


Kreativ journal



En 30-dagers veiledet dagbok



Friform

Laget med LoomJournals

Slik bruker du denne dagboken

Velkommen til dagboken din! Her er noen tips for å få mest mulig ut av den:

- 1 Sett av noen minutter hver dag til å skrive
- 2 Vær ærlig og skriv fritt uten å dømme deg selv
- 3 Prøv å skrive til samme tid hver dag for å bygge en vane
- 4 Gå gjennom notatene dine ukentlig for å oppdage mønstre



Skann for en detaljert guide om hvordan du bruker denne dagboken

Dato: _____

Topic: _____

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

Dato: _____

Topic: _____

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

Dato: _____

Topic: _____



Dato: _____

Topic: _____

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

Dato: _____

Topic: _____



Dato: _____

Topic: _____

A large grid of small dots, arranged in approximately 30 rows and 40 columns, intended for writing or drawing.

Dato: _____

Topic: _____



Dato: _____

Topic: _____

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

Dato: _____

Topic: _____

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

Dato: _____

Topic: _____



Dato: _____

Topic: _____

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

Dato: _____

Topic: _____

A large grid of small dots arranged in approximately 25 columns and 35 rows, intended for writing or drawing.

Dato: _____

Topic: _____

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

Dato: _____

Topic: _____



Dato: _____

Topic: _____



Dato: _____

Topic: _____

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

Dato: _____

Topic: _____



Dato: _____

Topic: _____



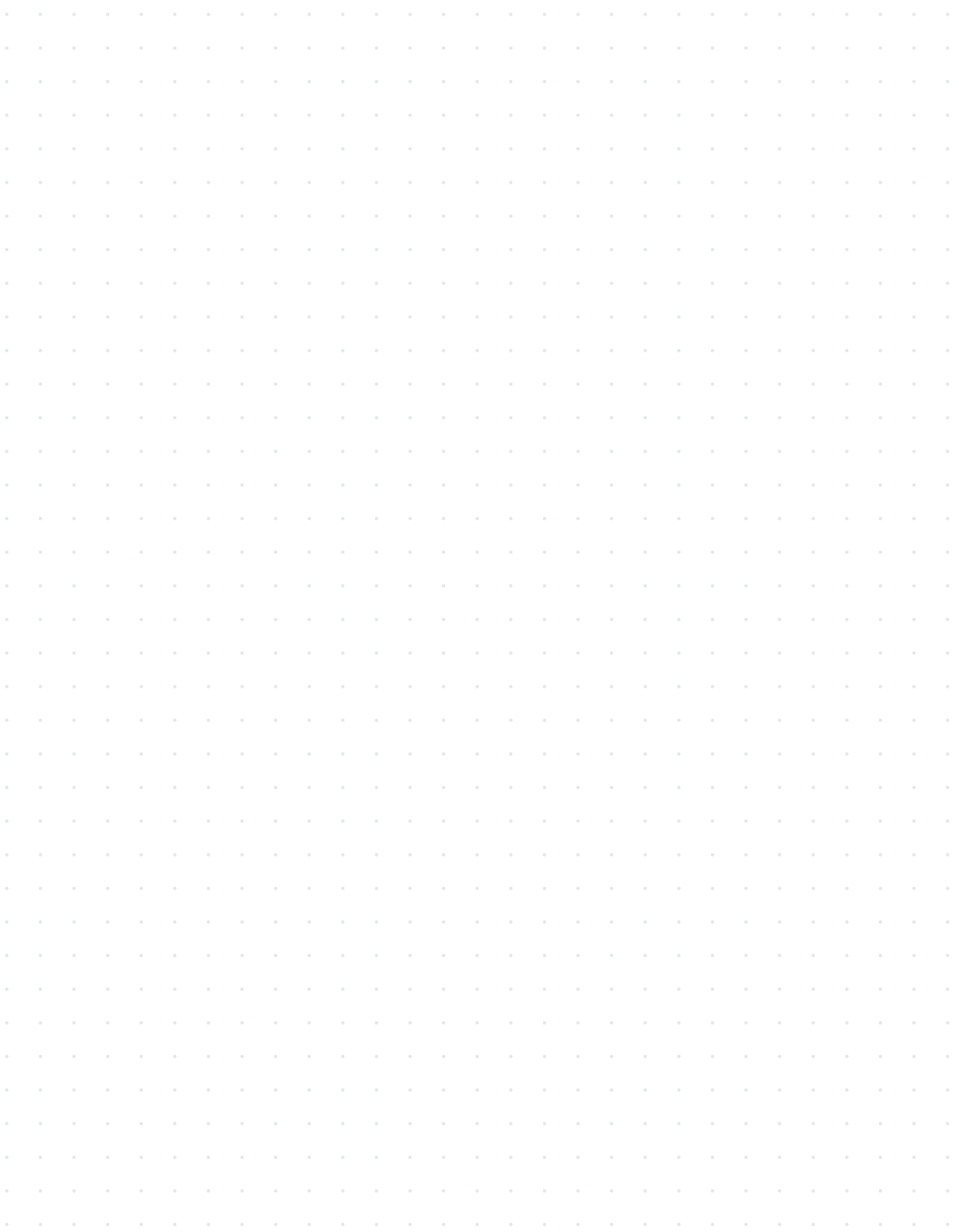
Dato: _____

Topic: _____

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

Dato: _____

Topic: _____



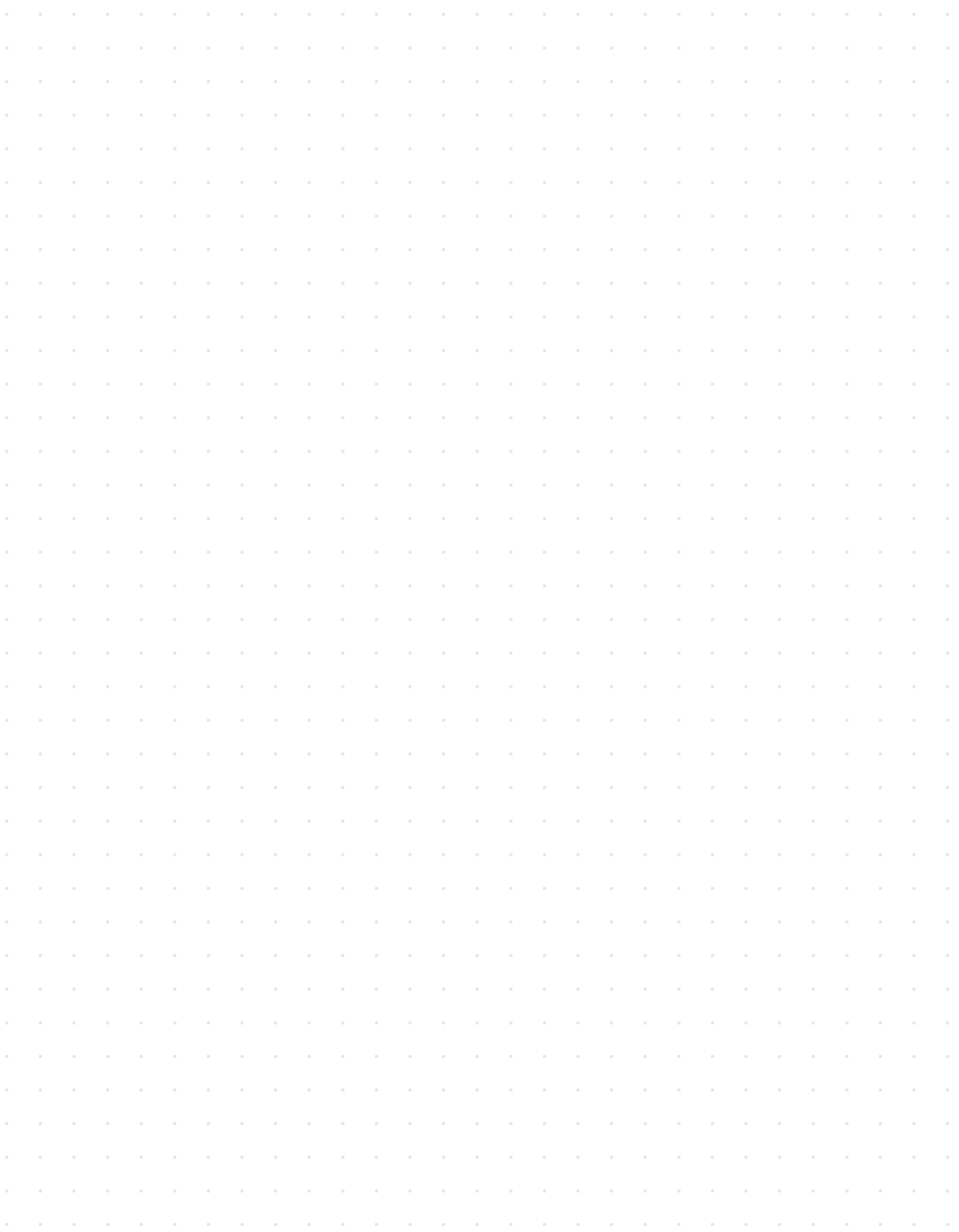
Dato: _____

Topic: _____

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

Dato: _____

Topic: _____



Dato: _____

Topic: _____



Dato: _____

Topic: _____

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

Dato: _____

Topic: _____



Dato: _____

Topic: _____



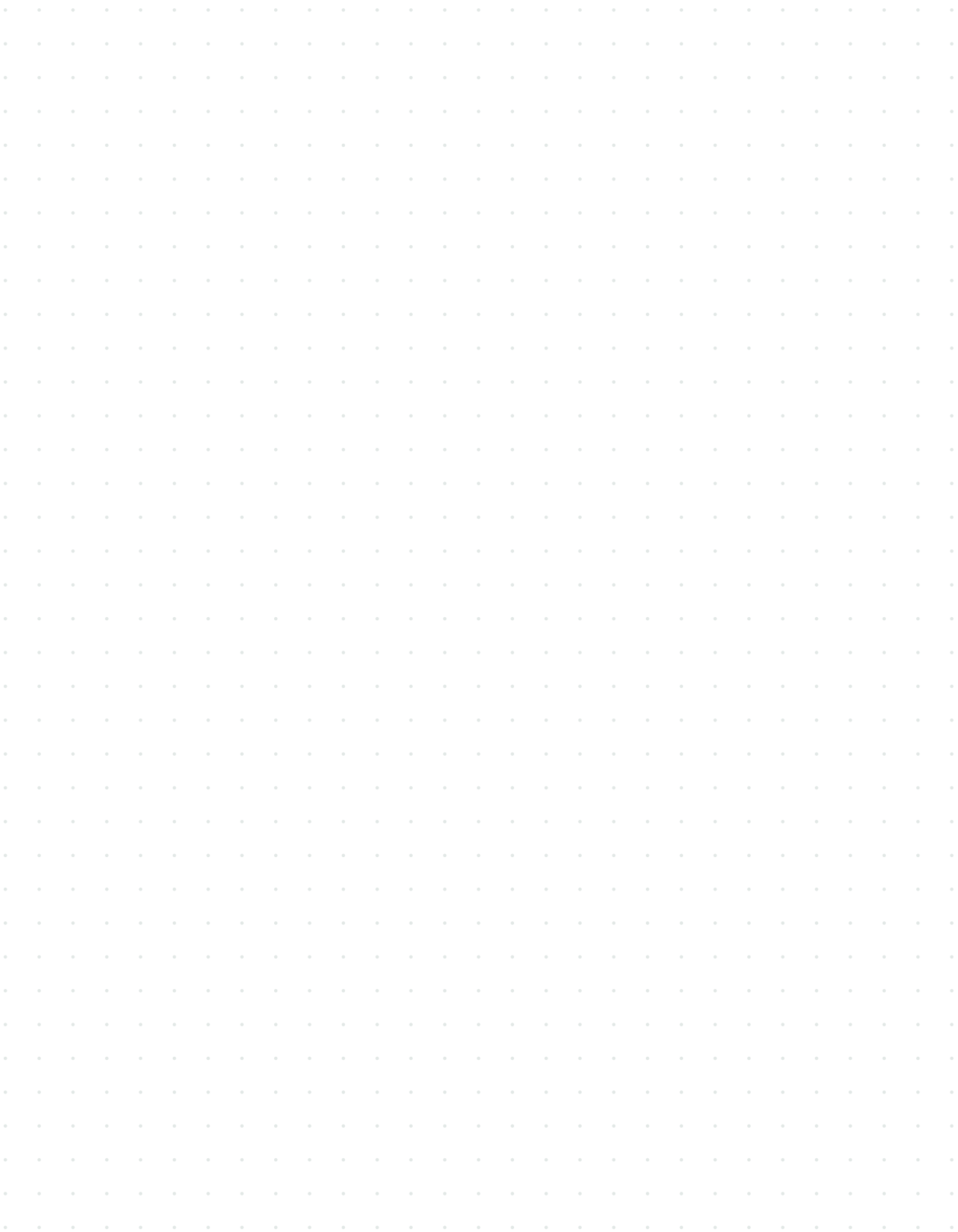
Dato: _____

Topic: _____

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

Dato: _____

Topic: _____



Dato: _____

Topic: _____

A large grid of small dots, arranged in approximately 25 columns and 35 rows, covering the majority of the page. This grid is intended for the user to write their journal entry.

Dato: _____

Topic: _____

A large grid of small dots, arranged in approximately 20 columns and 30 rows, covering the majority of the page. This grid is intended for the user to write their journal entry.