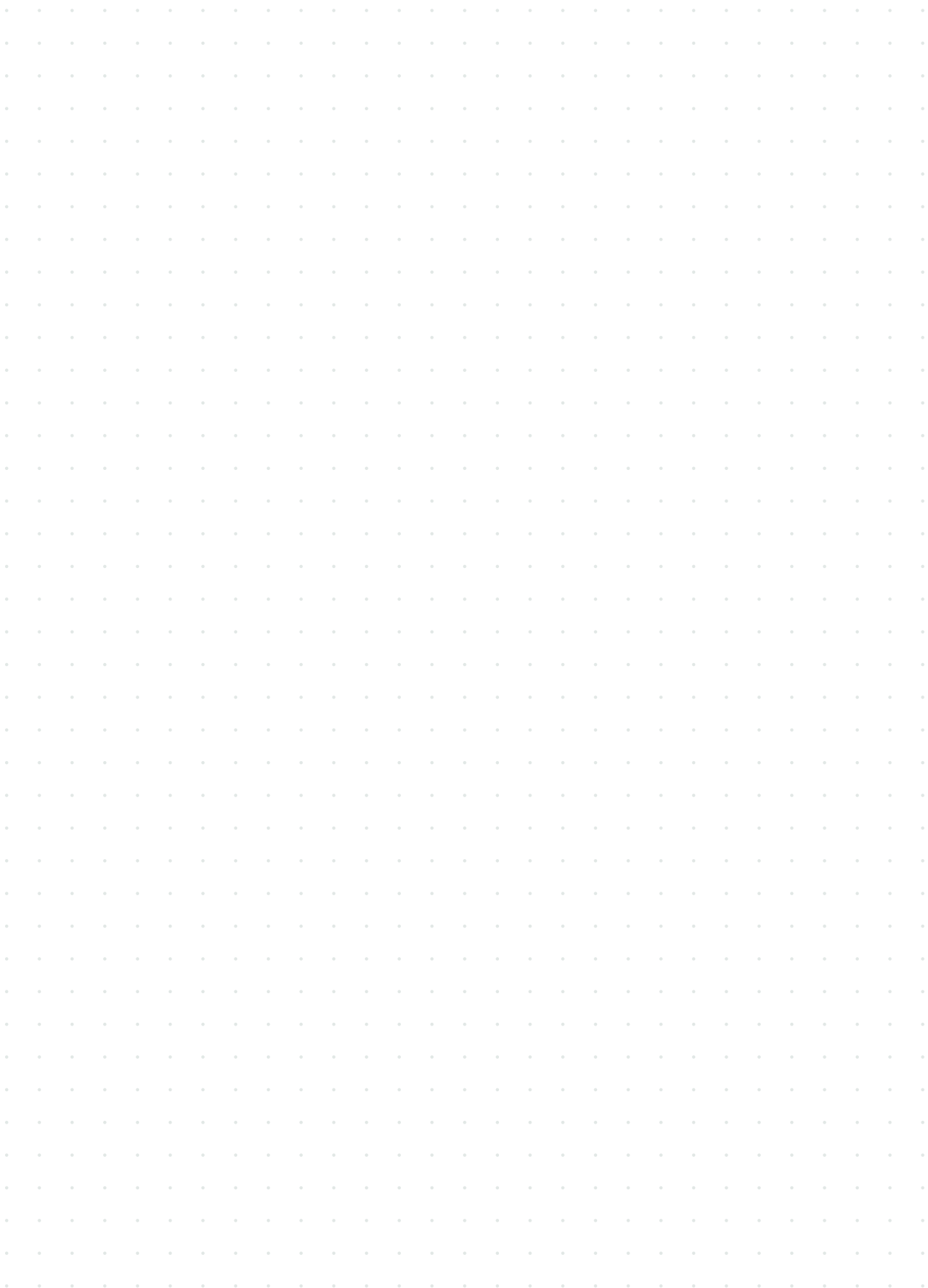
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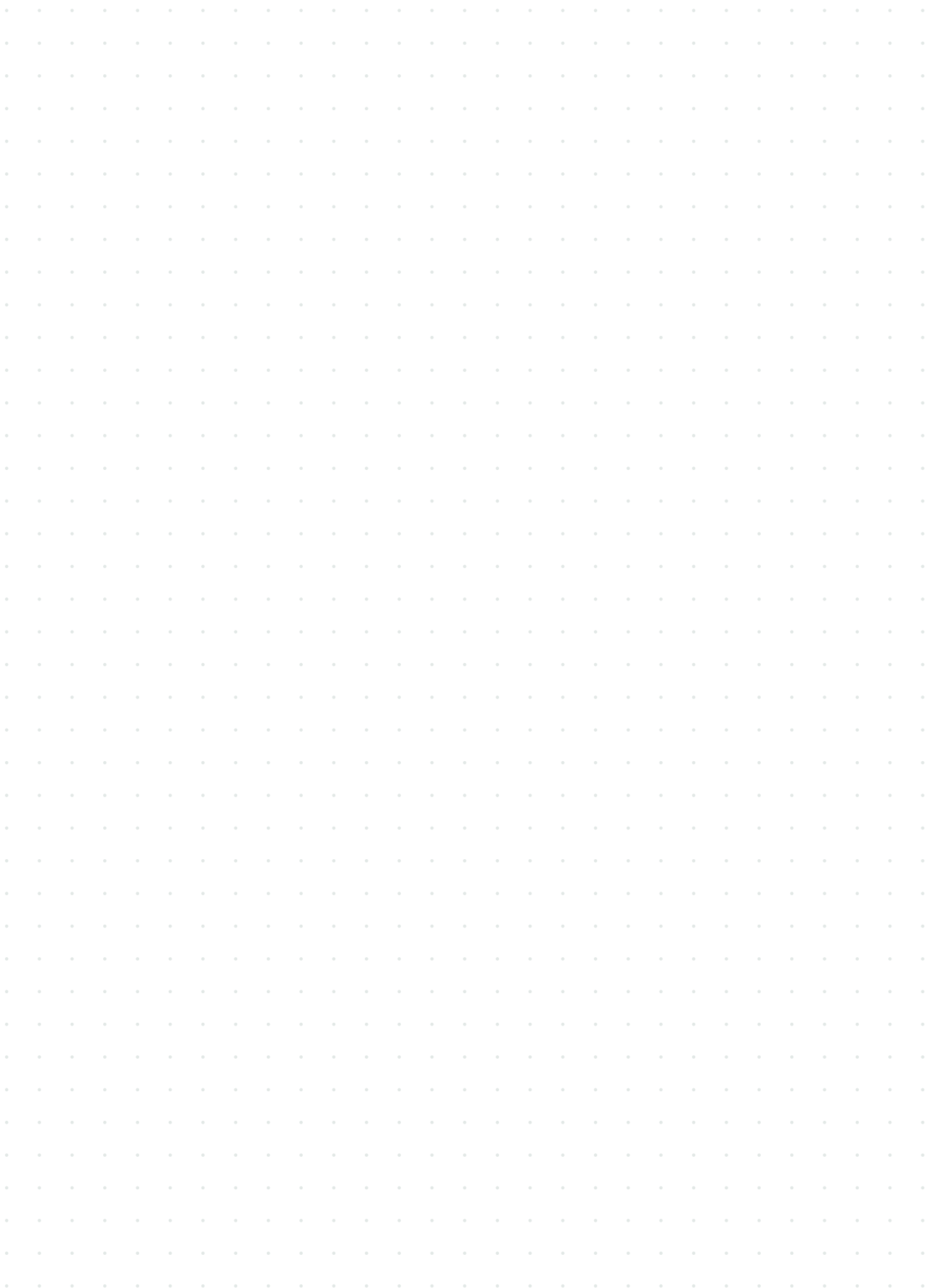
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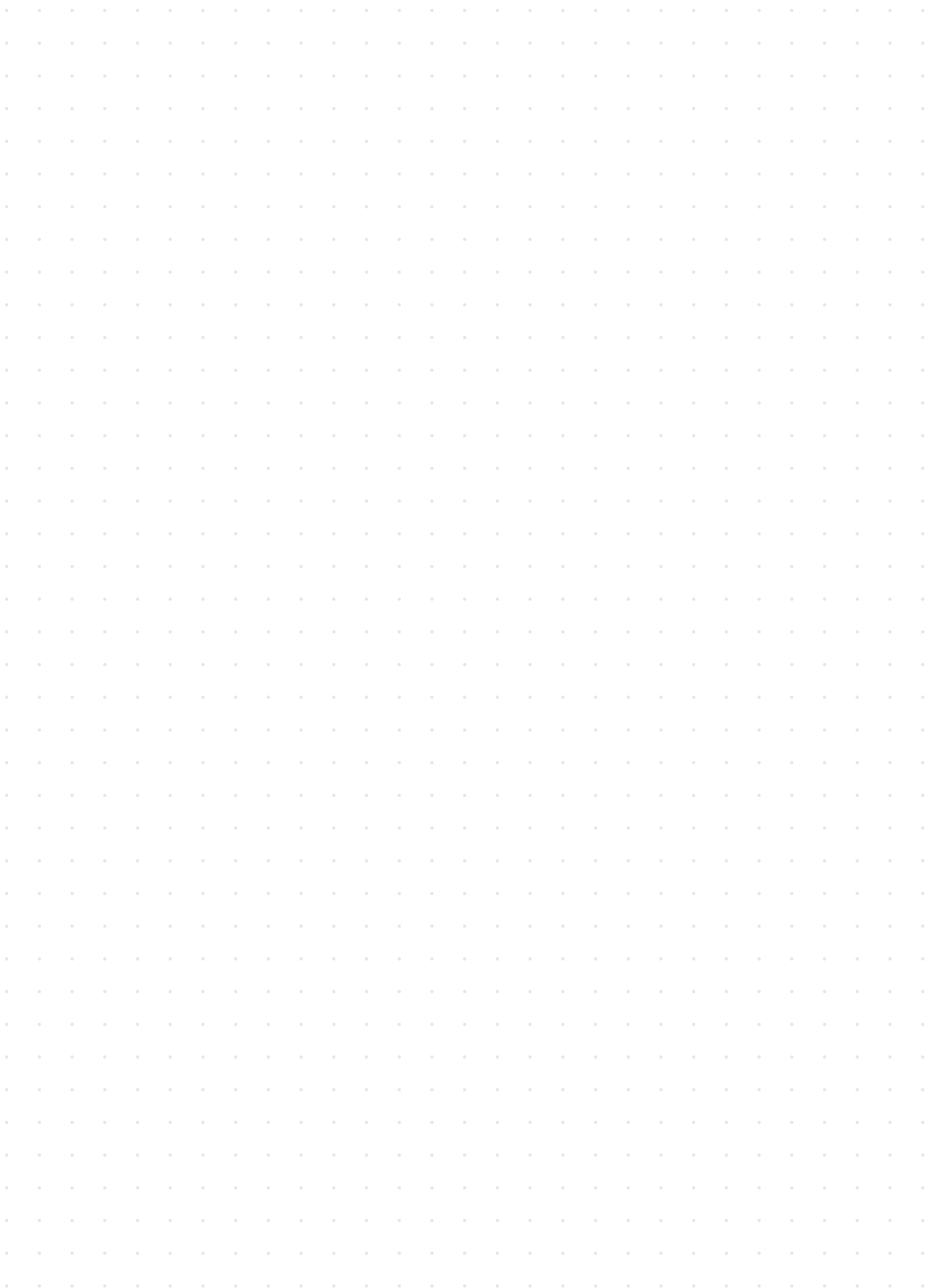
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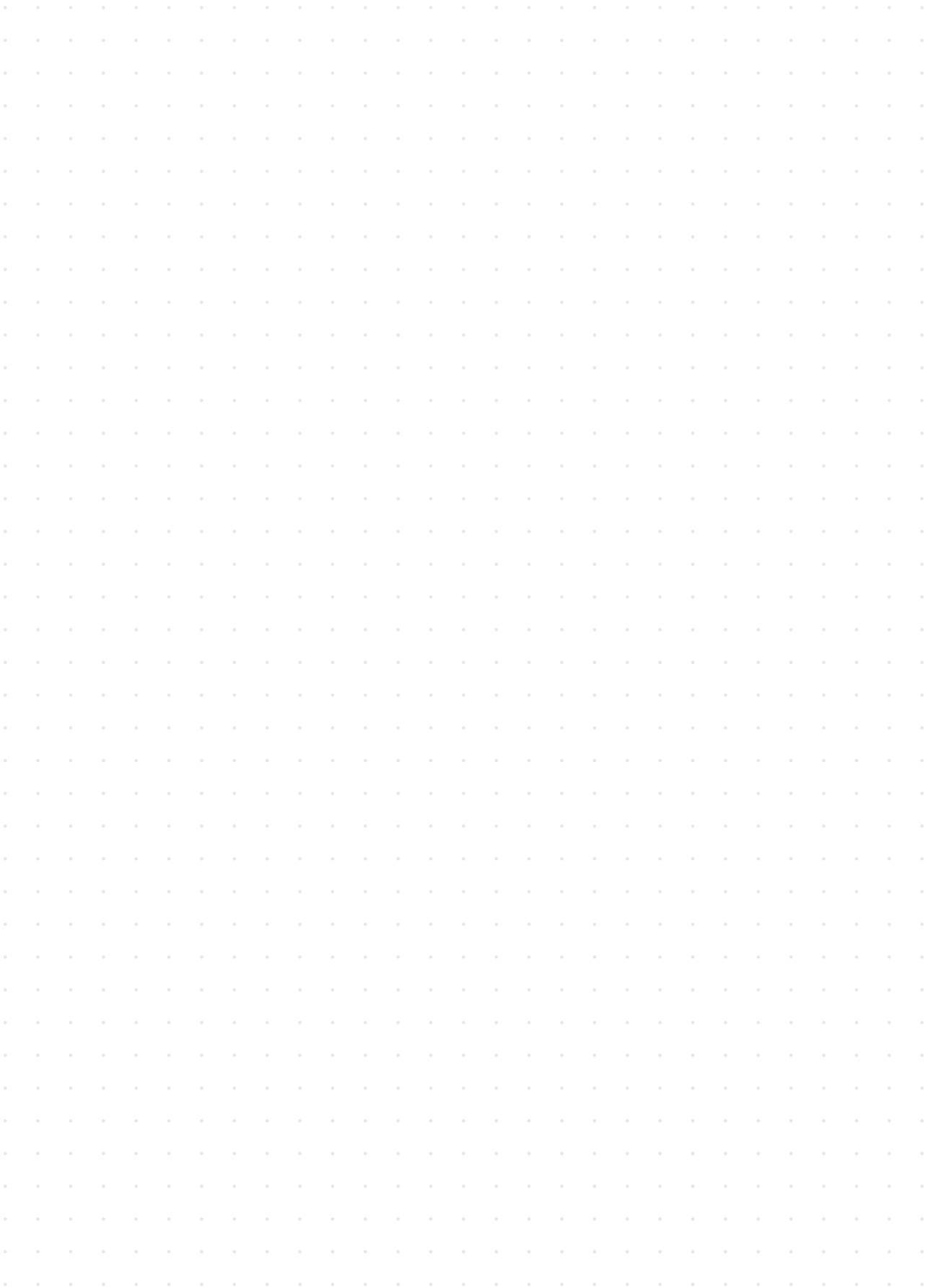
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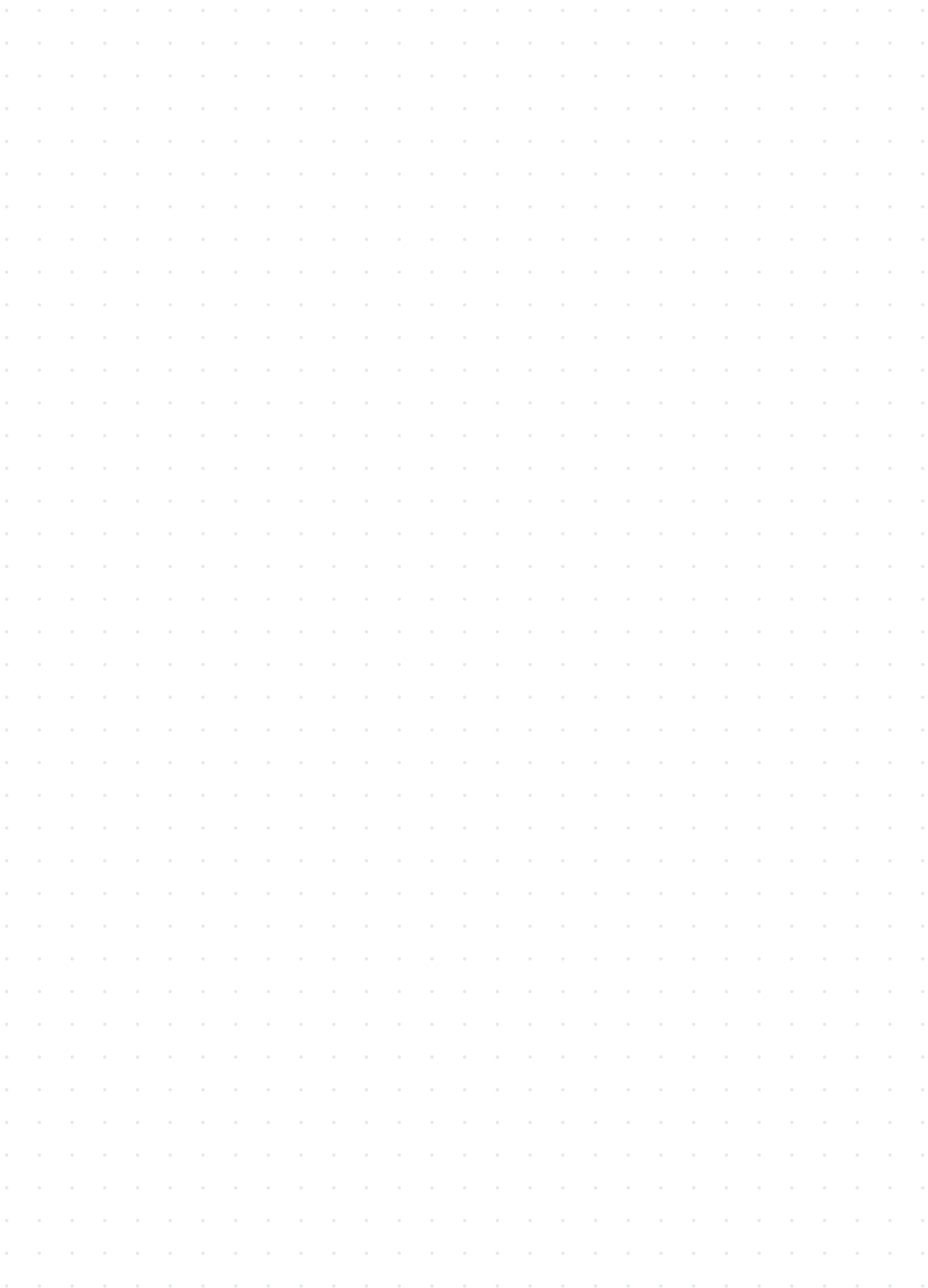
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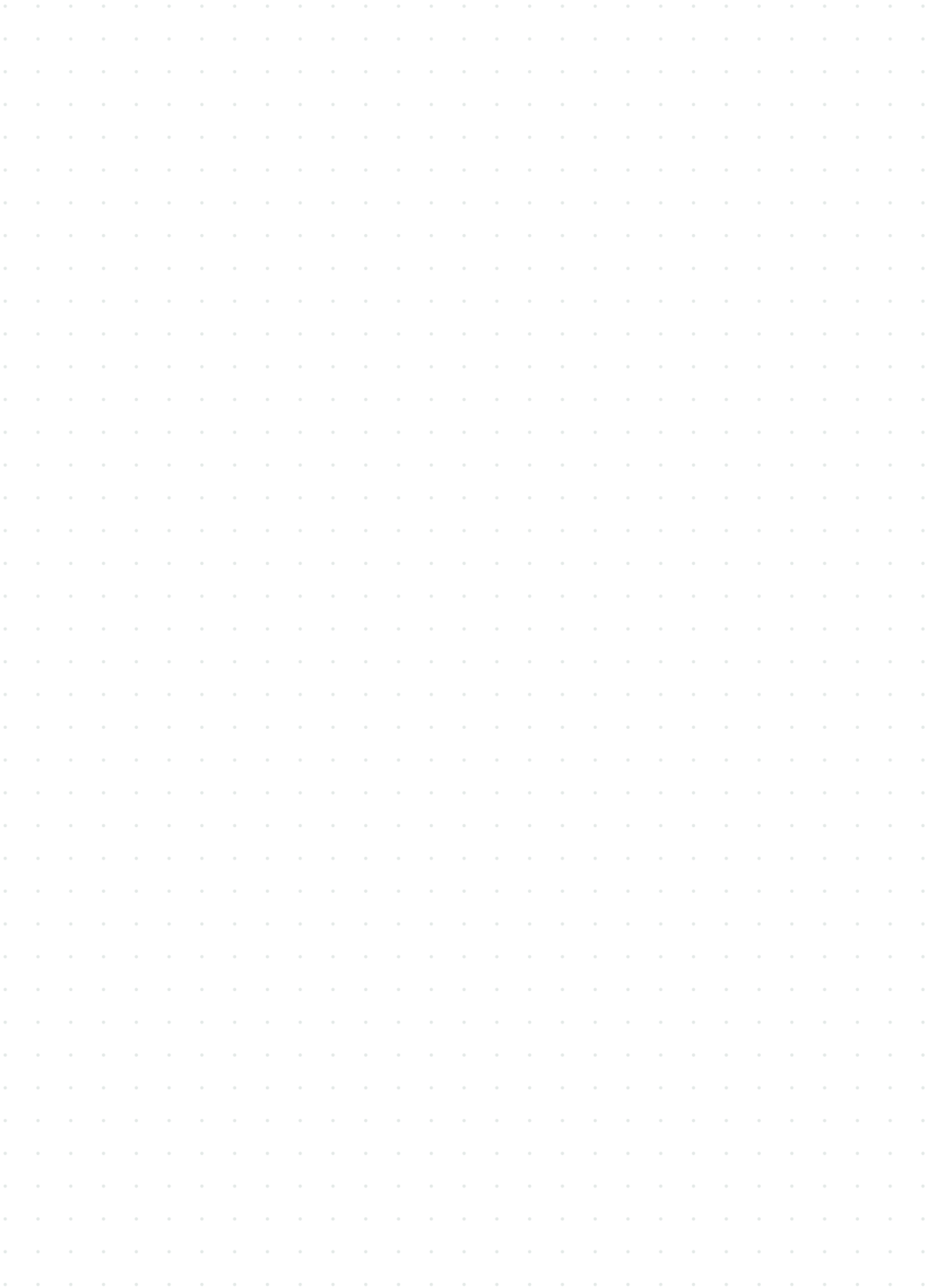
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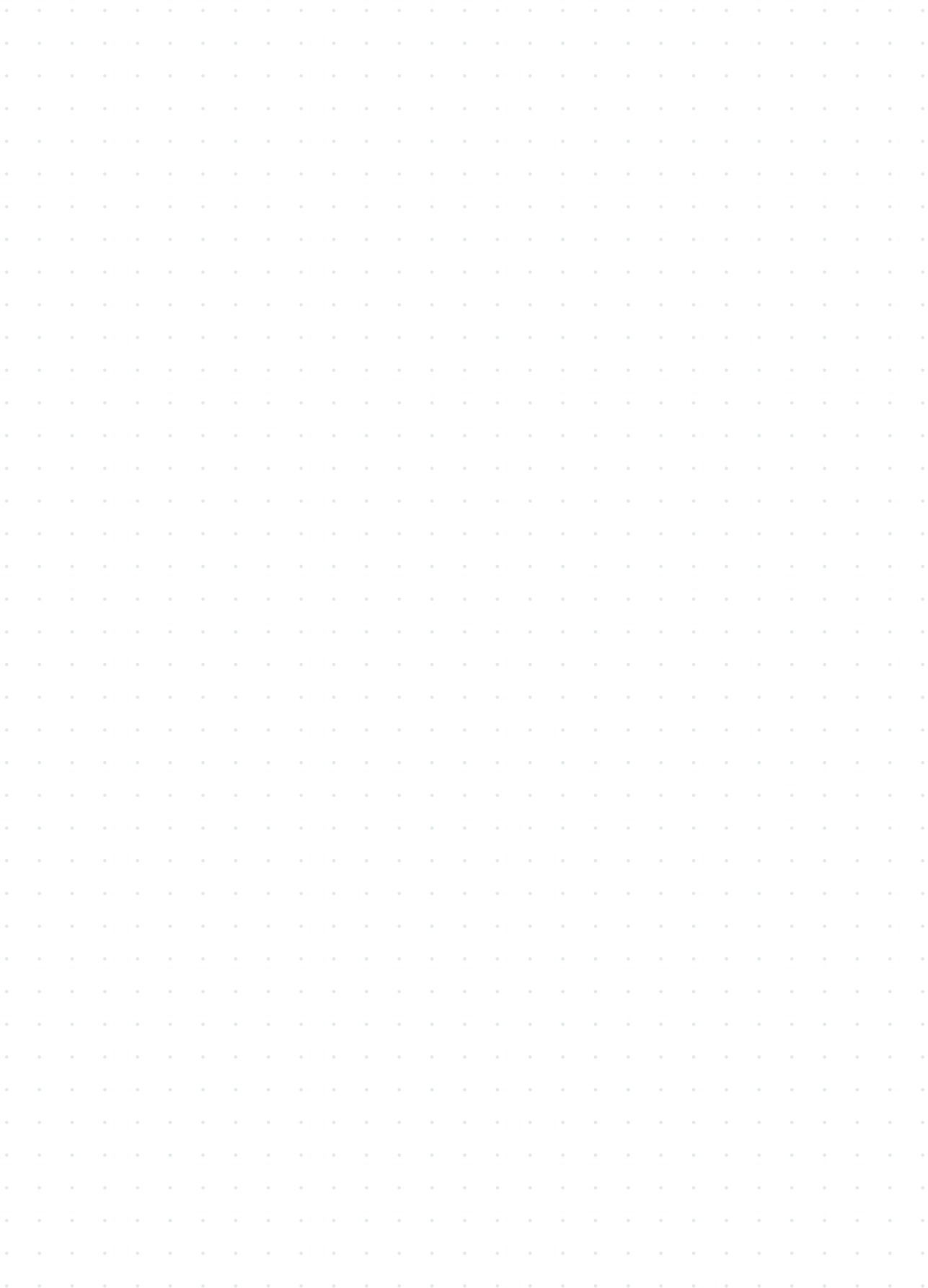
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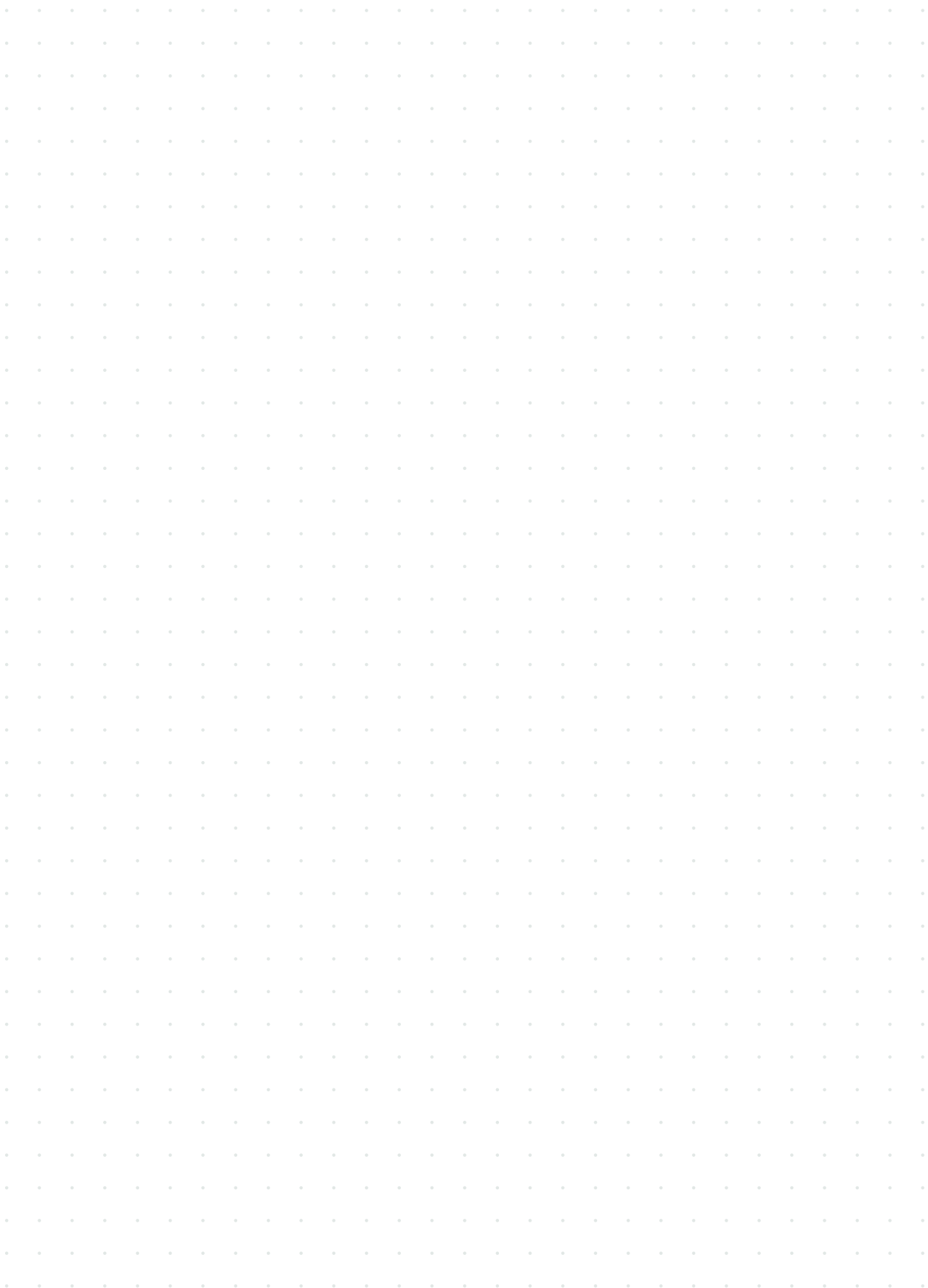
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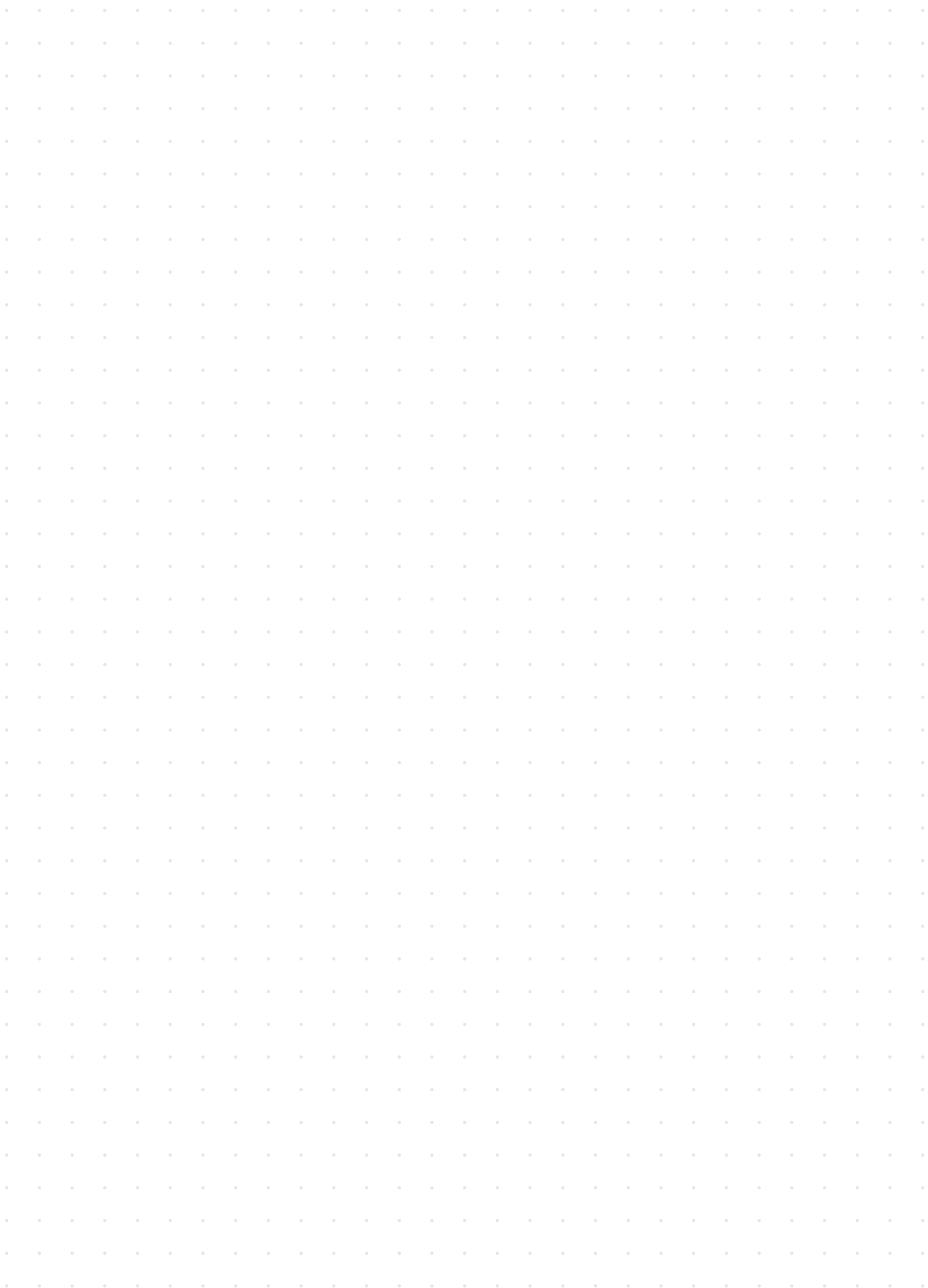
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