


Kreatywny dziennik



Dziennik z przewodnikiem na 30 dni



Dowolna forma

Utworzono z LoomJournals

Jak korzystać z tego dziennika

Witaj w swoim dzienniku! Oto kilka wskazówek, jak w pełni go wykorzystać:

- 1 Przeznacz kilka minut każdego dnia na pisanie
- 2 Bądź szczery i pisz swobodnie, bez oceniania
- 3 Staraj się pisać o tej samej porze każdego dnia, aby wyrobić nawyk
- 4 Przeglądaj swoje wpisy co tydzień, aby dostrzegać wzorce



Zeskanuj, aby uzyskać szczegółowy przewodnik korzystania z tego dziennika

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Topic: _____

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

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Topic: _____

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