


Diário de Esboços



Um Diário Guiado de 30 Dias



Formato livre



Criado com LoomJournals

Como Usar Este Diário

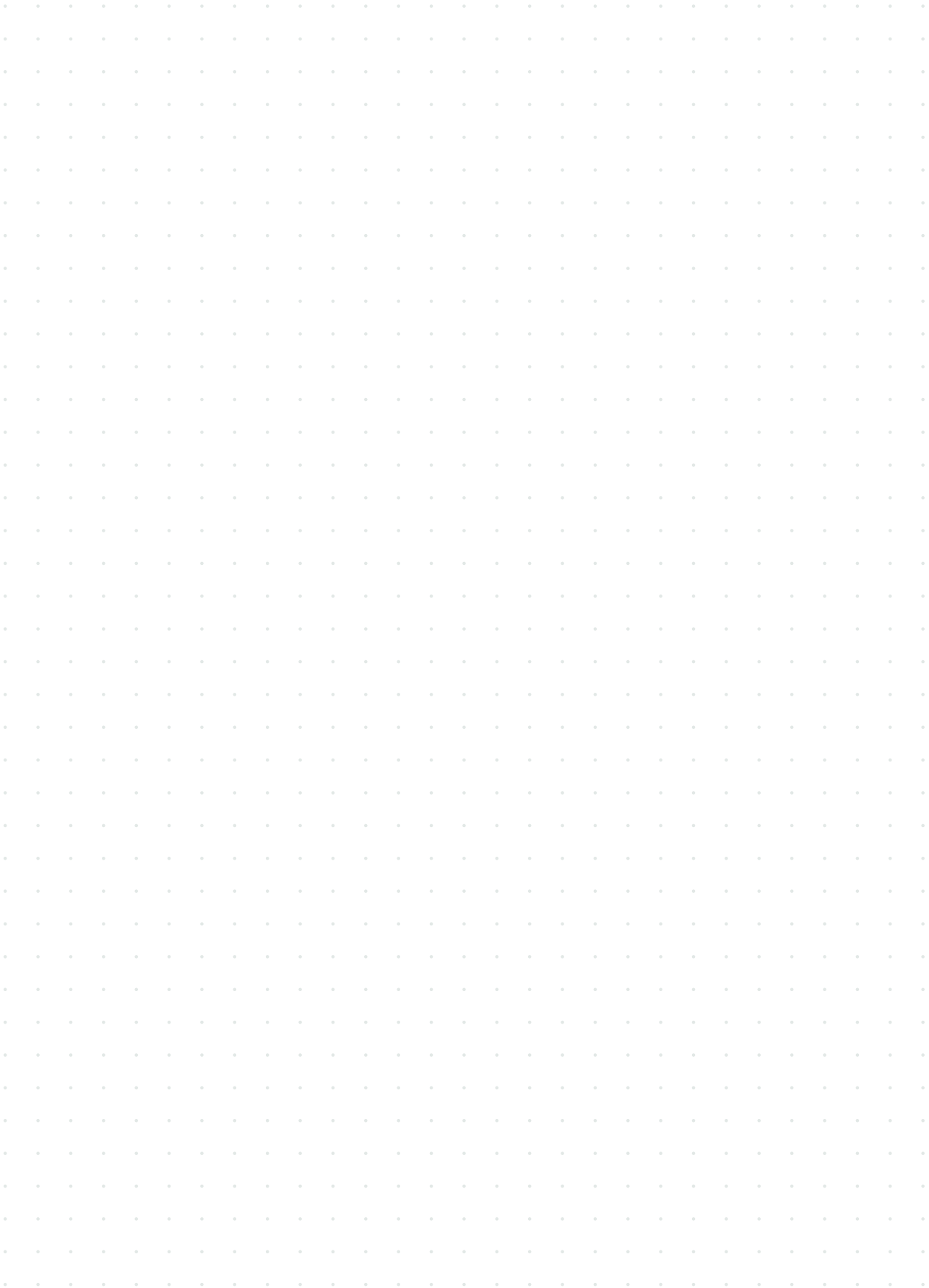
Bem-vindo ao seu diário! Aqui estão algumas dicas para aproveitá-lo ao máximo:

- 1 Reserve alguns minutos por dia para escrever
- 2 Seja honesto e escreva livremente sem julgamentos
- 3 Tente escrever no mesmo horário todos os dias para criar um hábito
- 4 Revise suas anotações semanalmente para perceber padrões

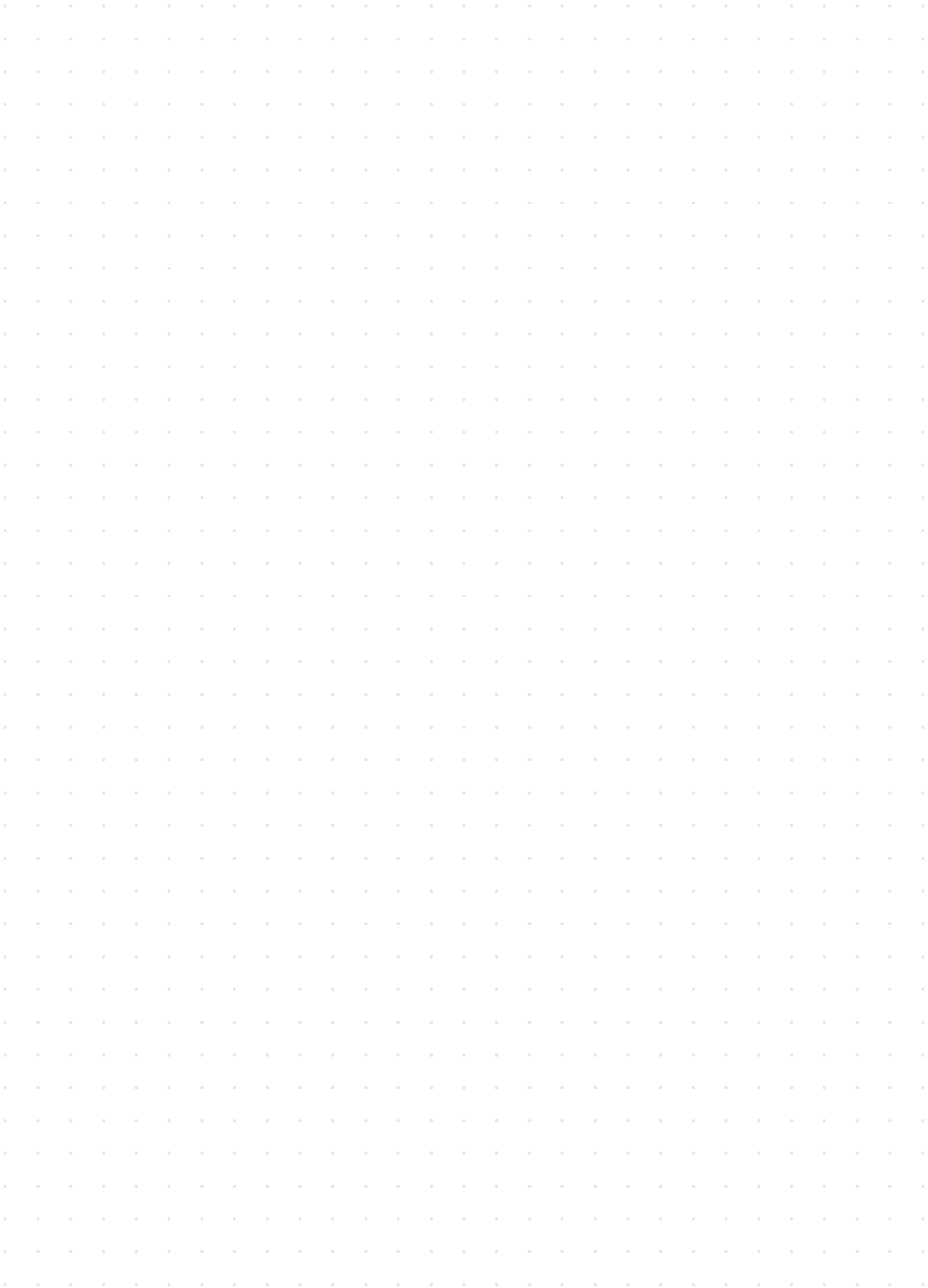


Escaneie para um guia detalhado sobre como usar este diário

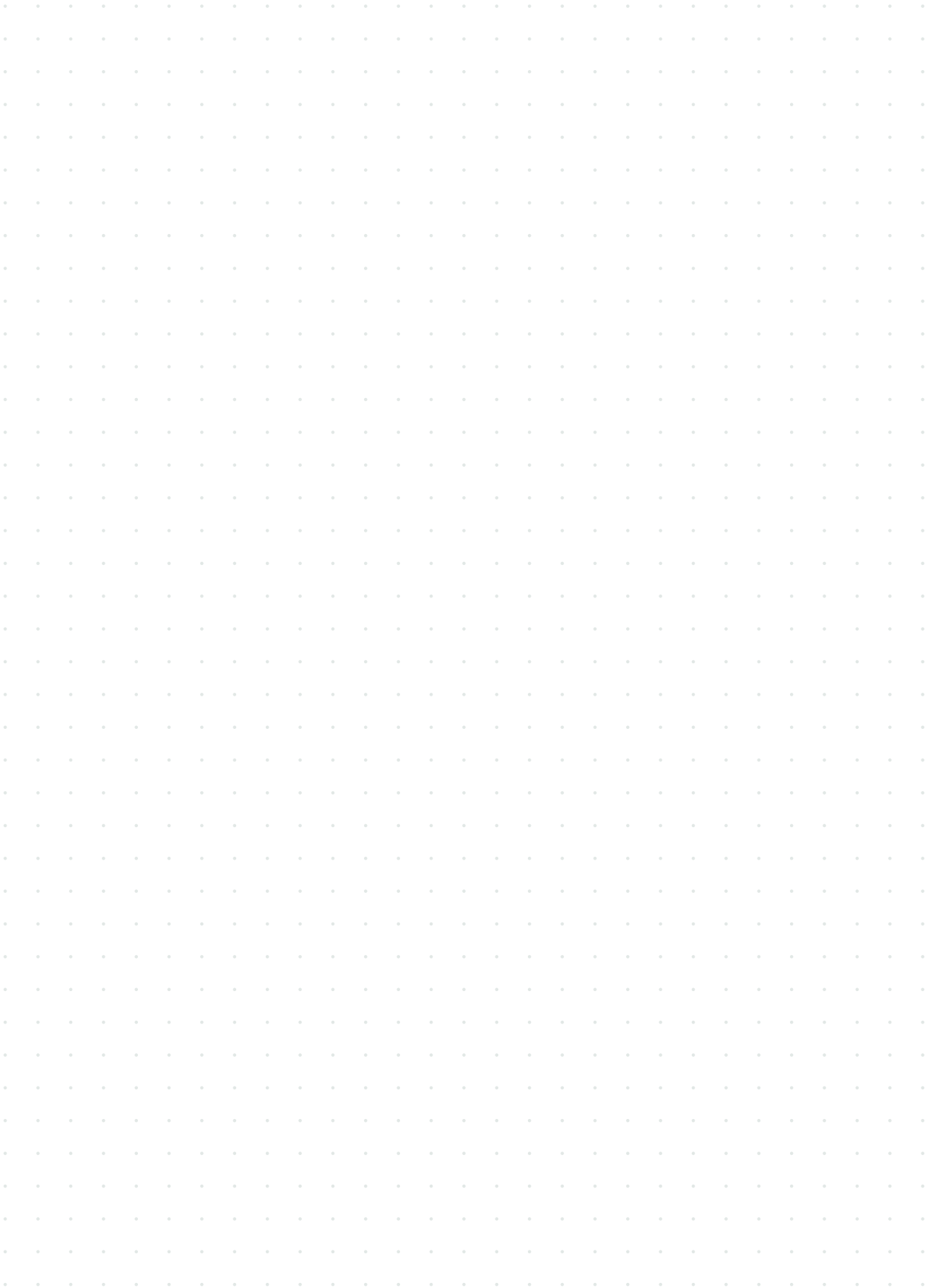
Data: _____



Data: _____



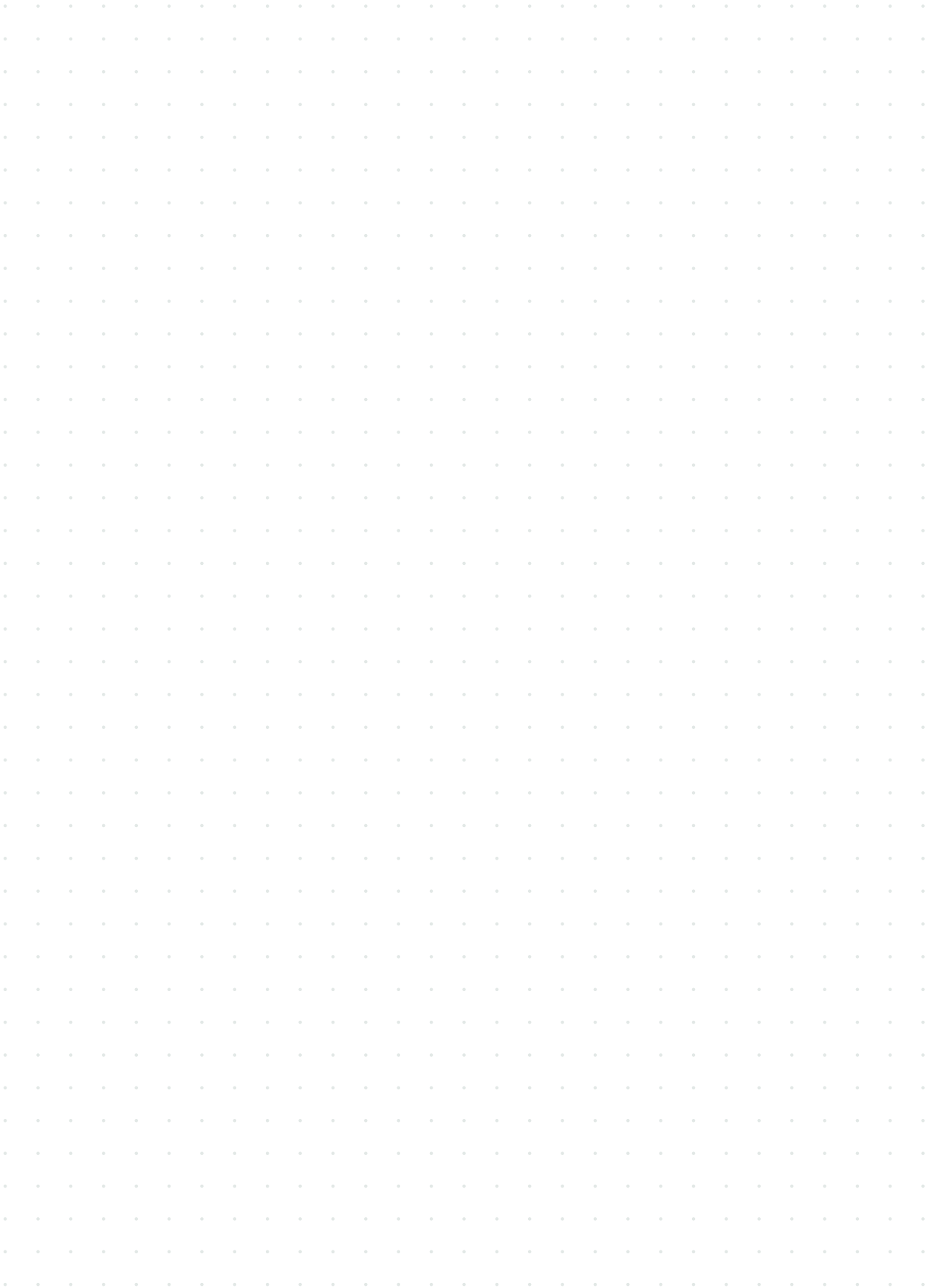
Data: _____



Data: _____



Data: _____



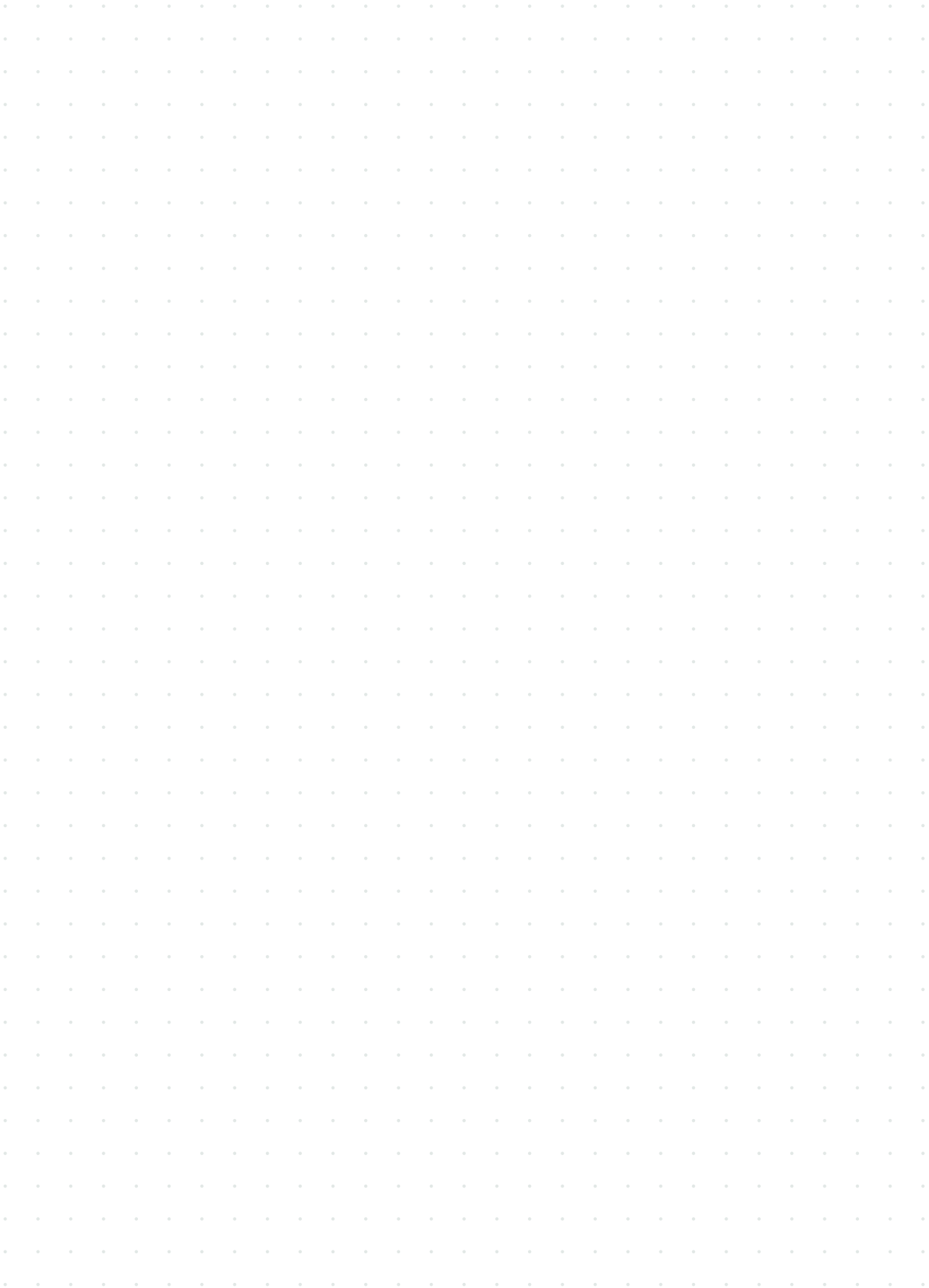
Data: _____



Data: _____



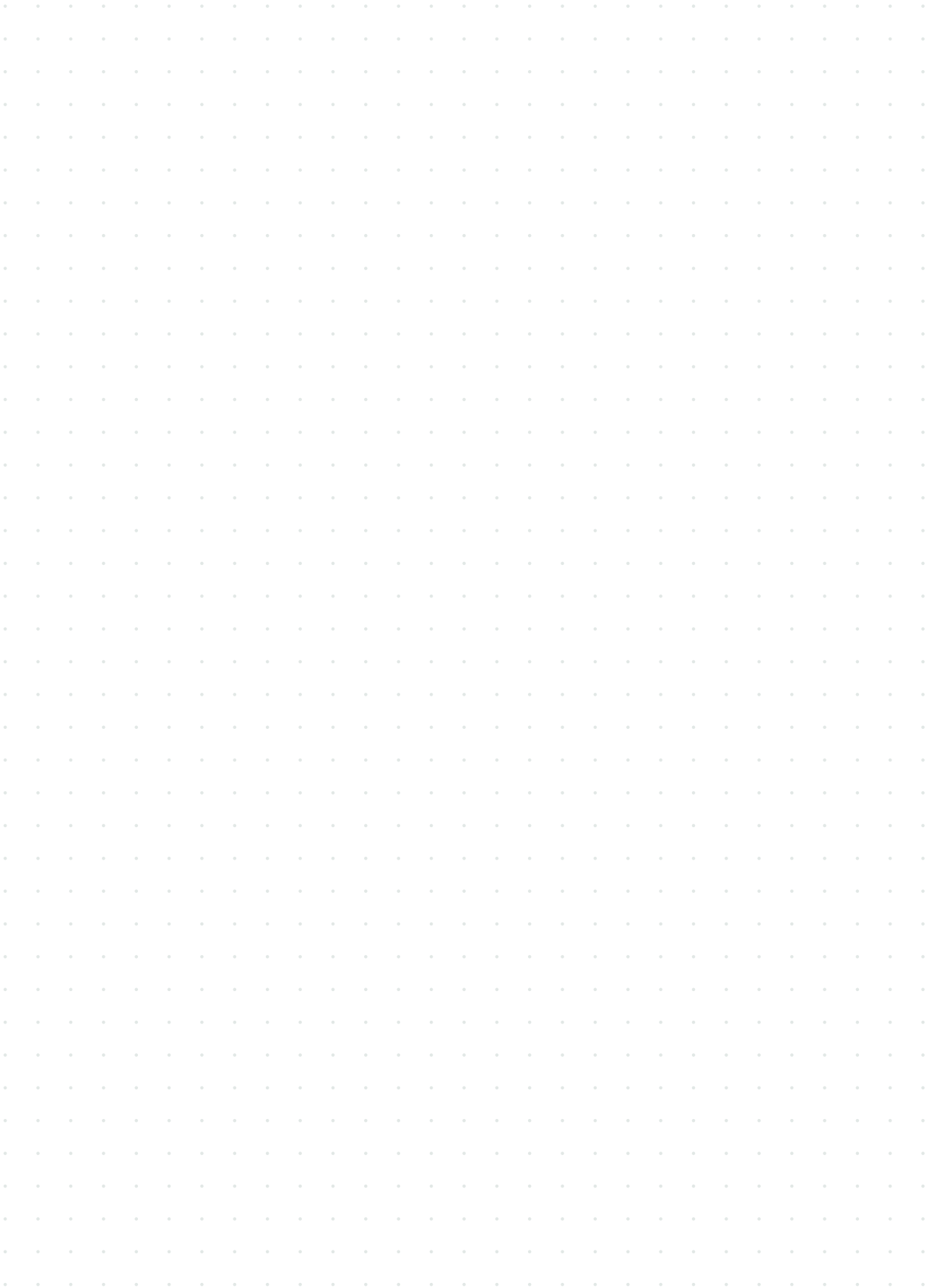
Data: _____



Data: _____



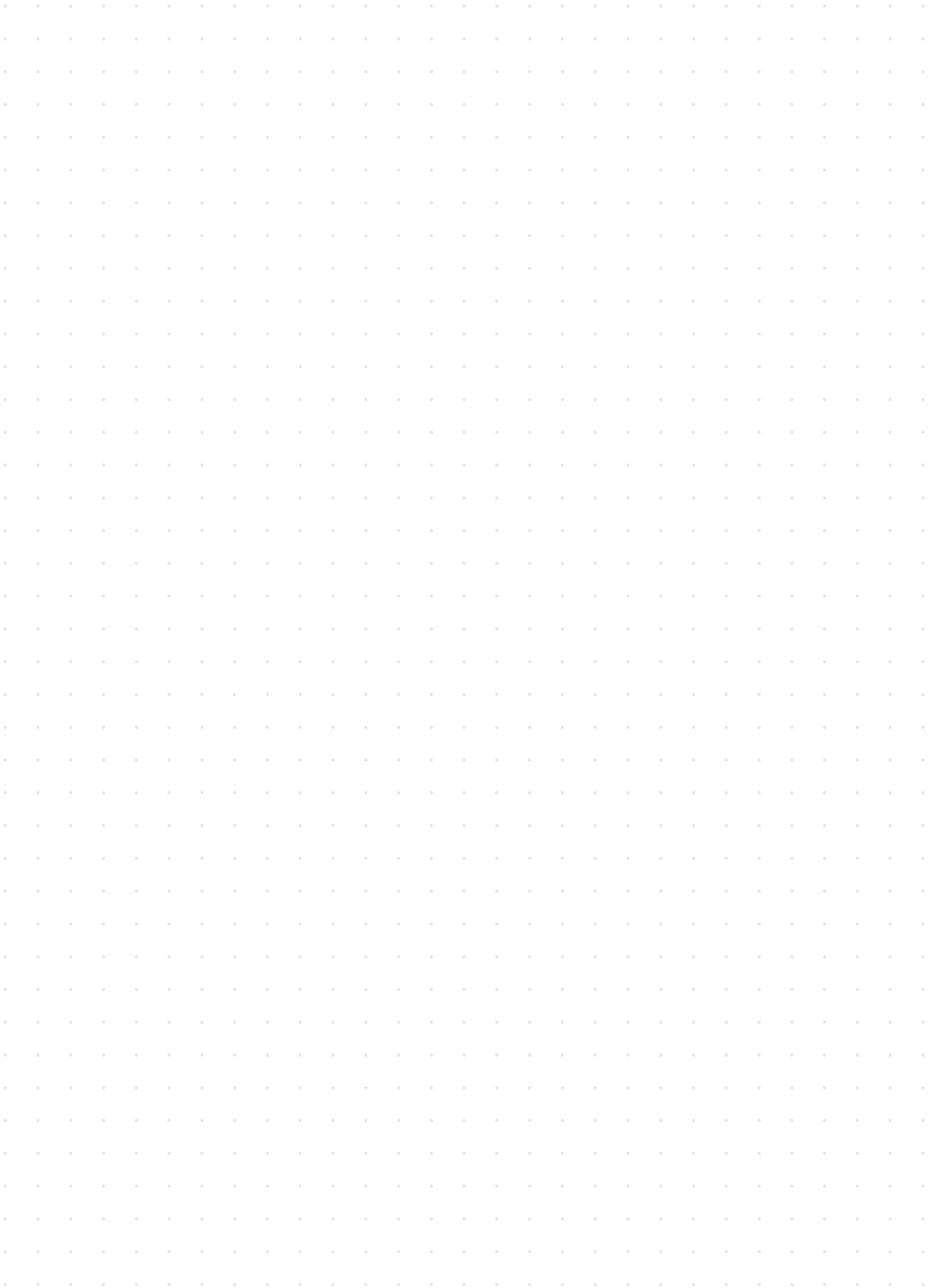
Data: _____



Data: _____



Data: _____



Data: _____



Data: _____



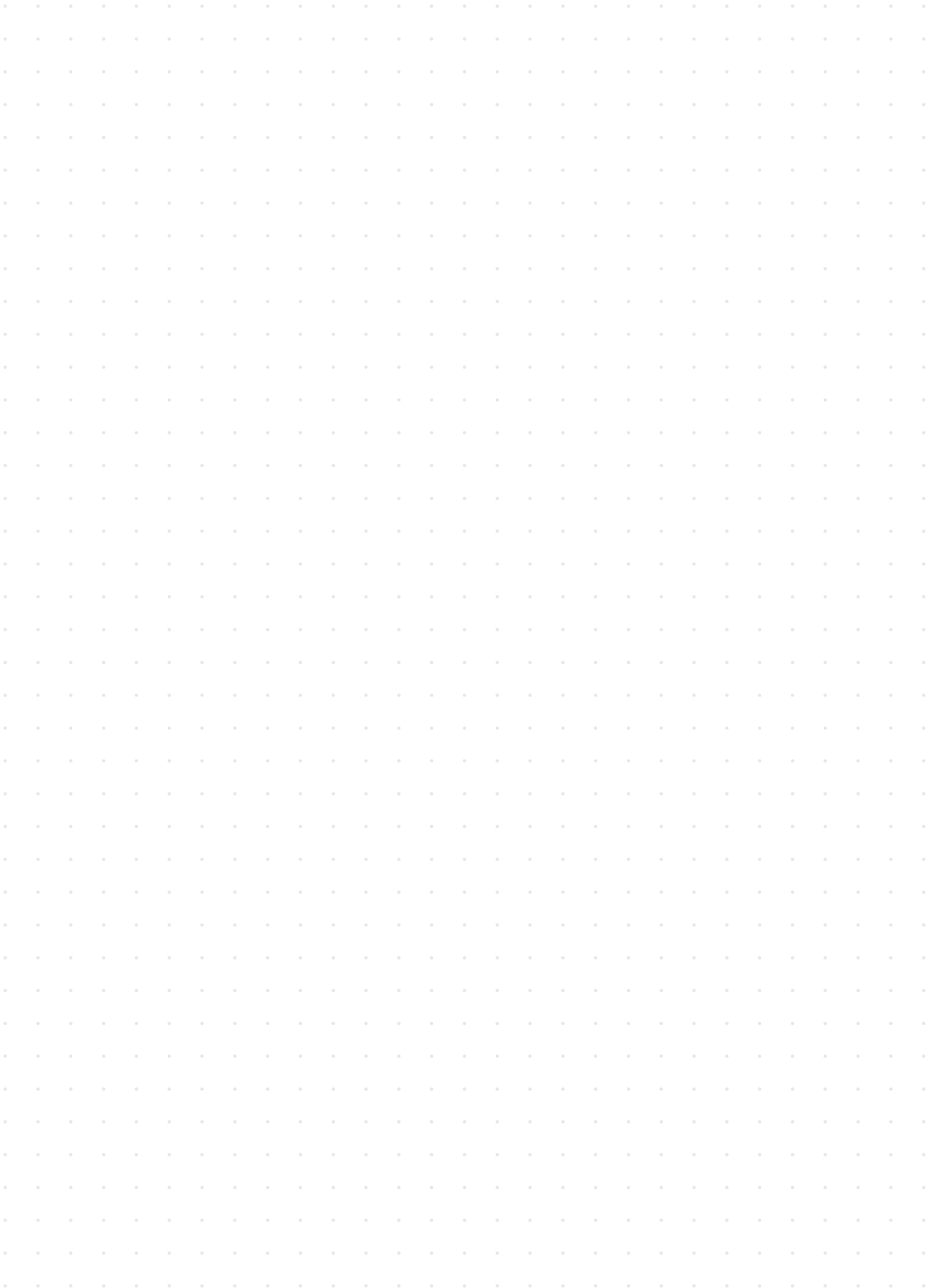
Data: _____



Data: _____



Data: _____



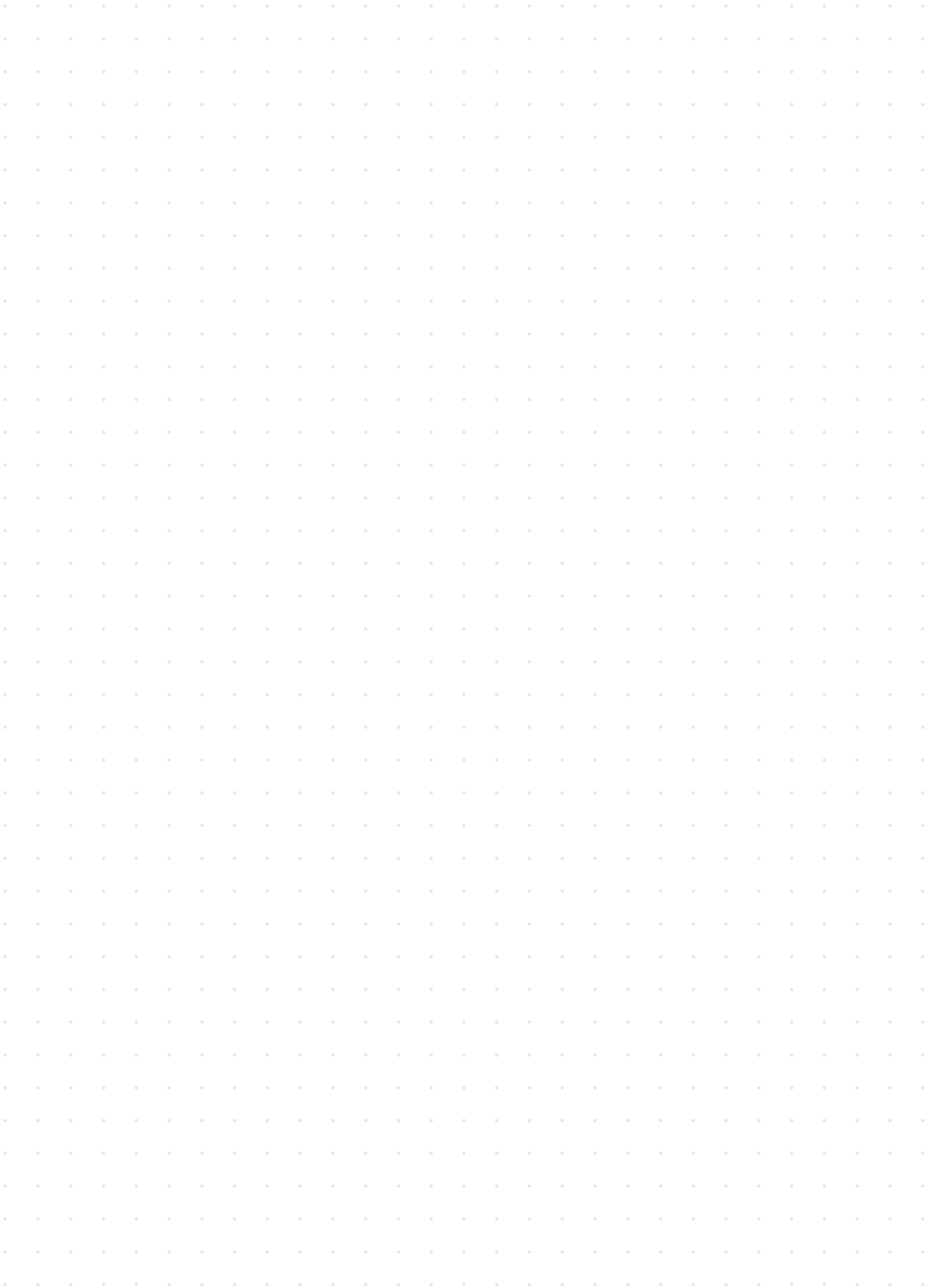
Data: _____



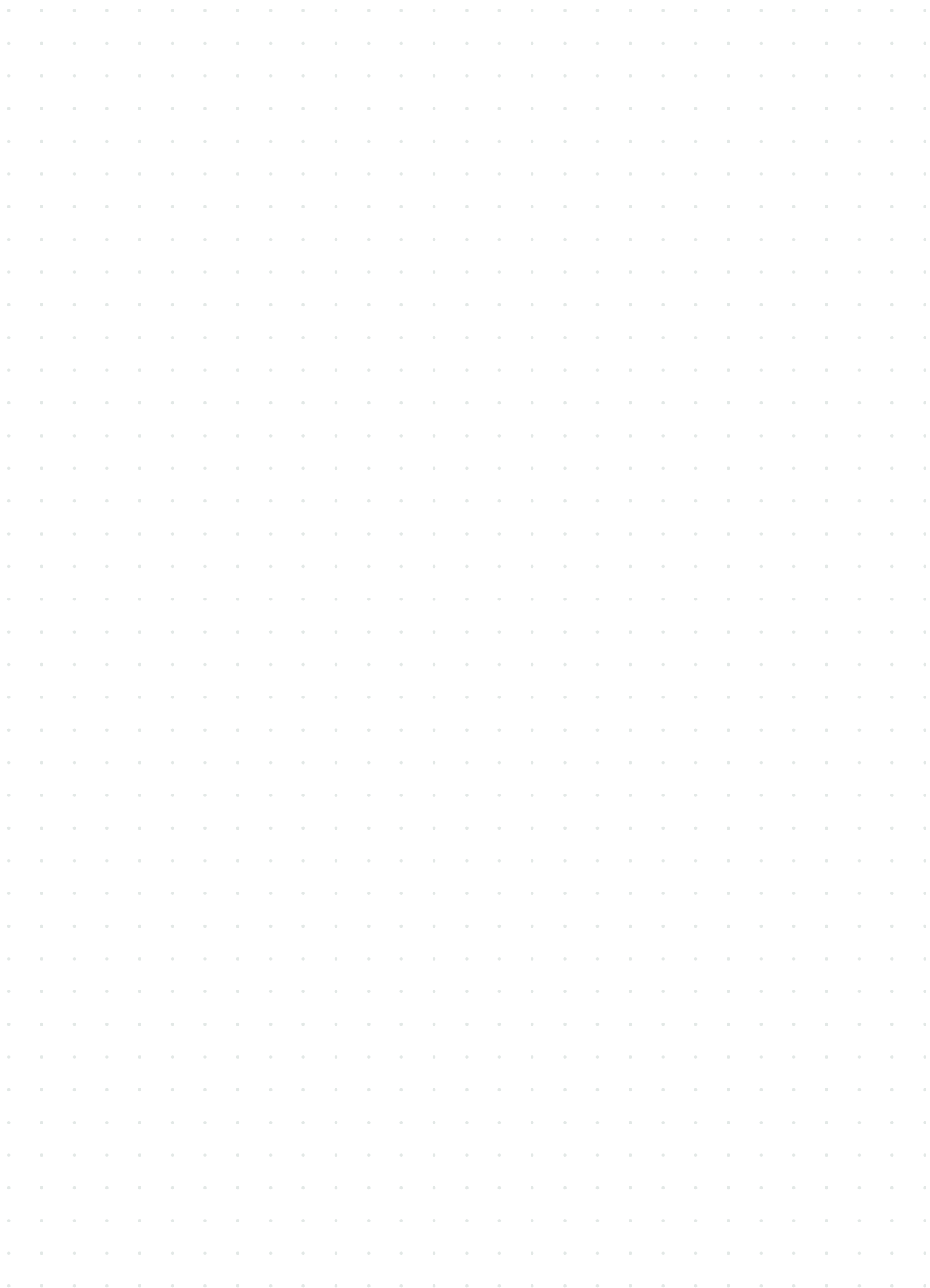
Data: _____



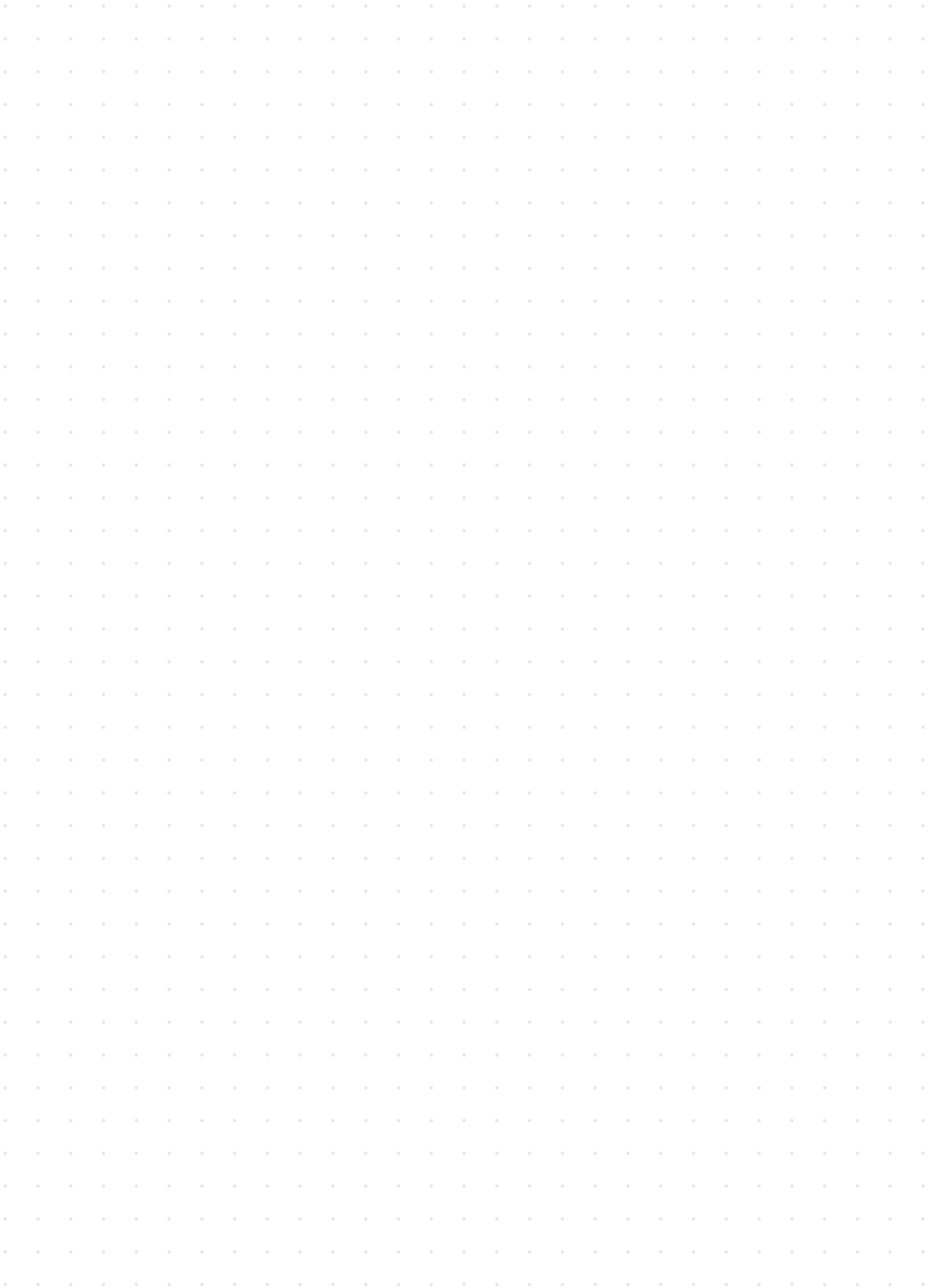
Data: _____



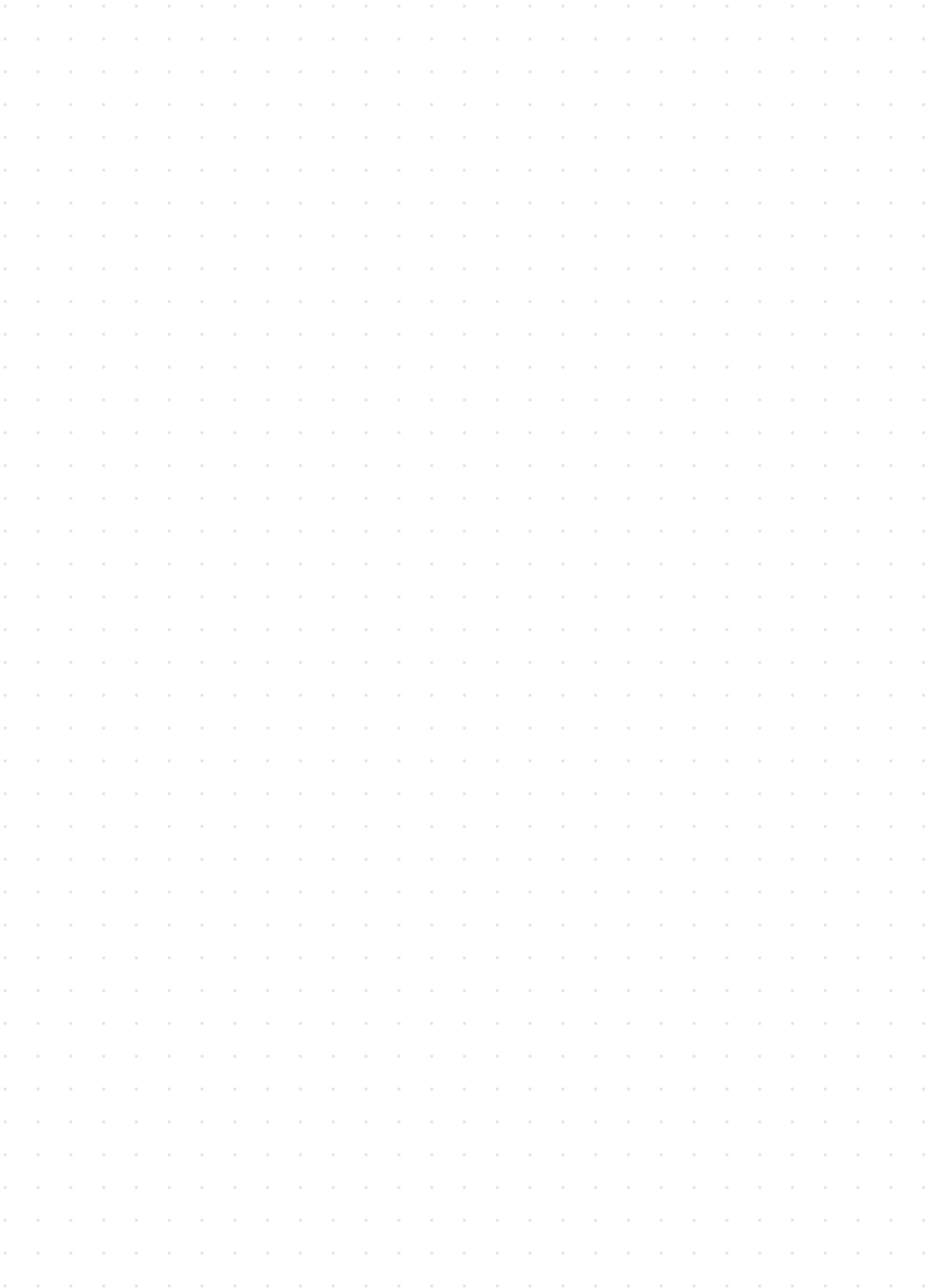
Data: _____



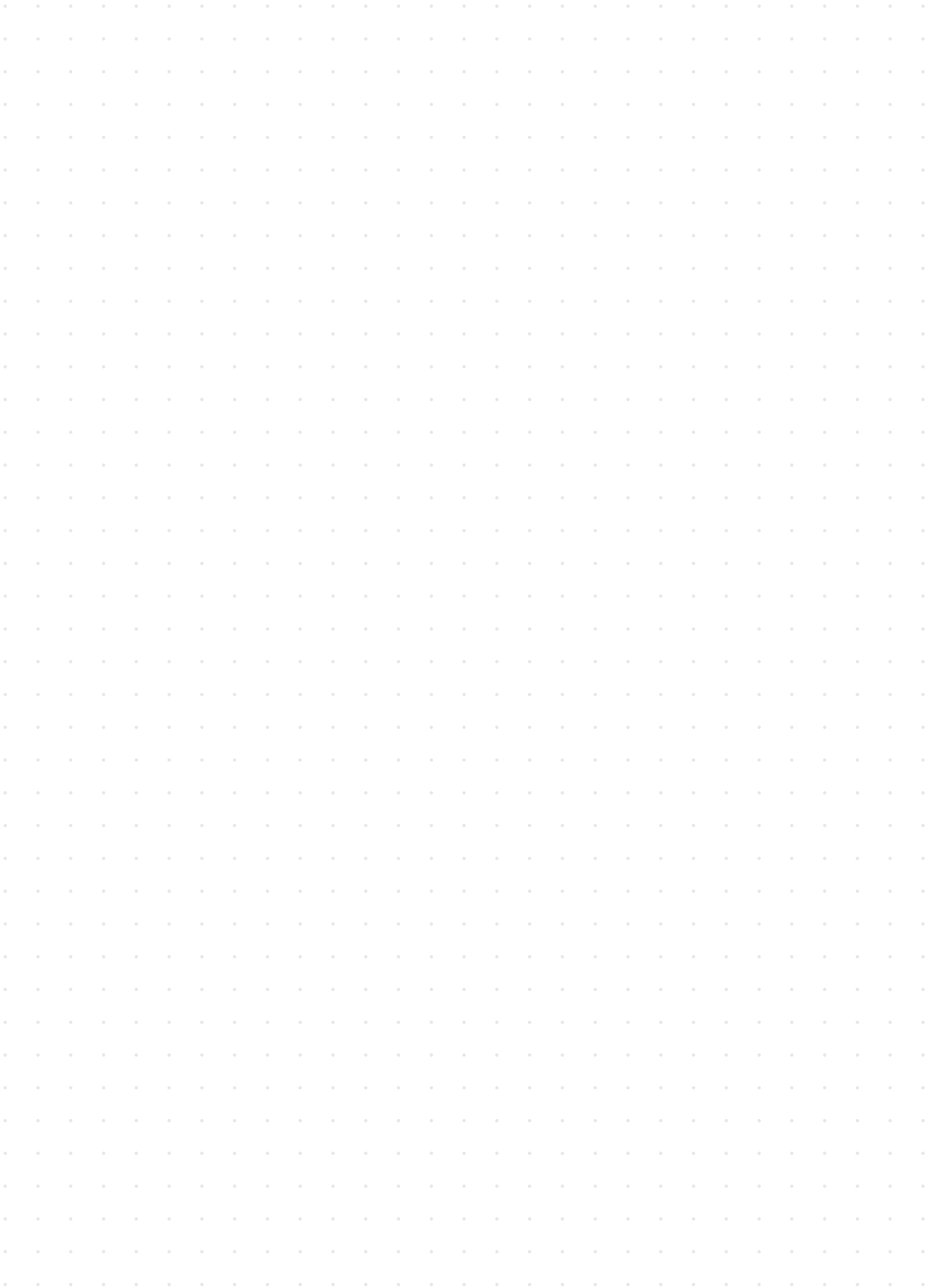
Data: _____



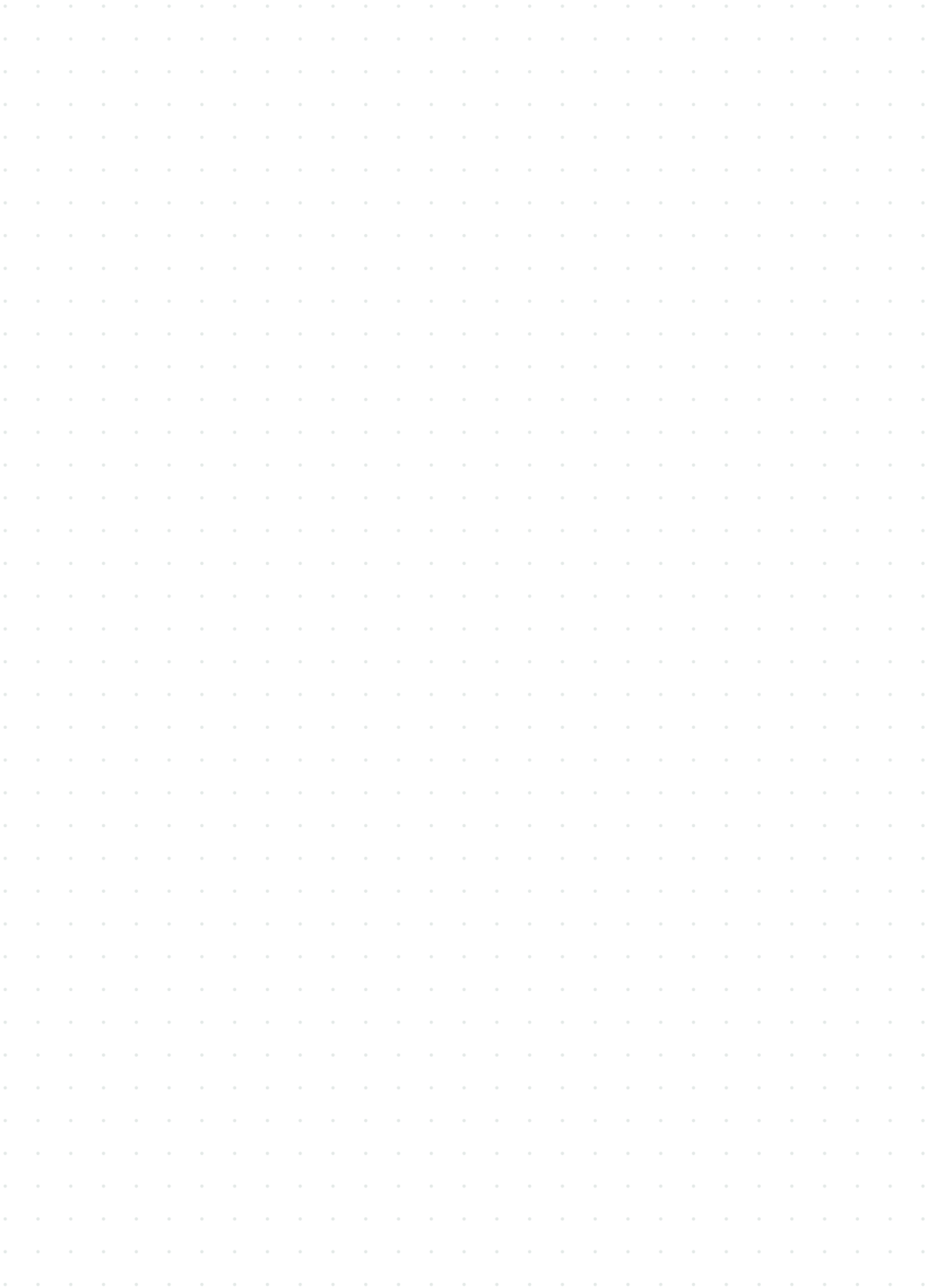
Data: _____



Data: _____



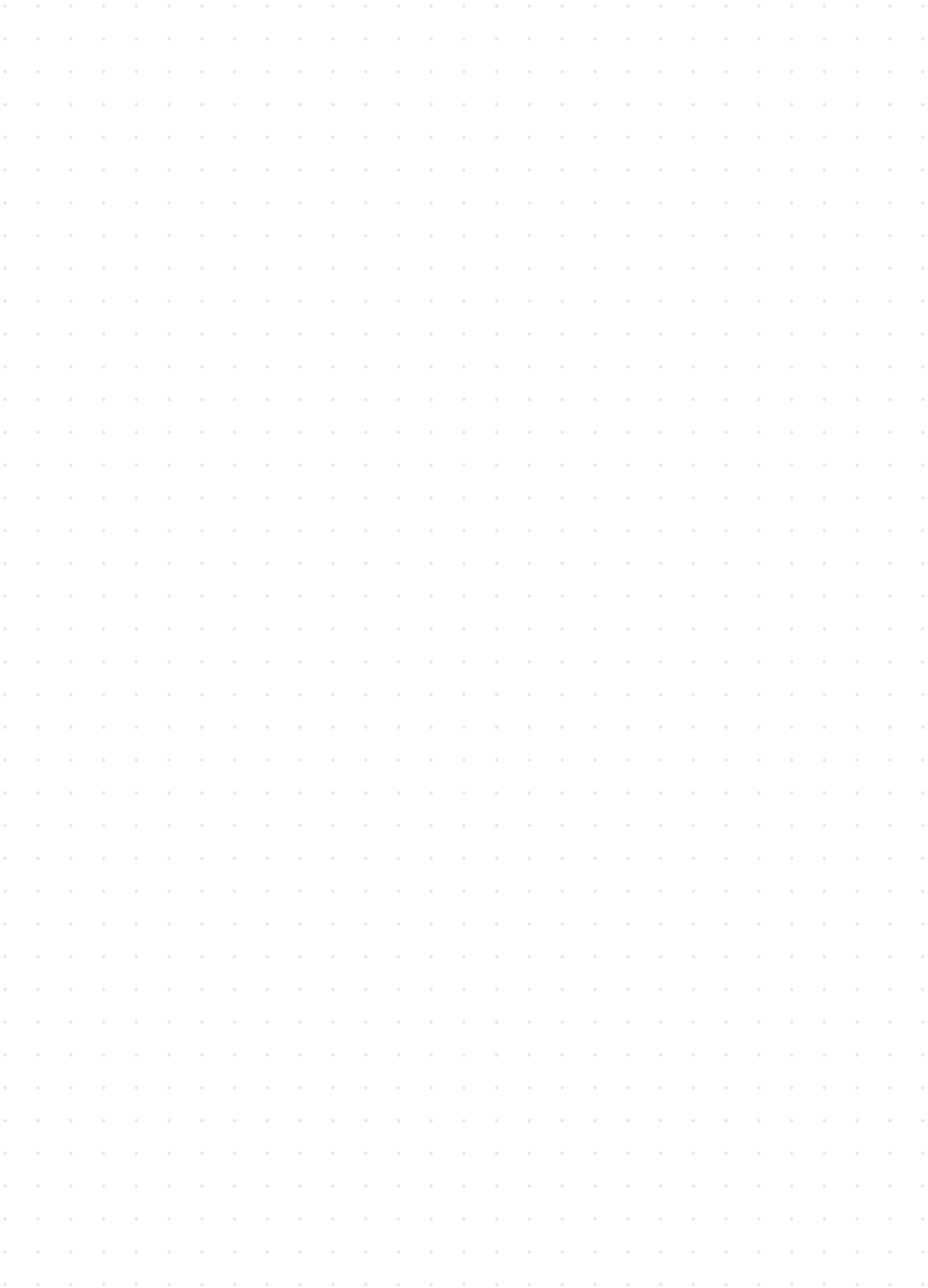
Data: _____



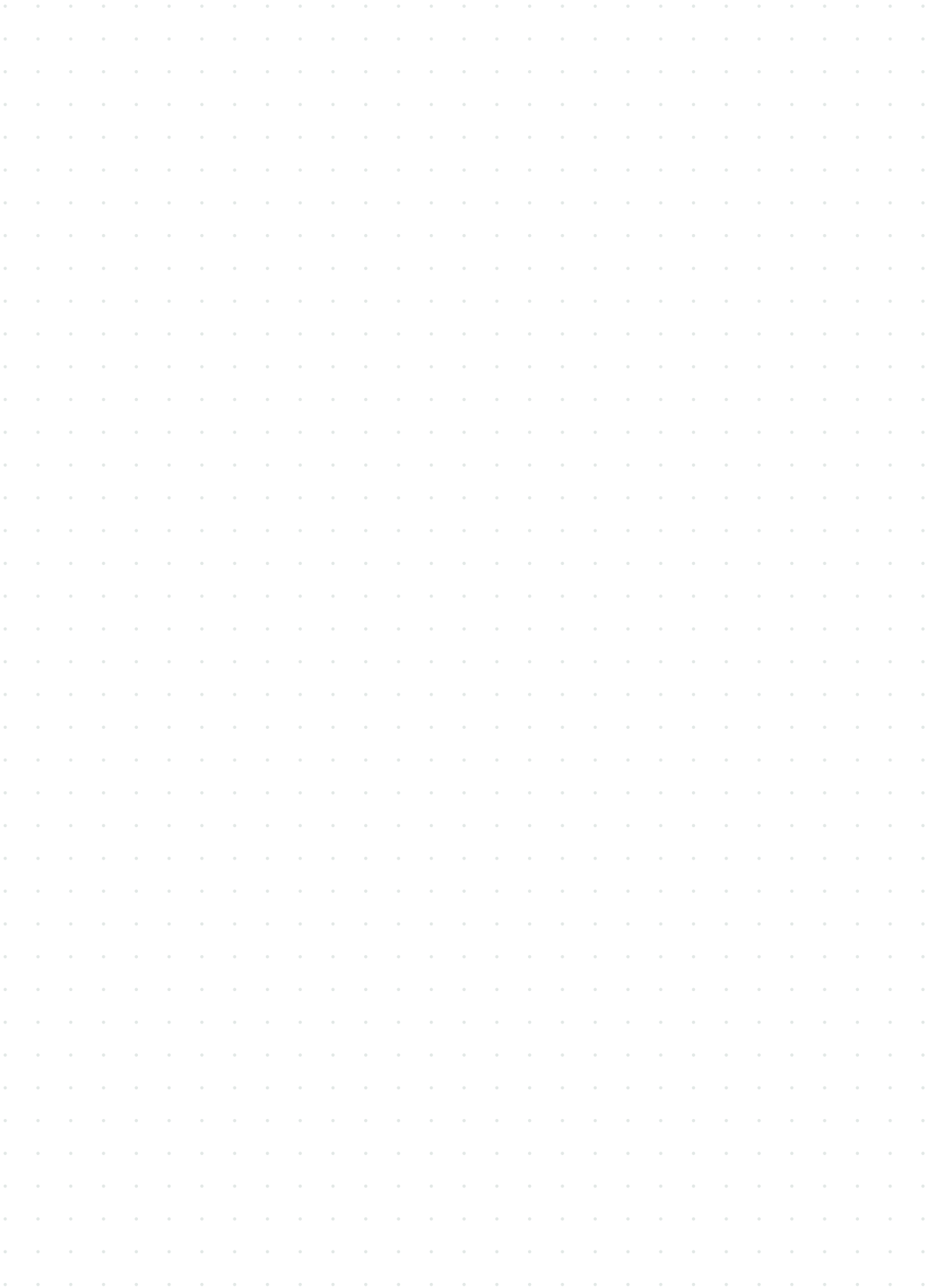
Data: _____



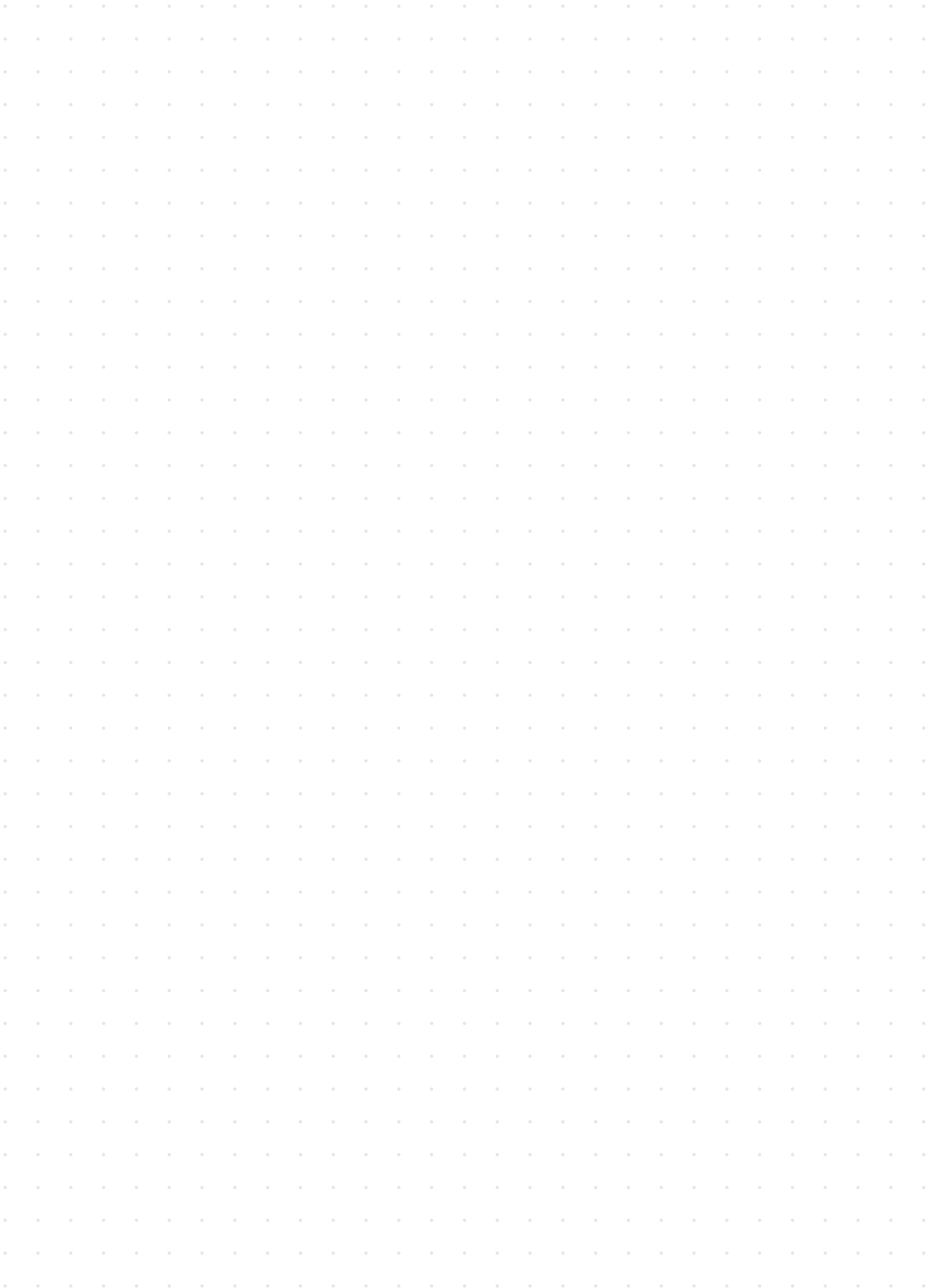
Data: _____



Data: _____



Data: _____



Data: _____

