


Tvorivý denník



30-dňový sprievodný denník



Voľná forma



Vytvorené pomocou LoomJournals

Ako používať tento denník

Vitajte vo svojom denníku! Tu je niekoľko tipov, ako z neho vyťažiť čo najviac:

- 1 Každý deň si vyhradte niekoľko minút na písanie
- 2 Buďte úprimní a píšete slobodne bez posudzovania
- 3 Skúste písať každý deň v rovnakom čase, aby ste si vytvorili návyk
- 4 Každý týždeň si prečítajte svoje záznamy a všimajte si vzorce



Naskenujte pre podrobný návod na používanie tohto denníka

Dátum: _____

Topic: _____

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

Dátum: _____

Topic: _____

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

Dátum: _____

Topic: _____

A large grid of small dots, arranged in approximately 25 rows and 40 columns, intended for writing or drawing.

Dátum: _____

Topic: _____

A large grid of small dots, arranged in approximately 25 rows and 40 columns, intended for writing or drawing.

Dátum: _____

Topic: _____

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