


Skissjournal



En 30-dagars guidad dagbok



Friformat



Skapad med LoomJournals

Hur du använder den här dagboken

Välkommen till din dagbok! Här är några tips för att få ut det mesta av den:

- 1 Avsätt några minuter varje dag för att skriva
- 2 Var ärlig och skriv fritt utan att döma dig själv
- 3 Försök att skriva vid samma tid varje dag för att bygga en vana
- 4 Läs igenom dina anteckningar varje vecka för att lägga märke till mönster

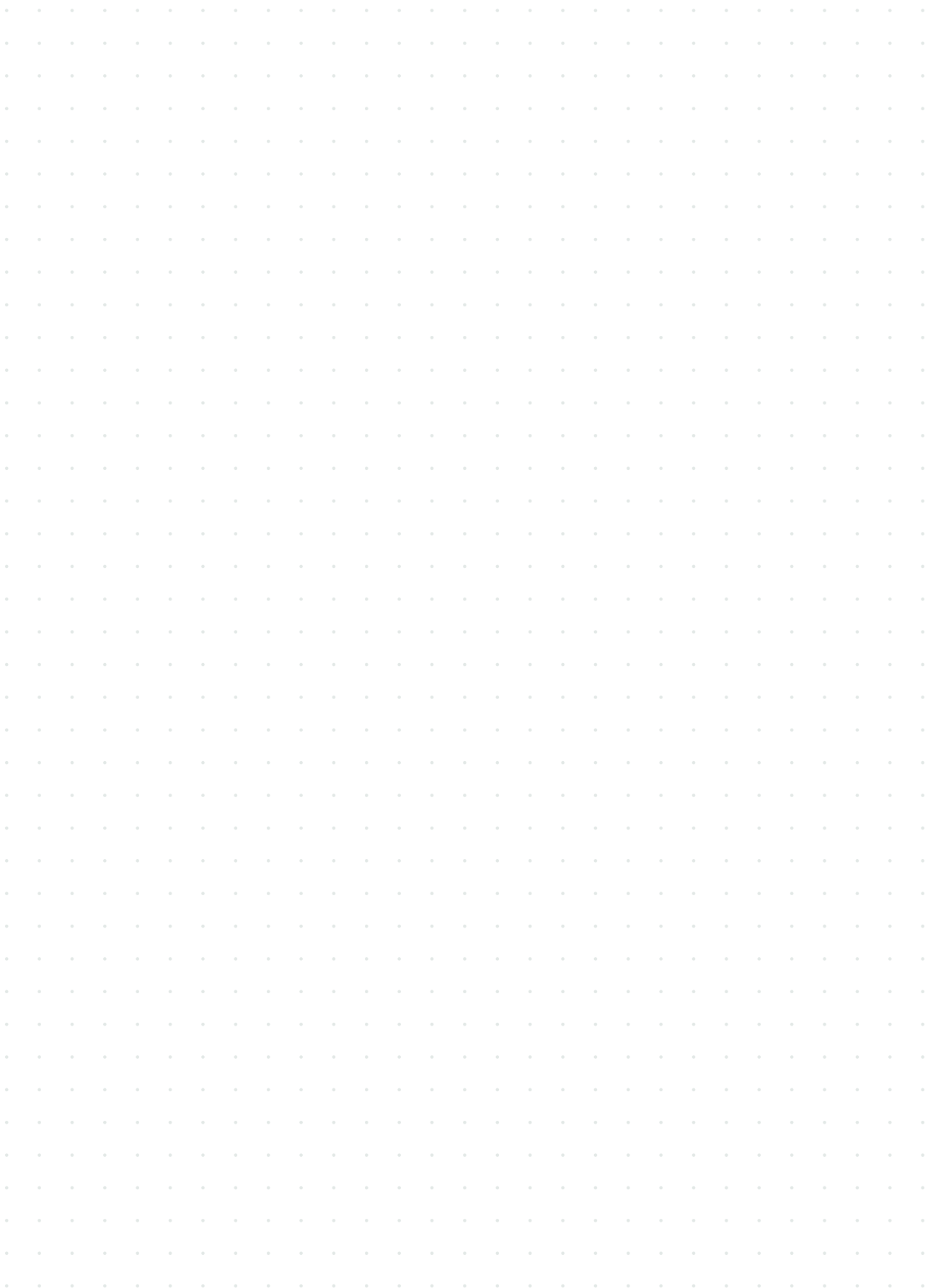


Skanna för en detaljerad guide om hur du använder den här dagboken

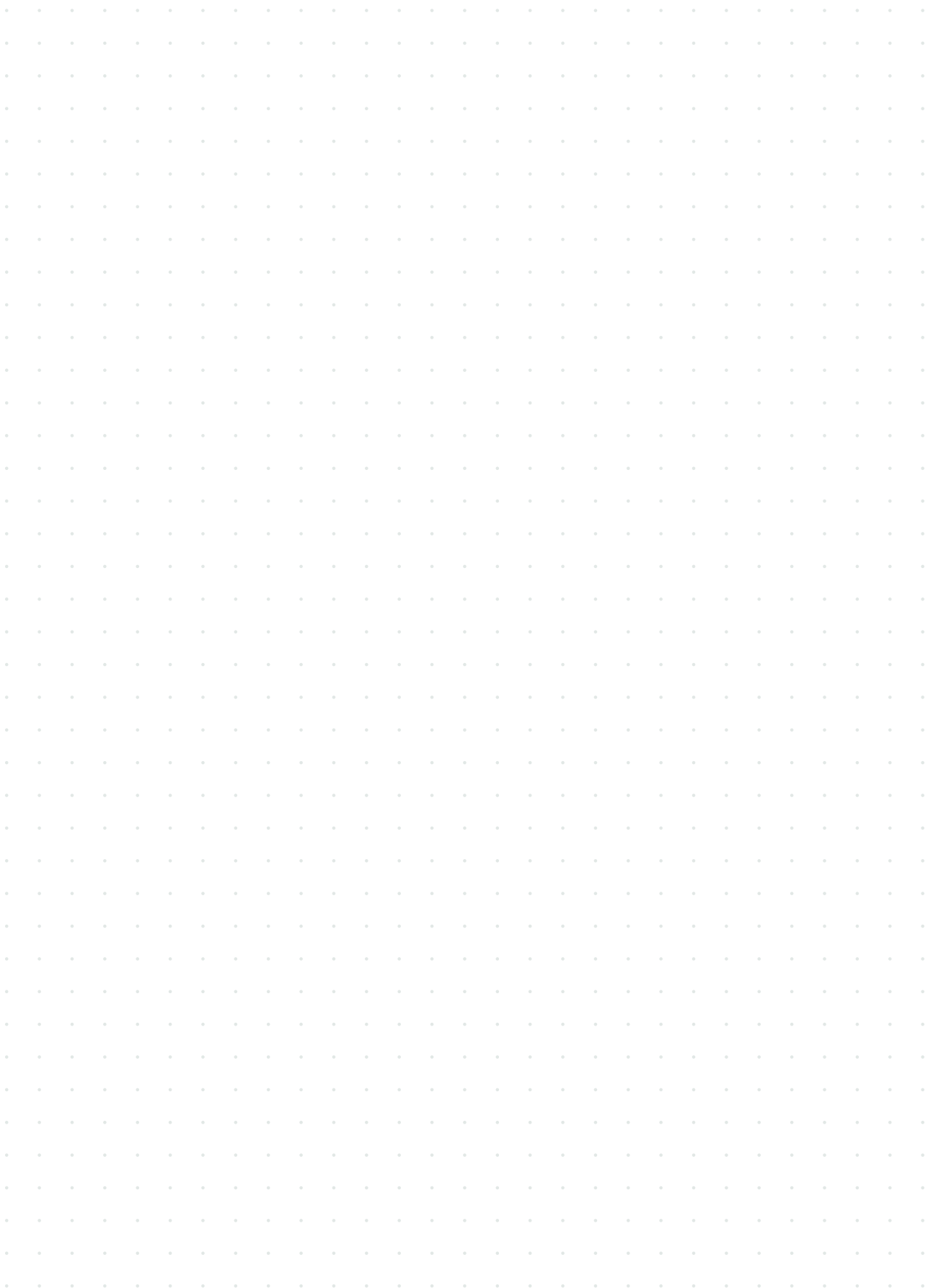
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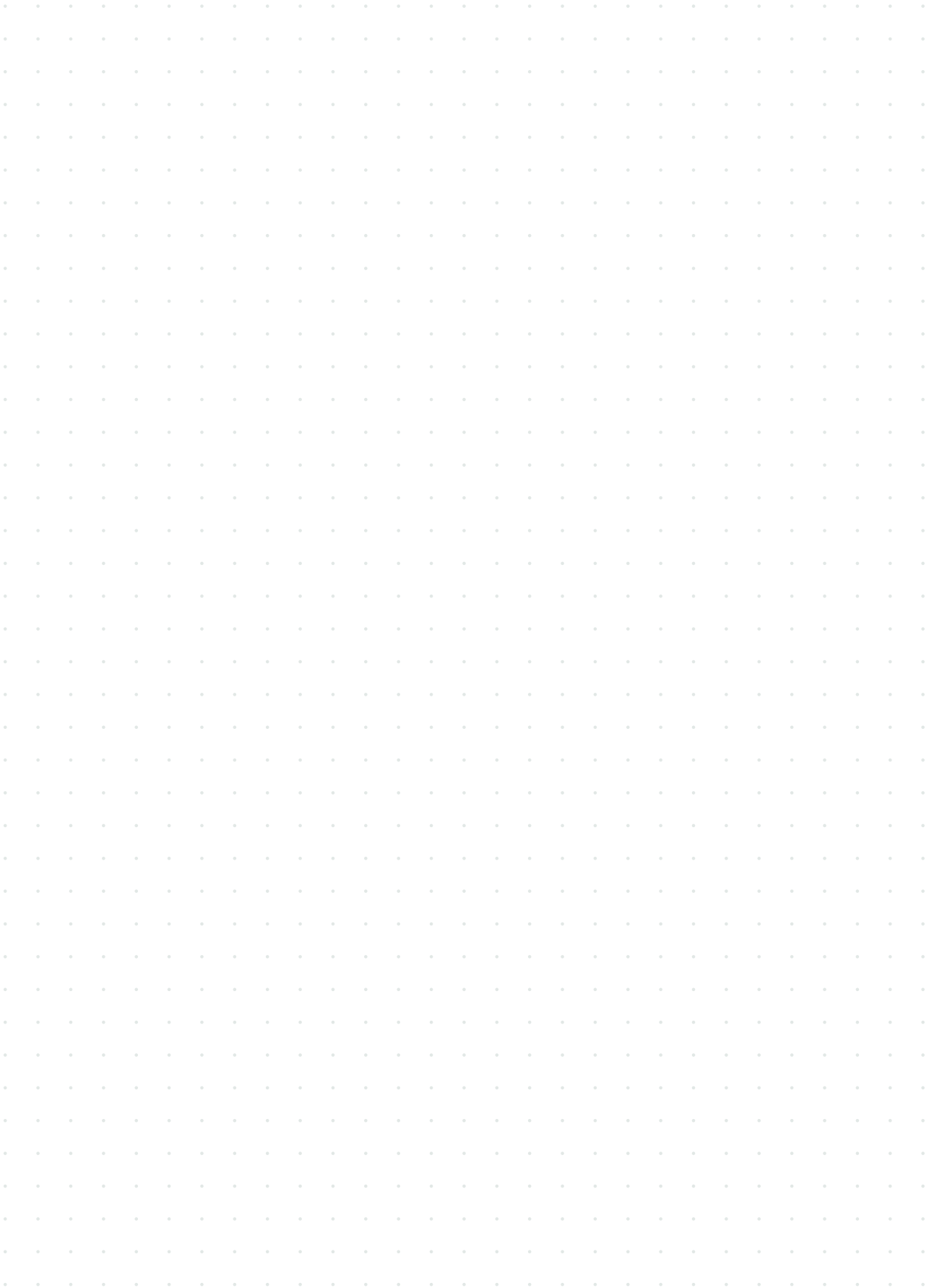
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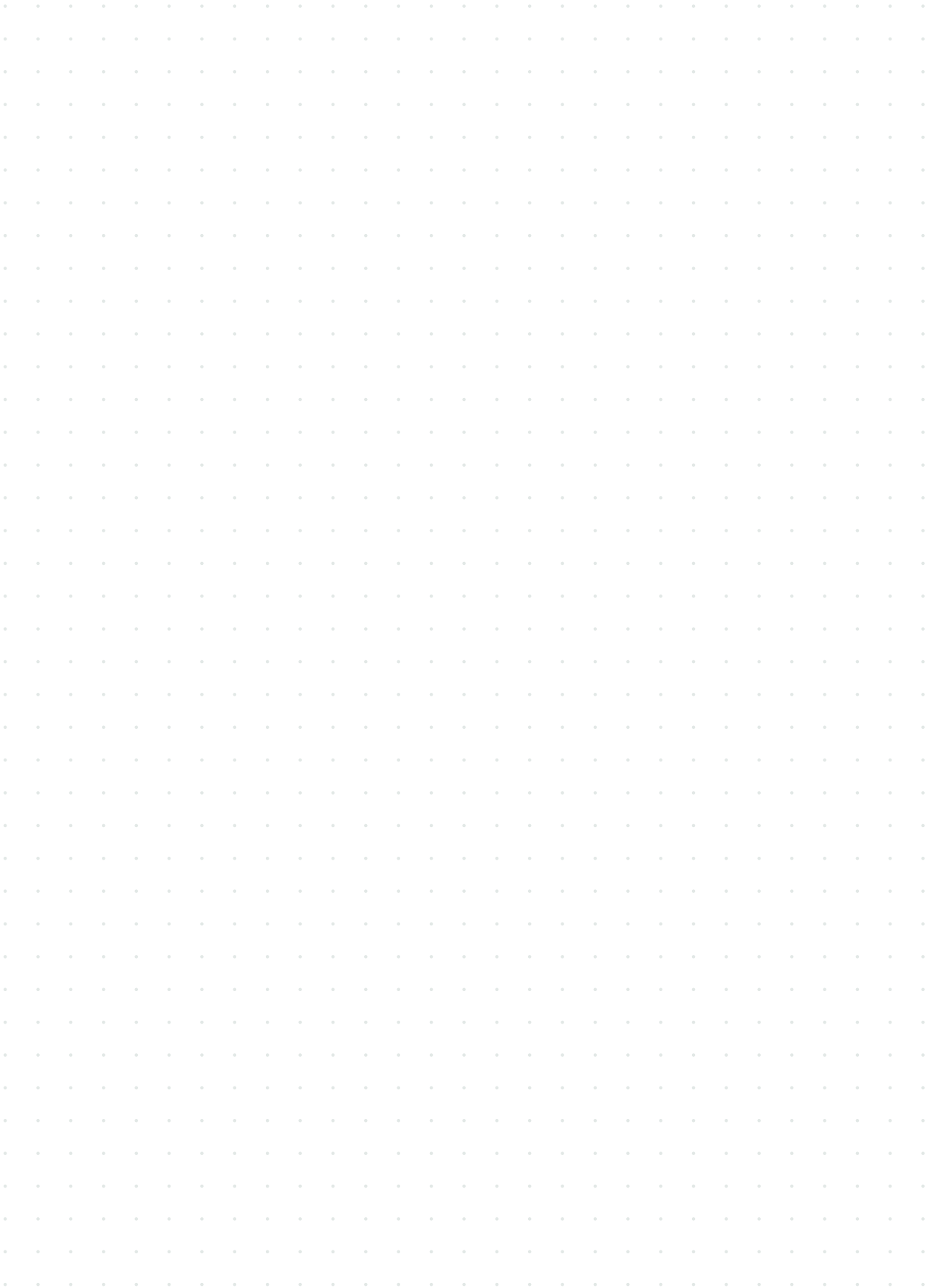
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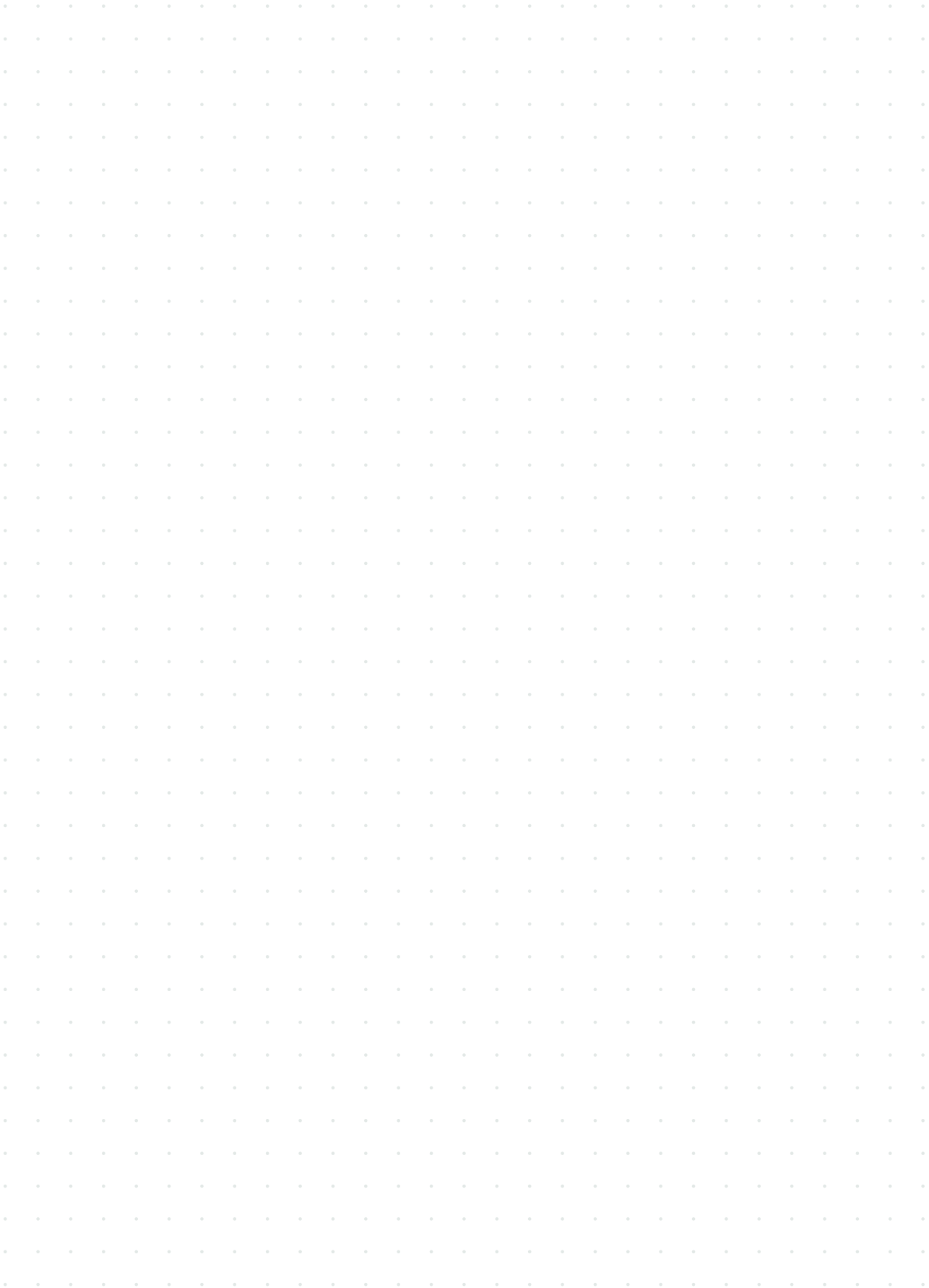
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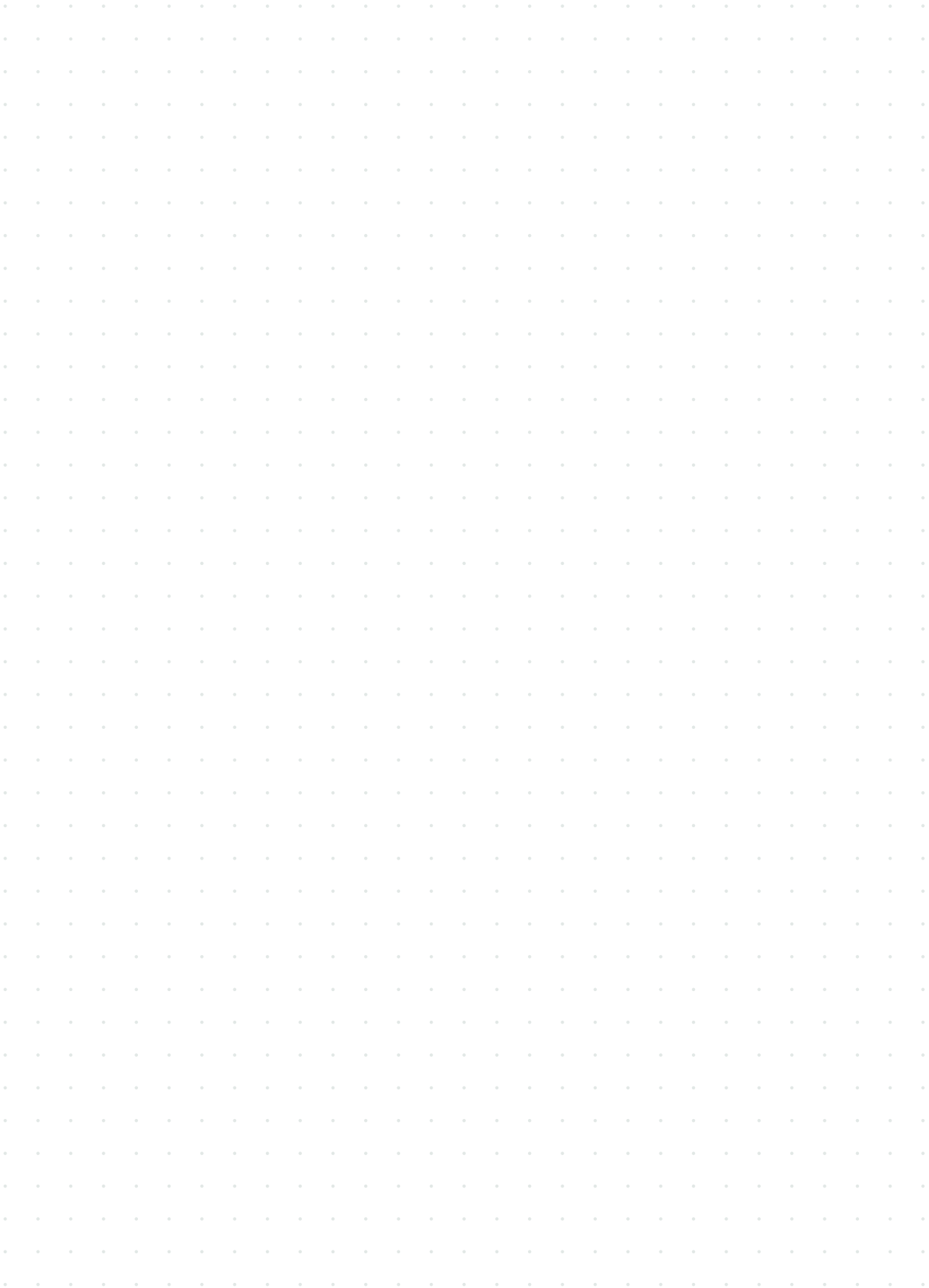
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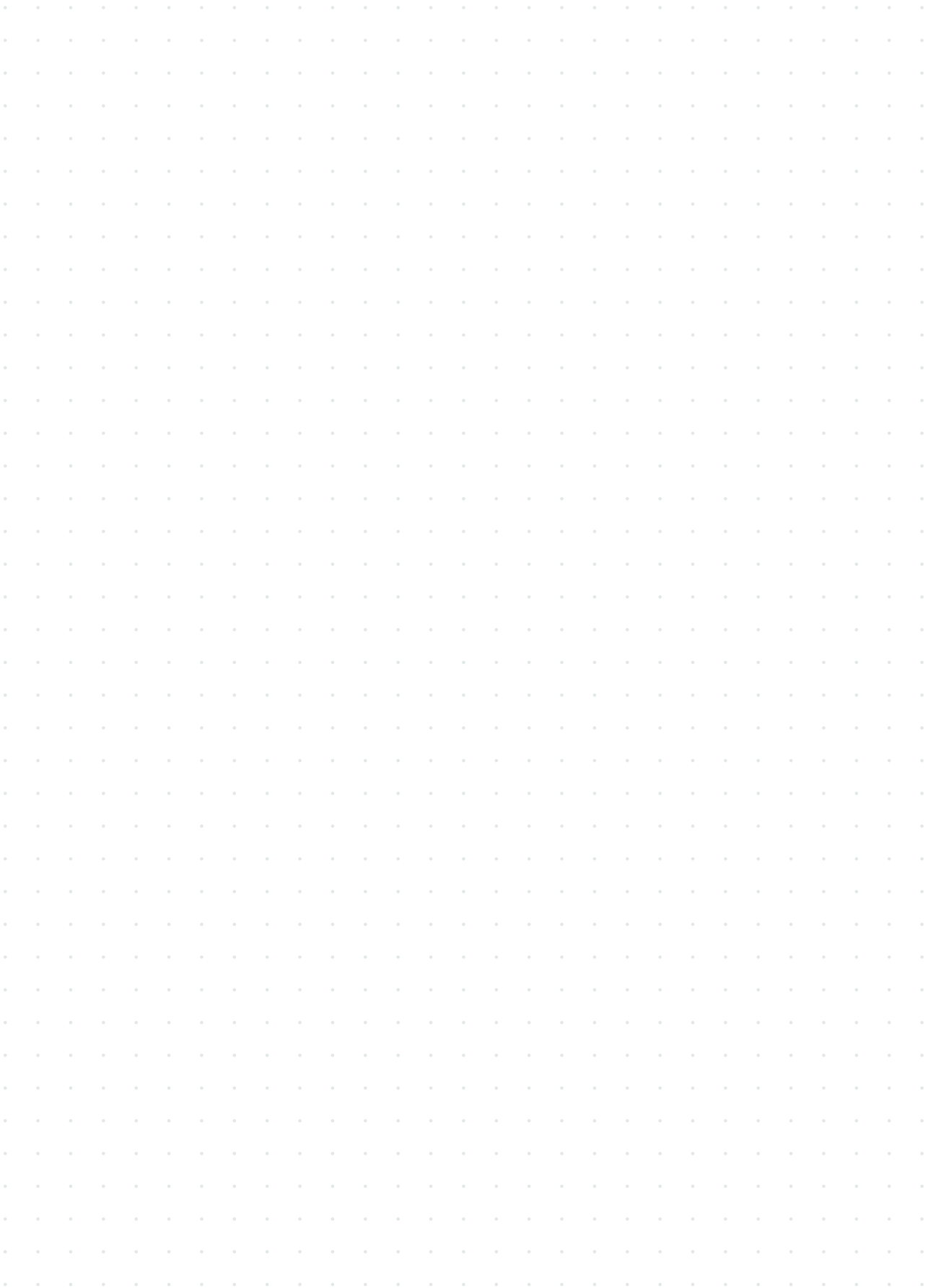
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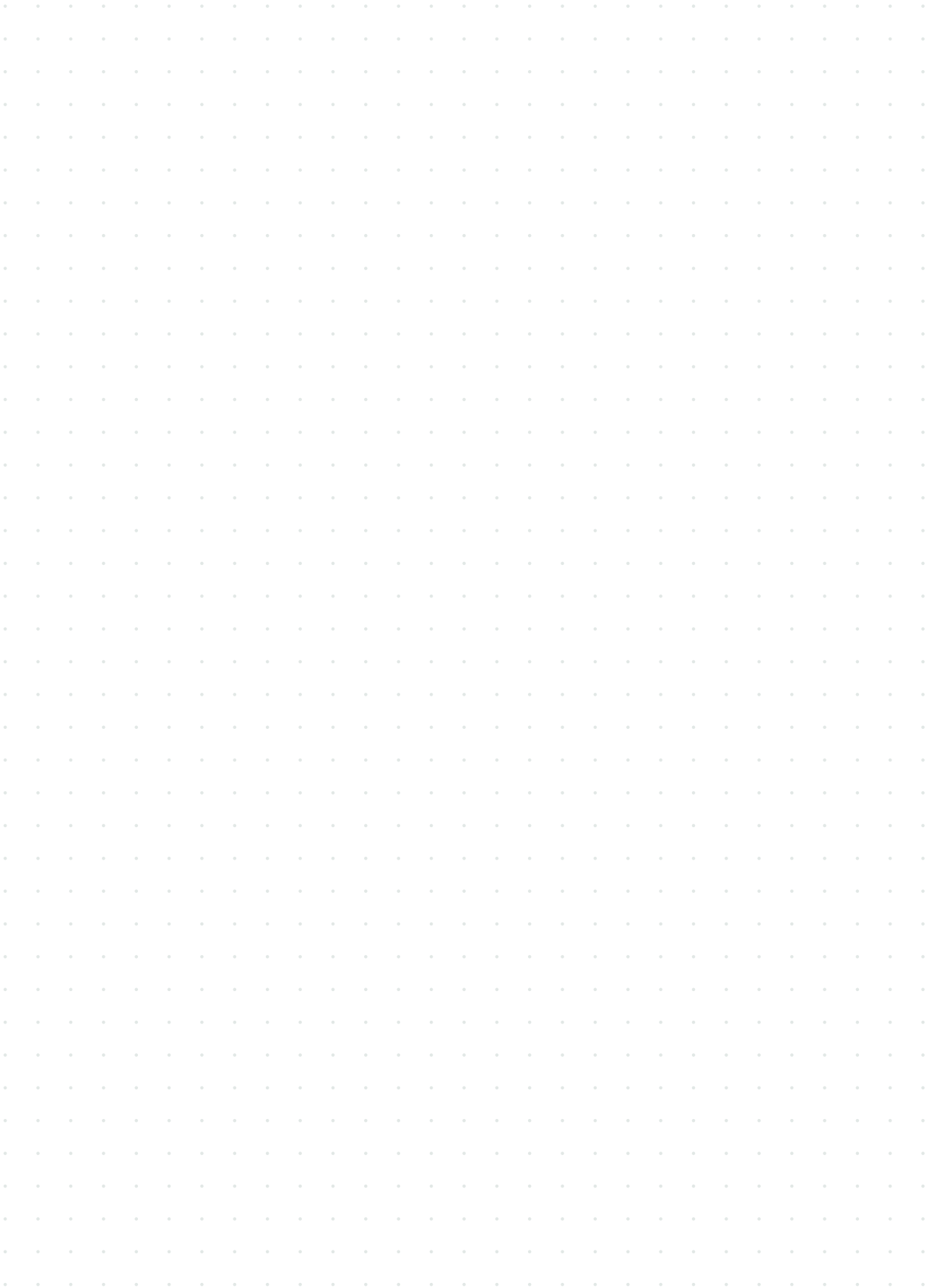
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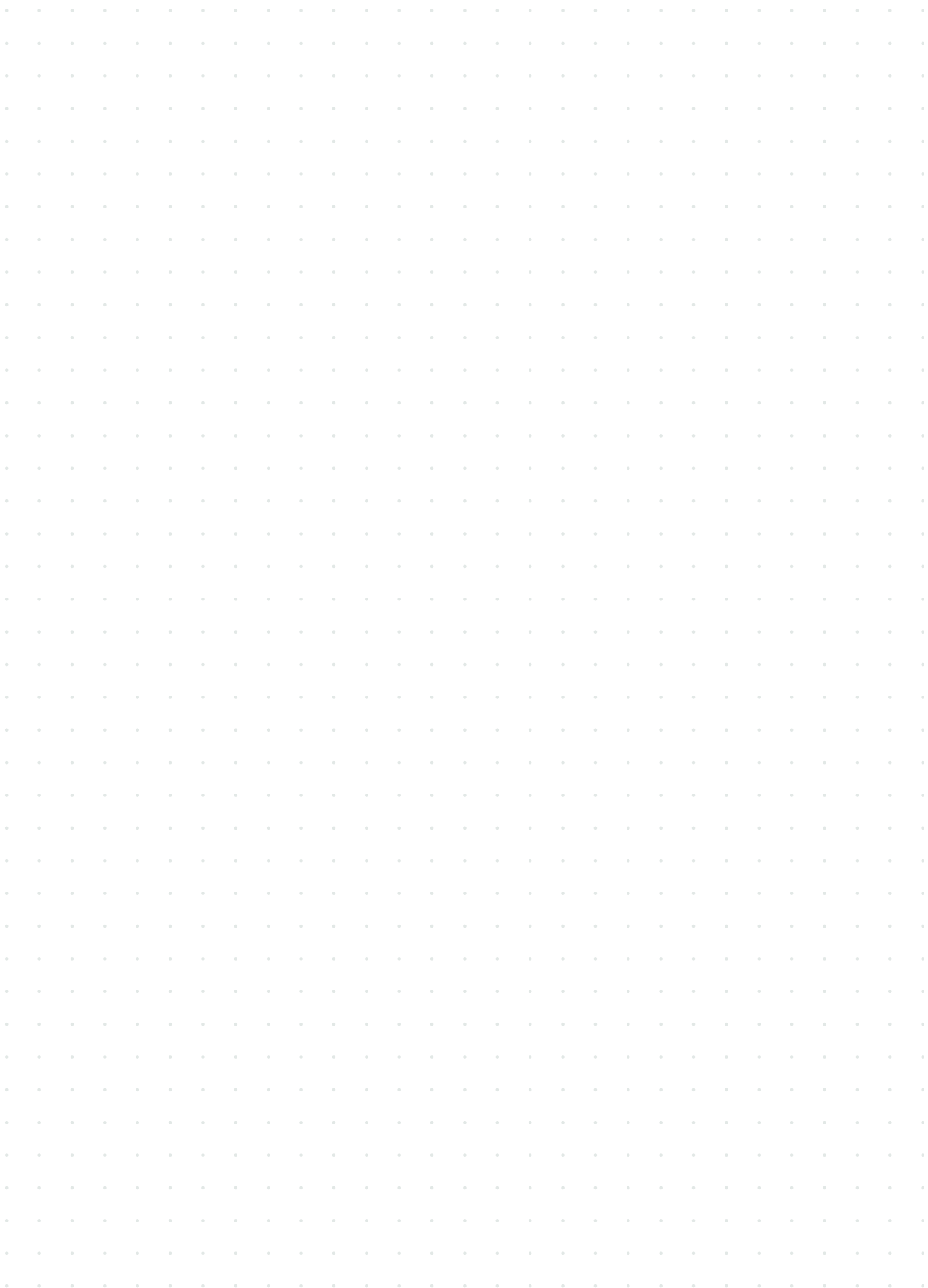
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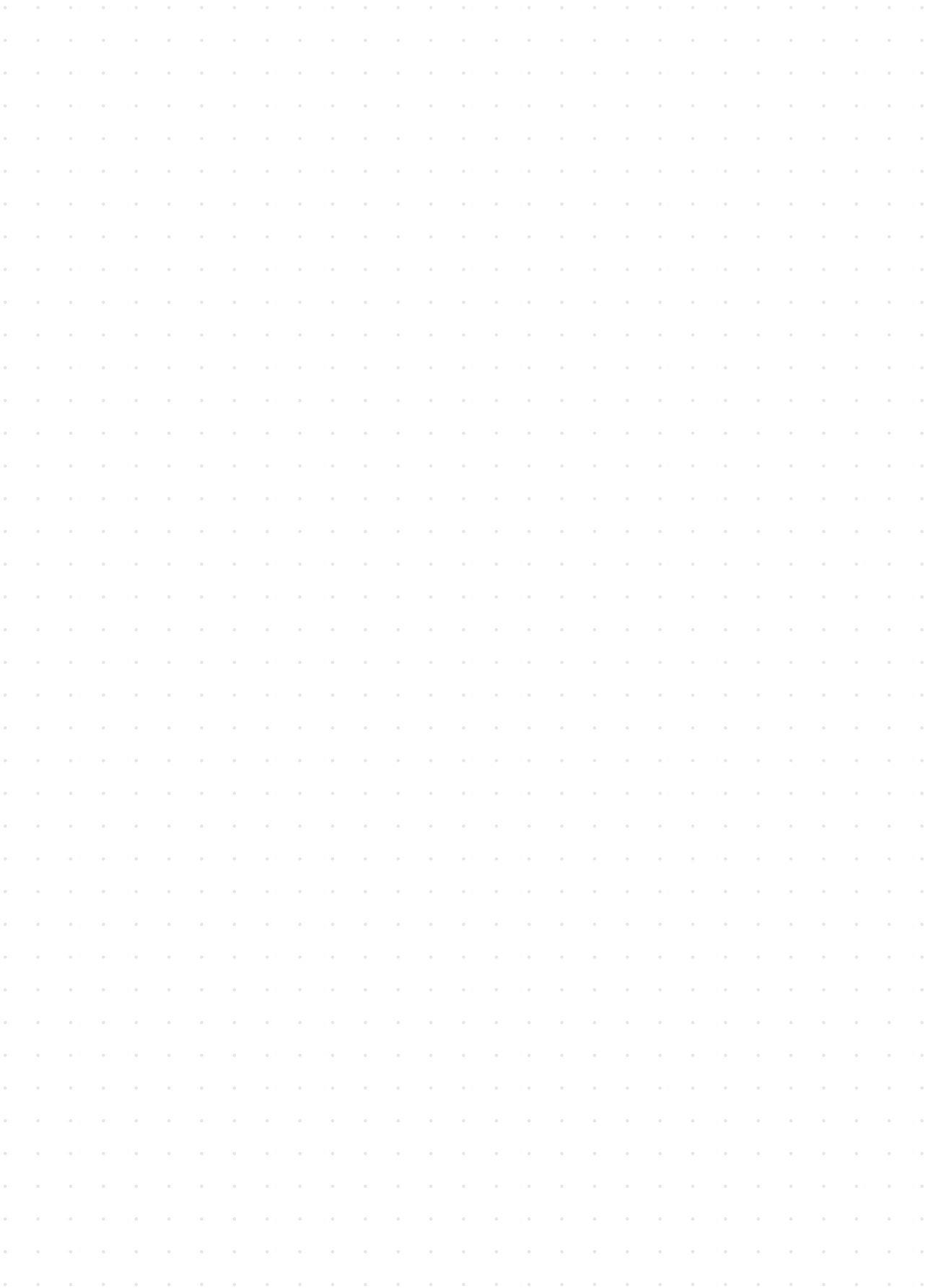
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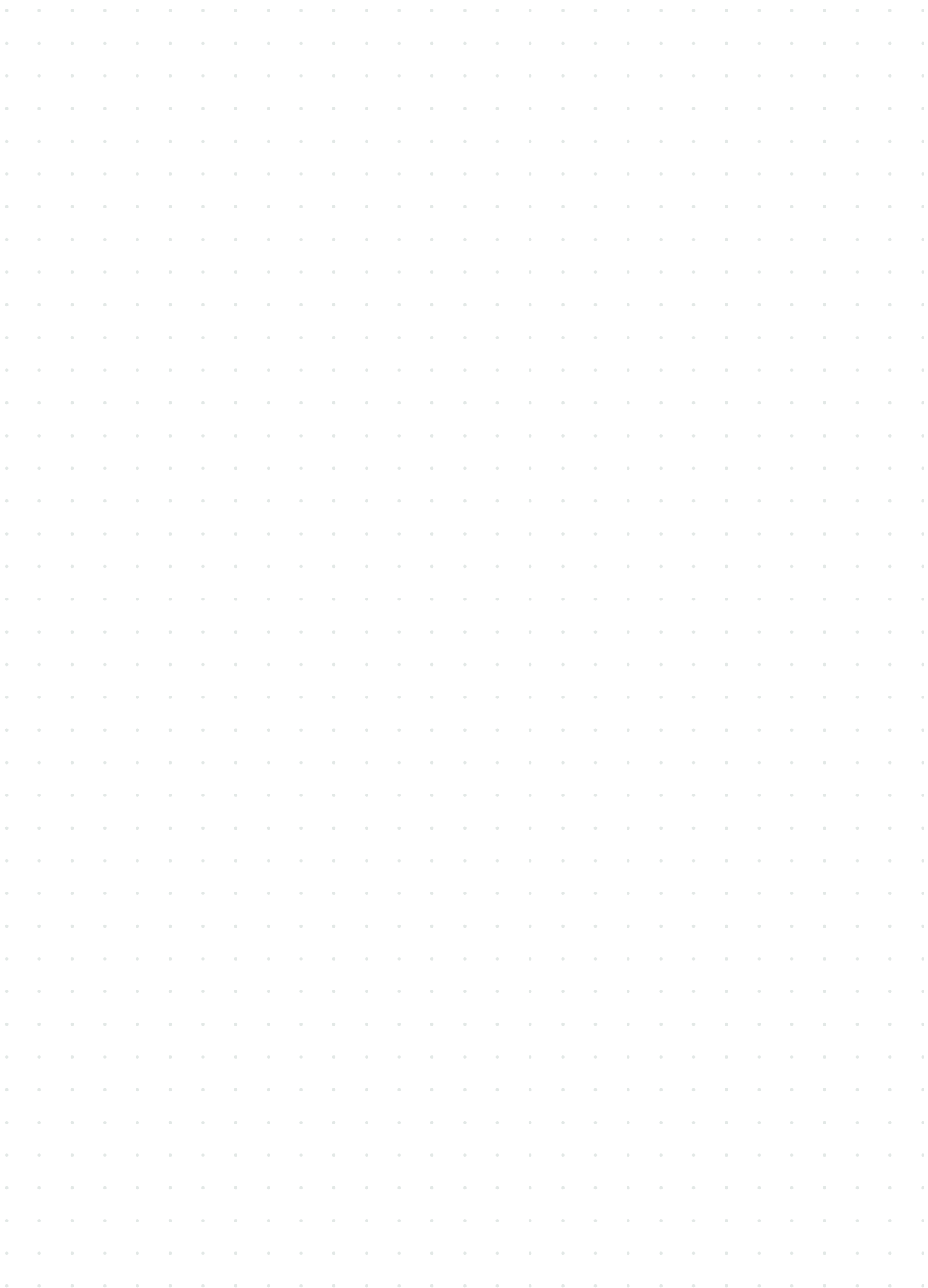
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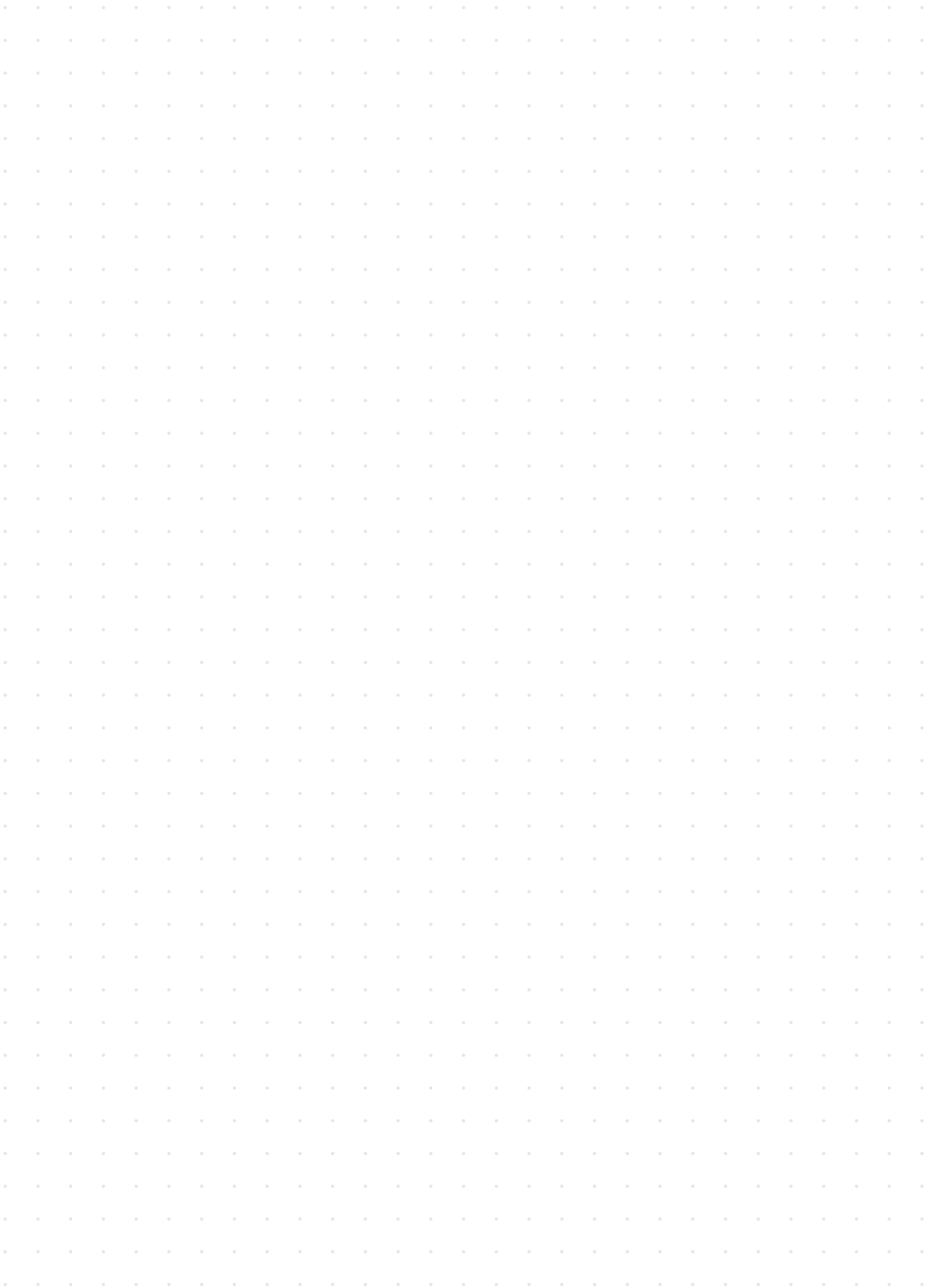
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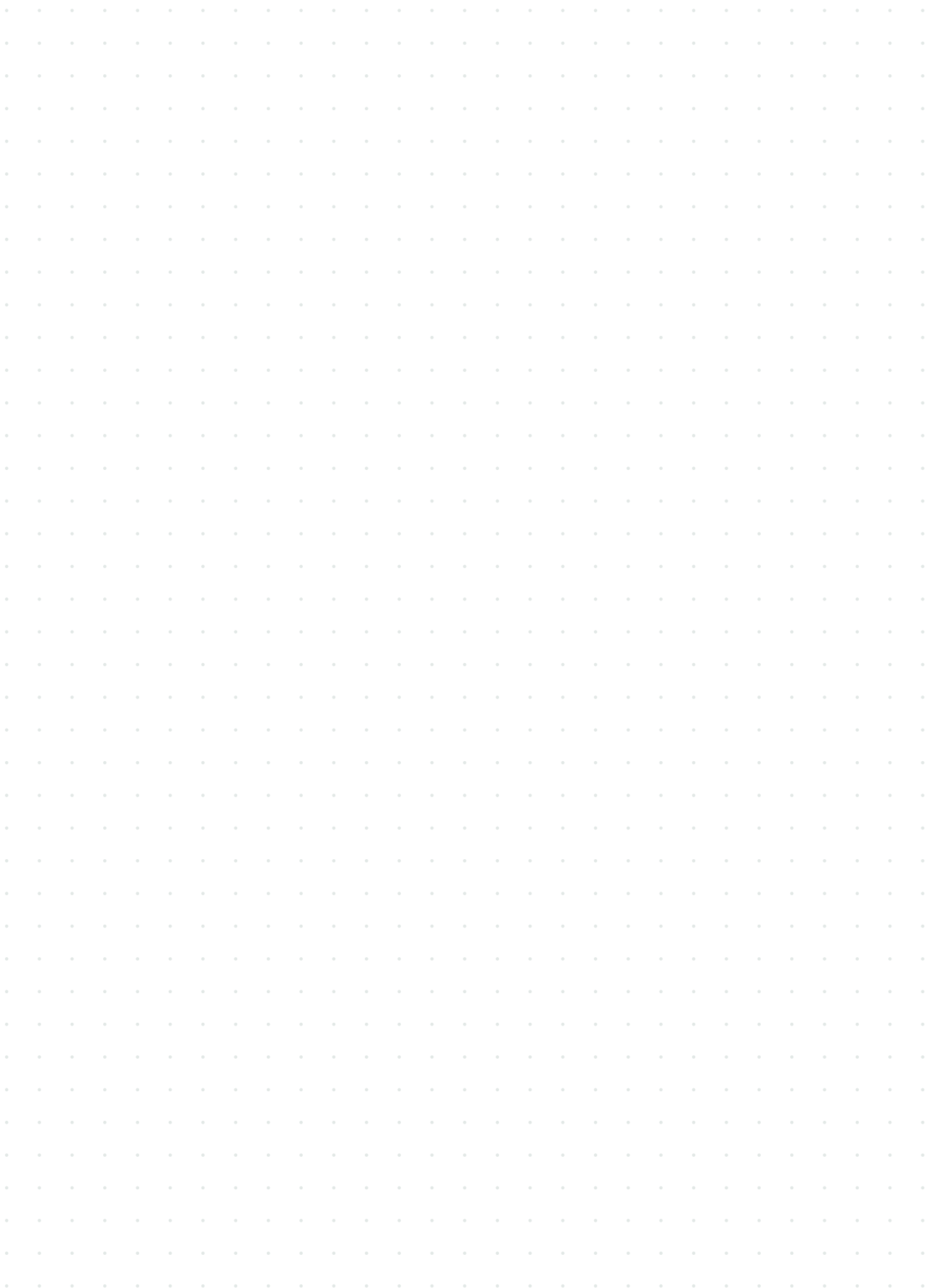
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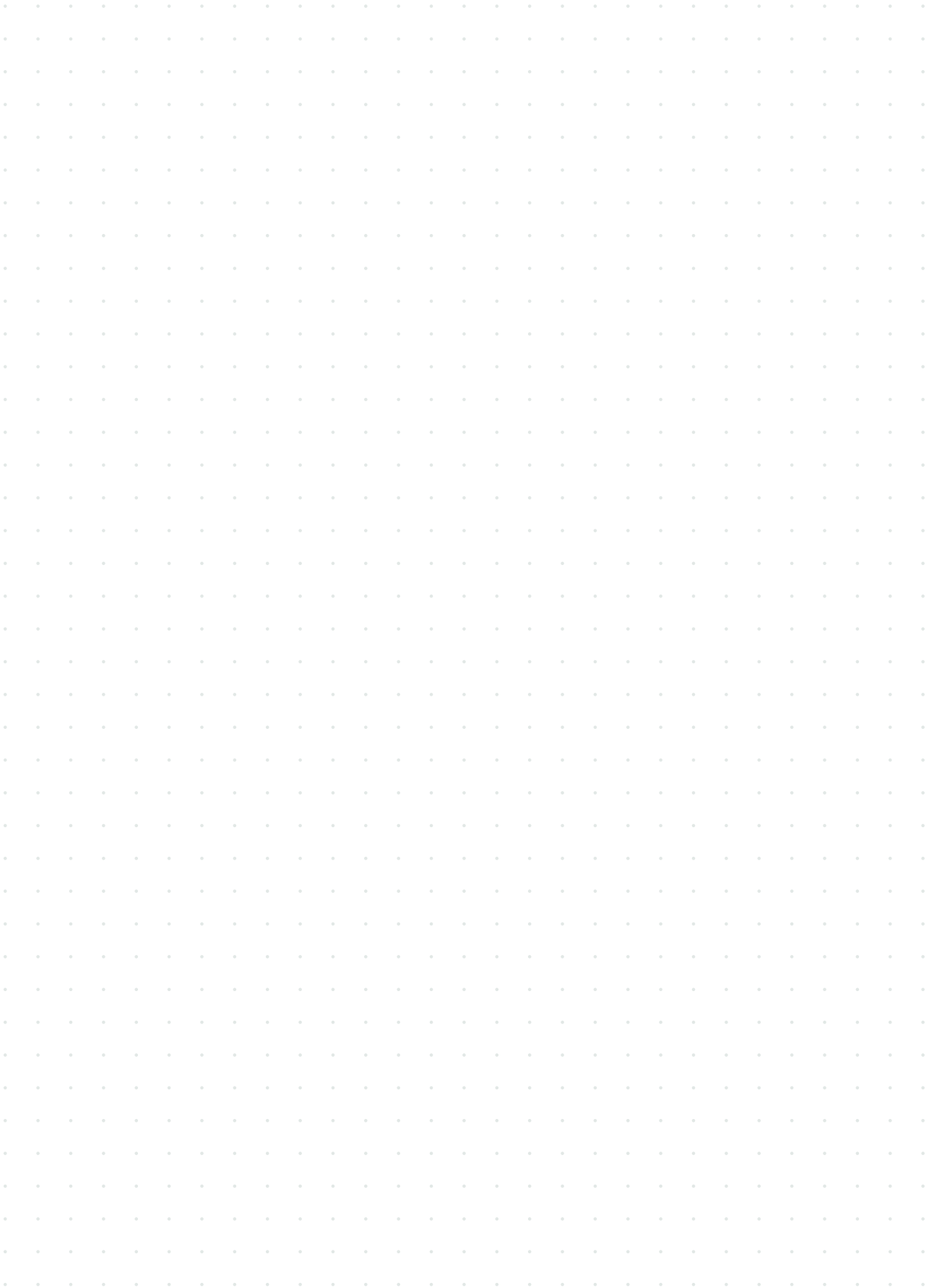
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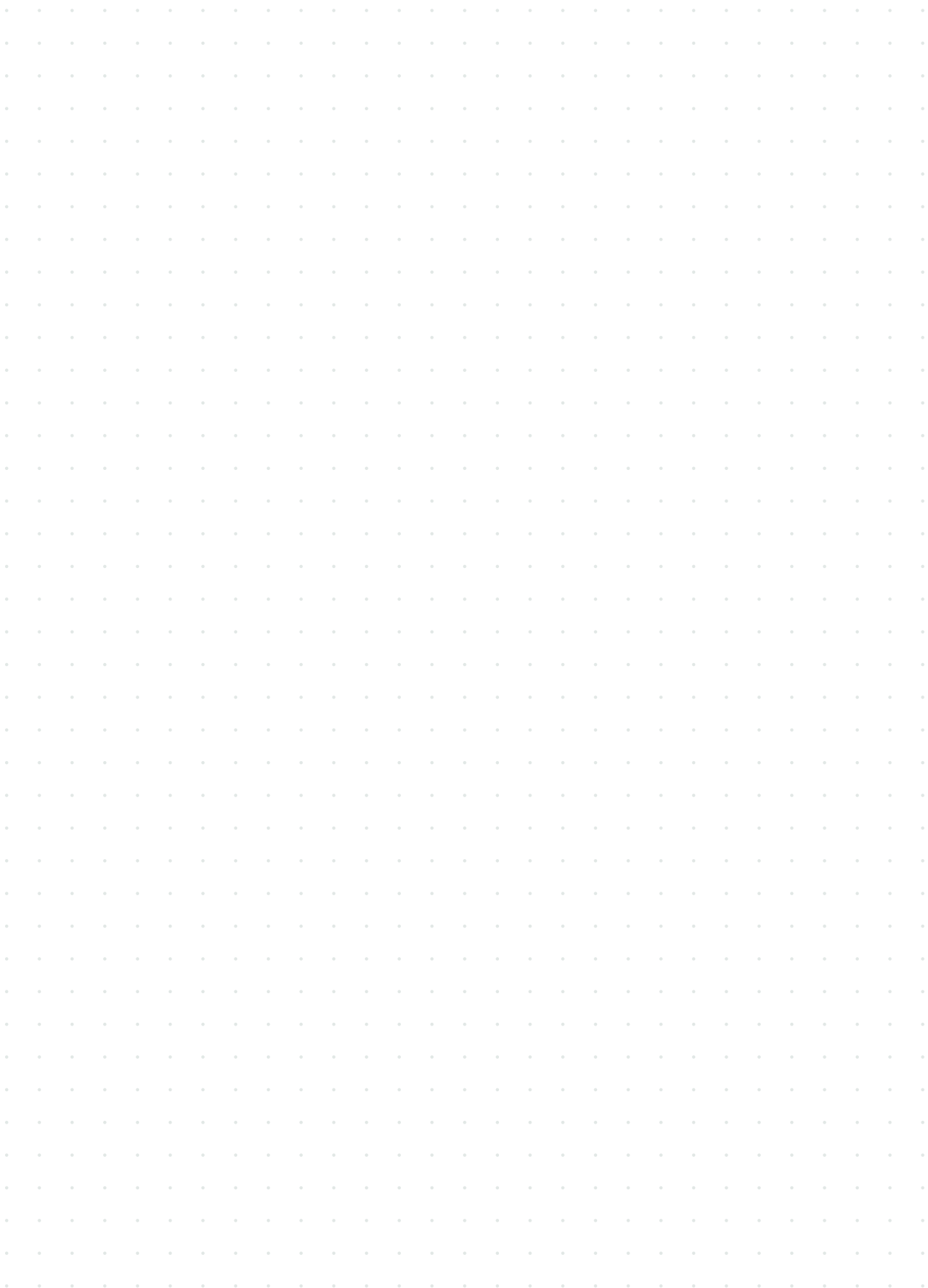
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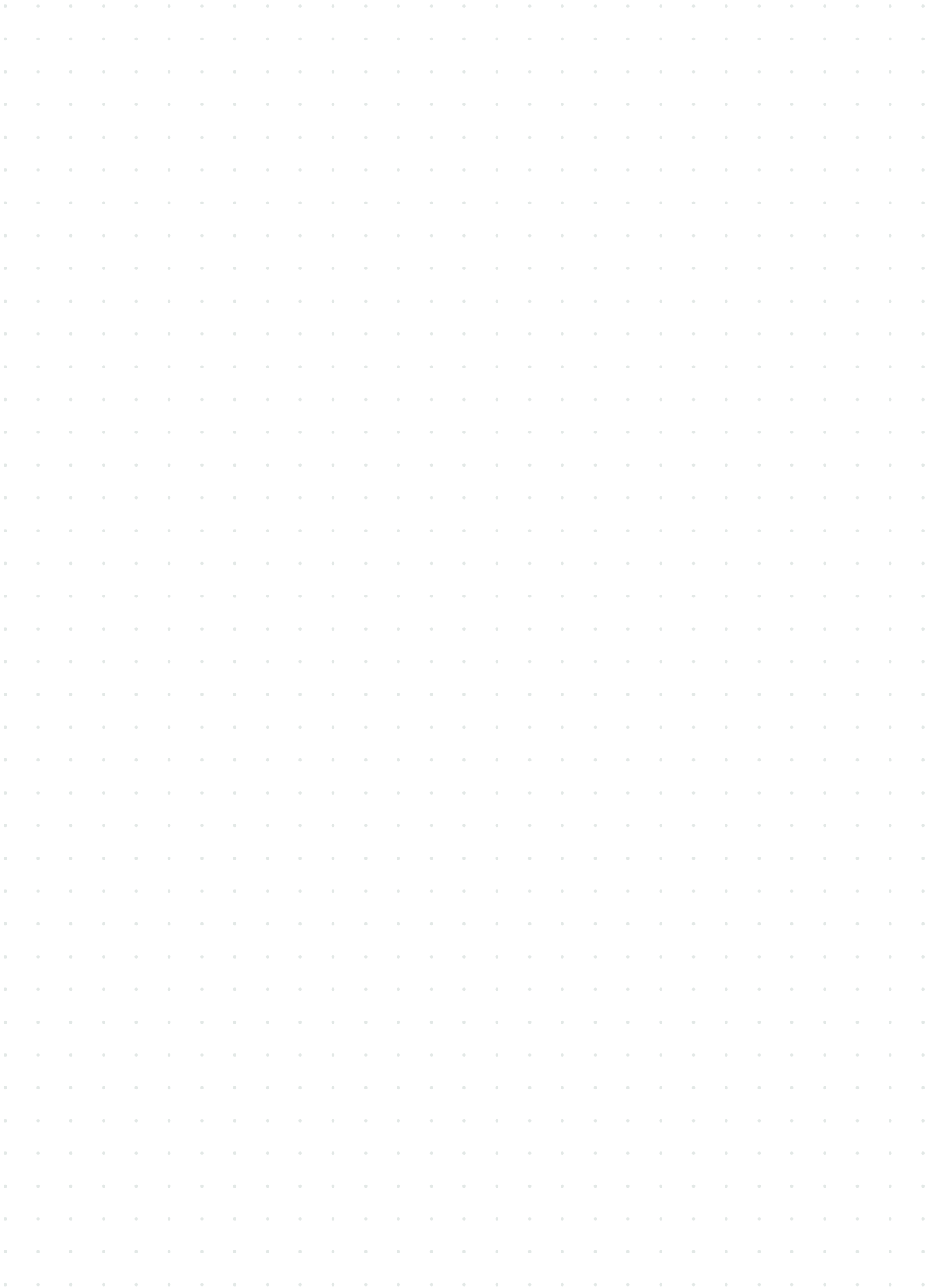
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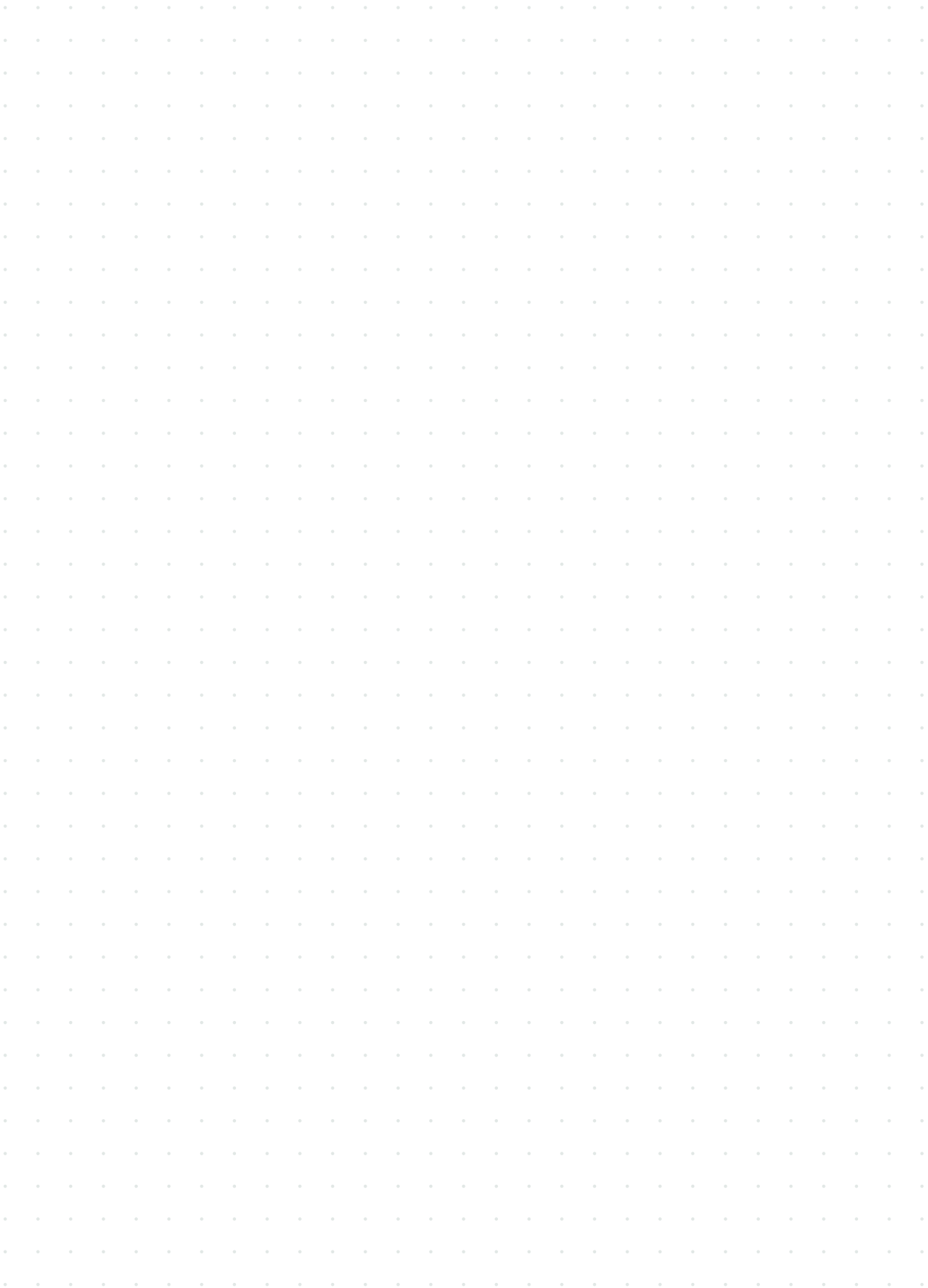
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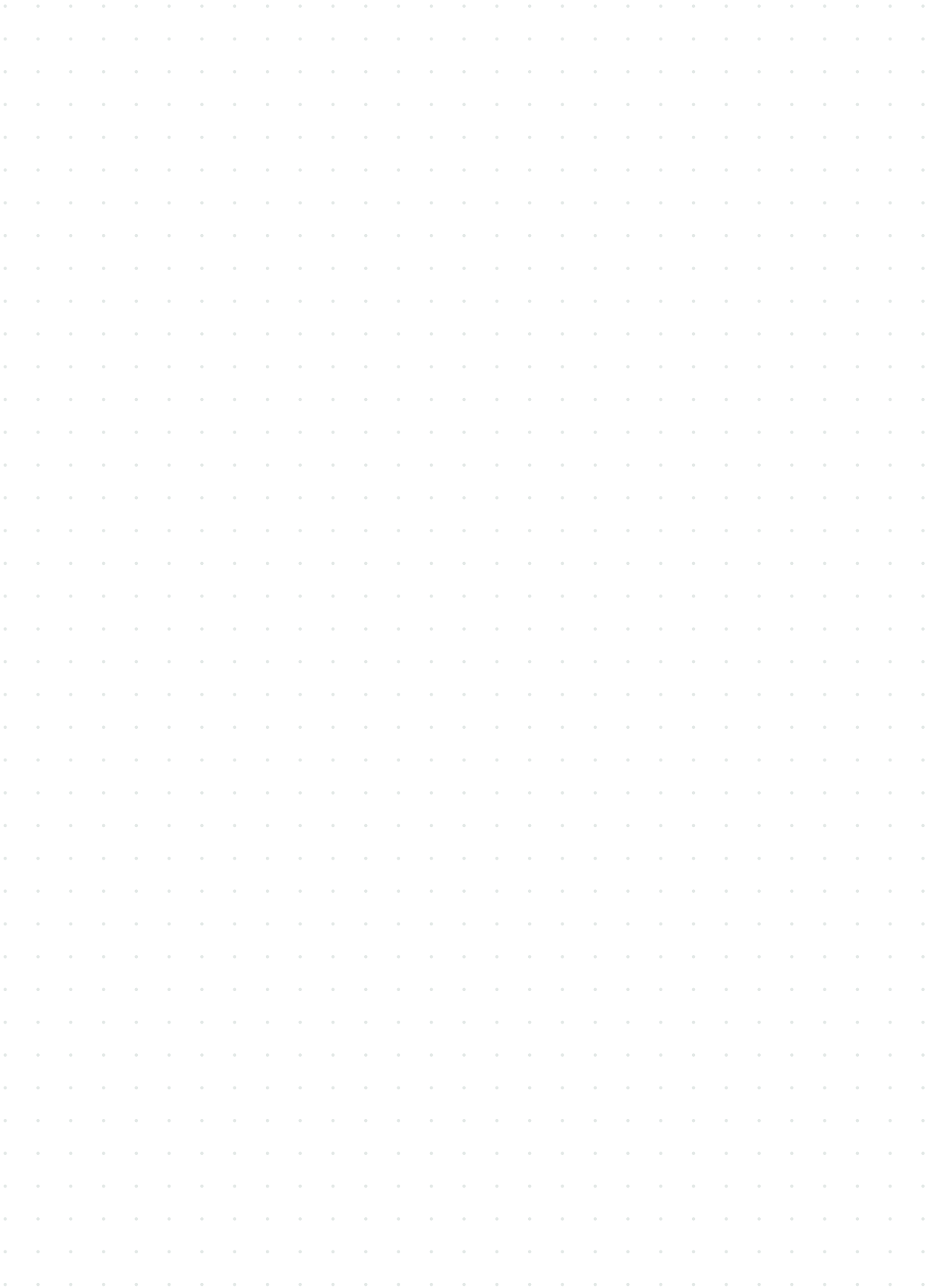
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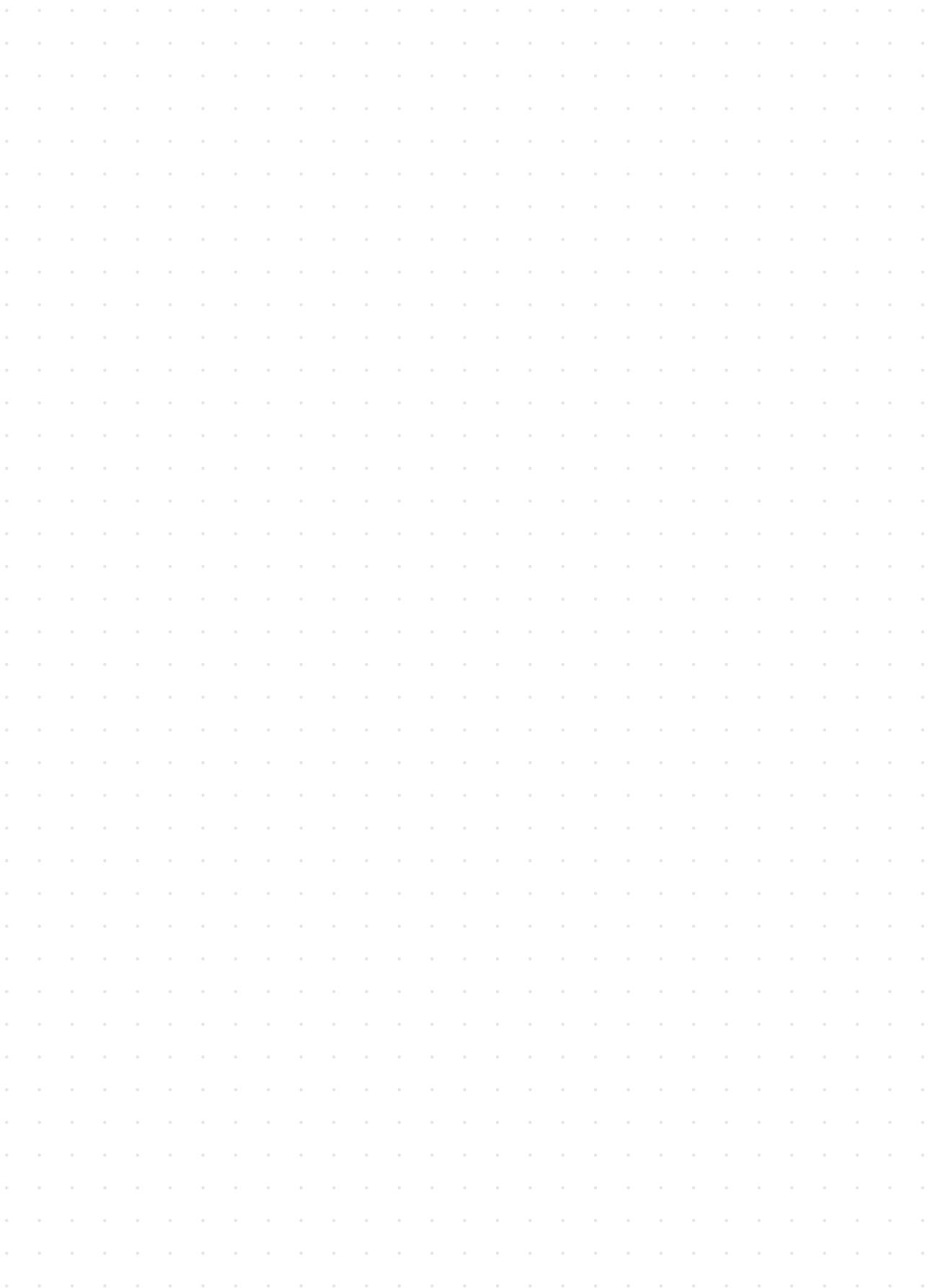
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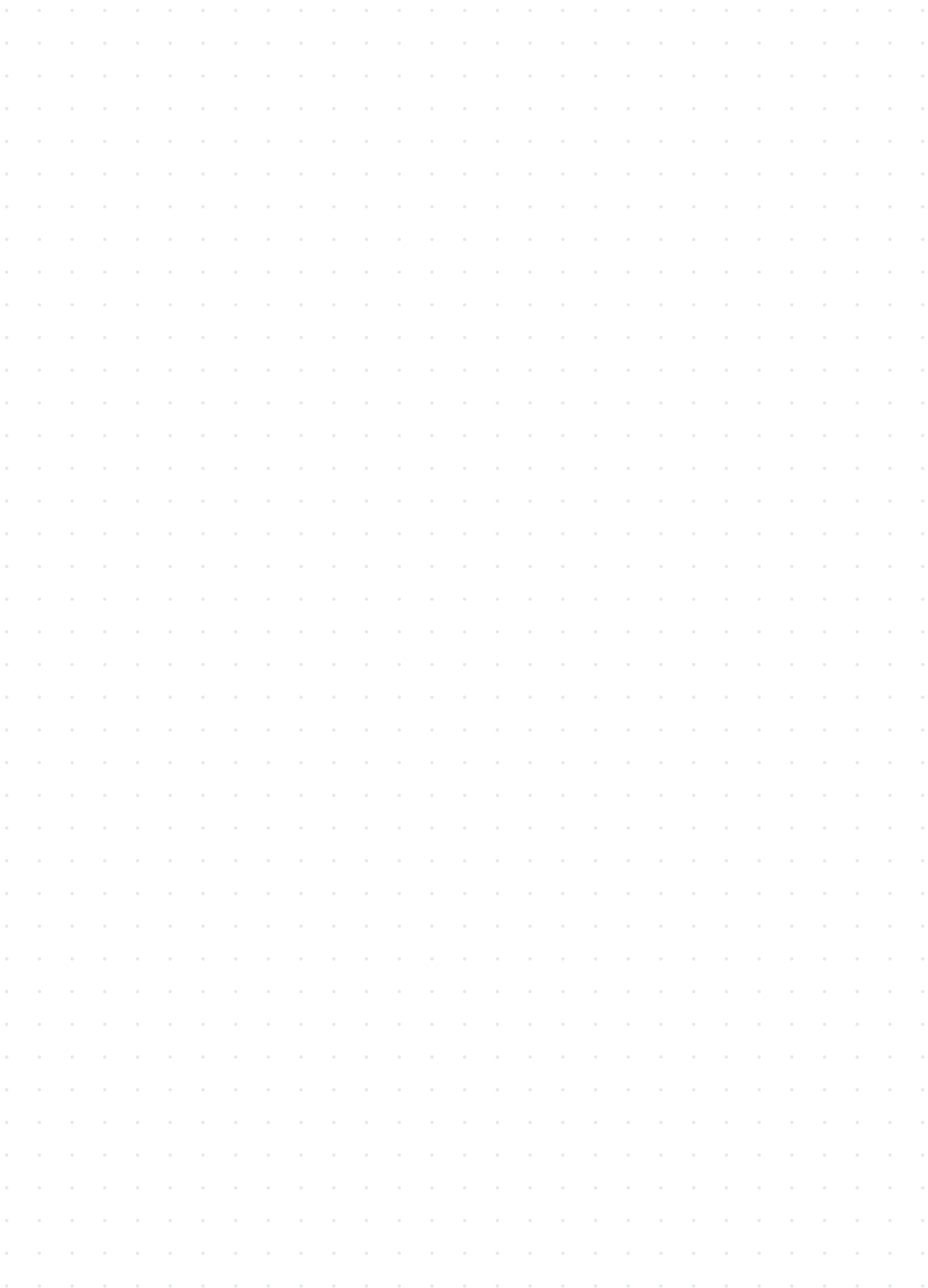
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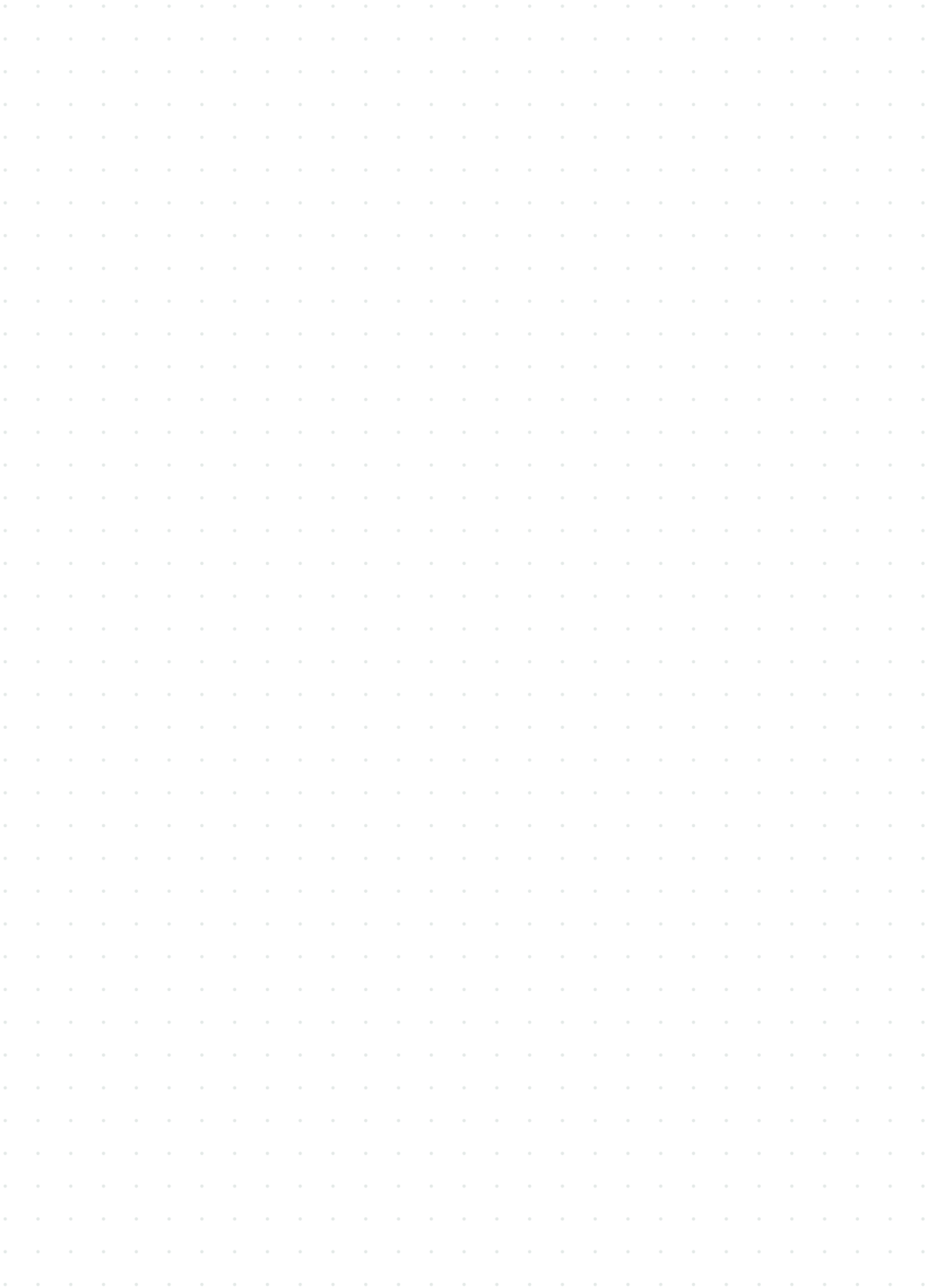
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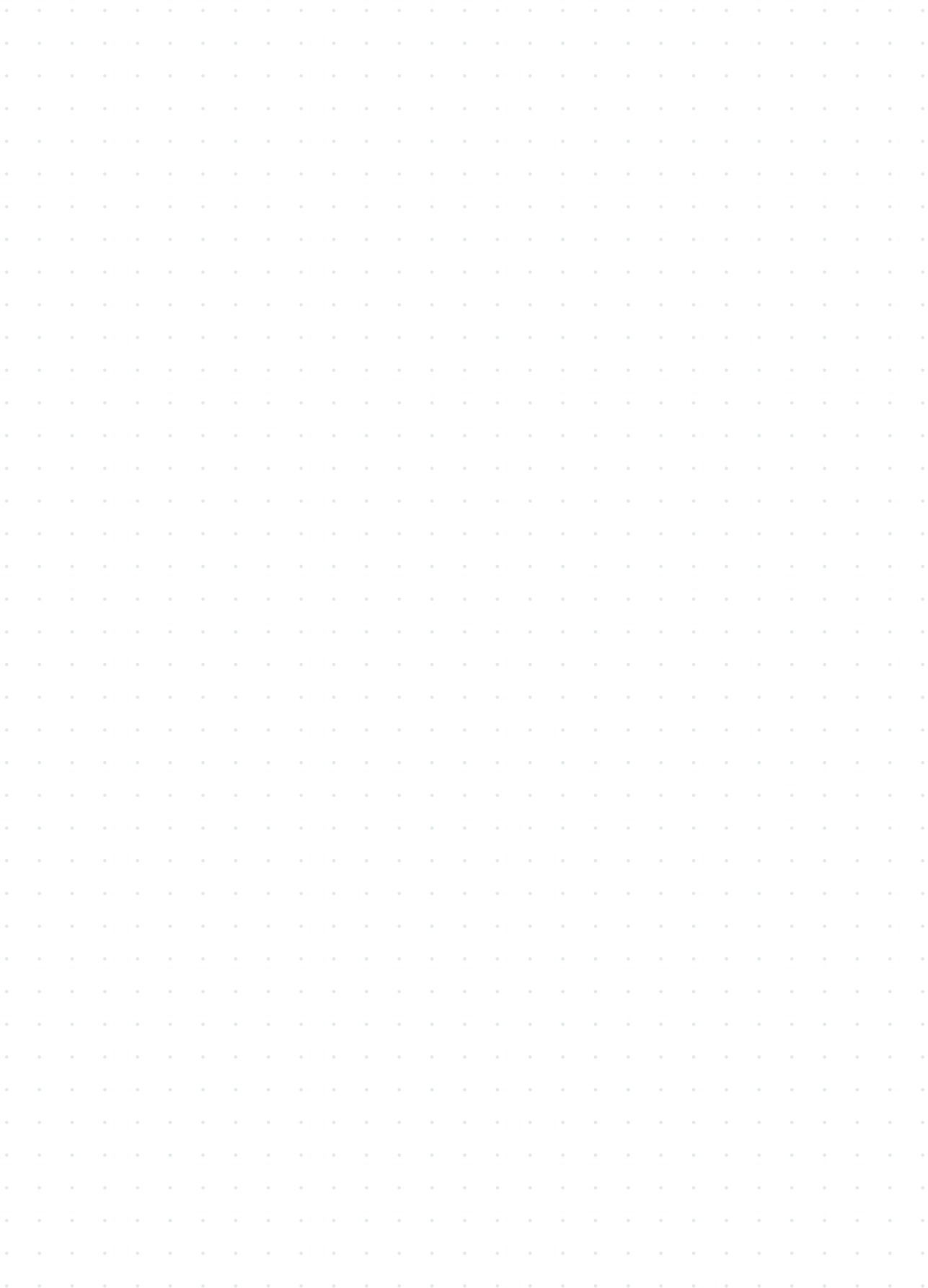
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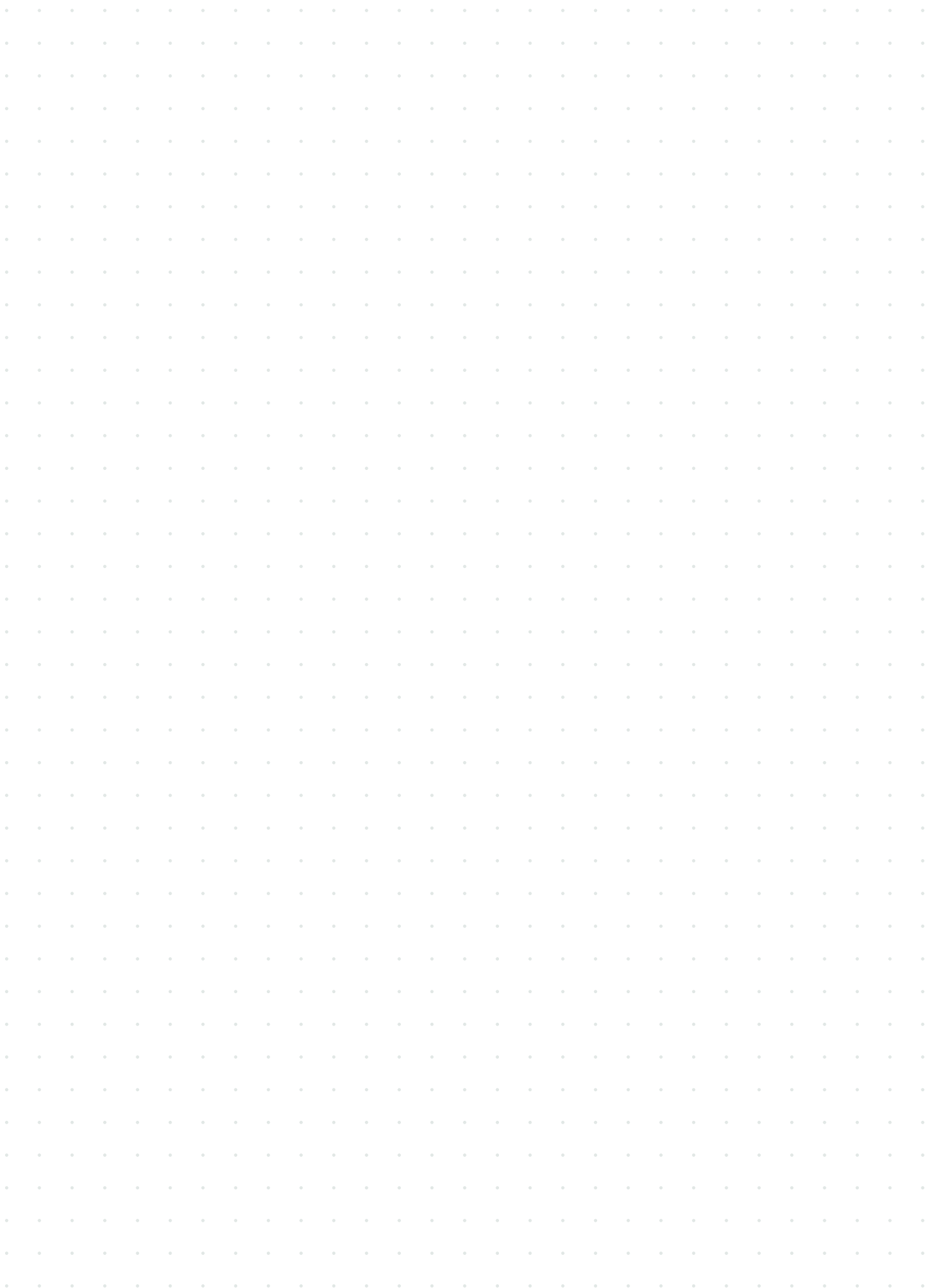
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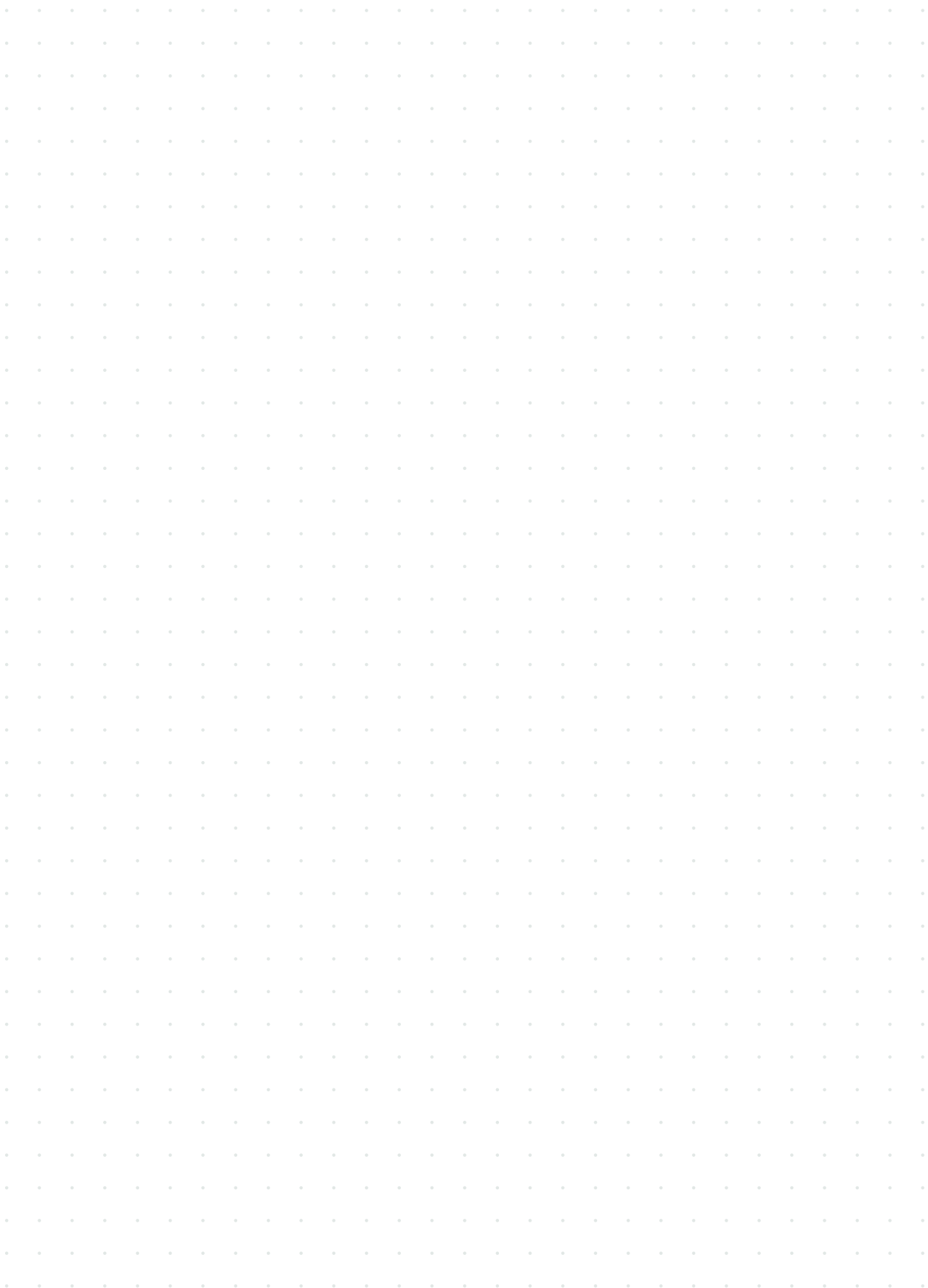
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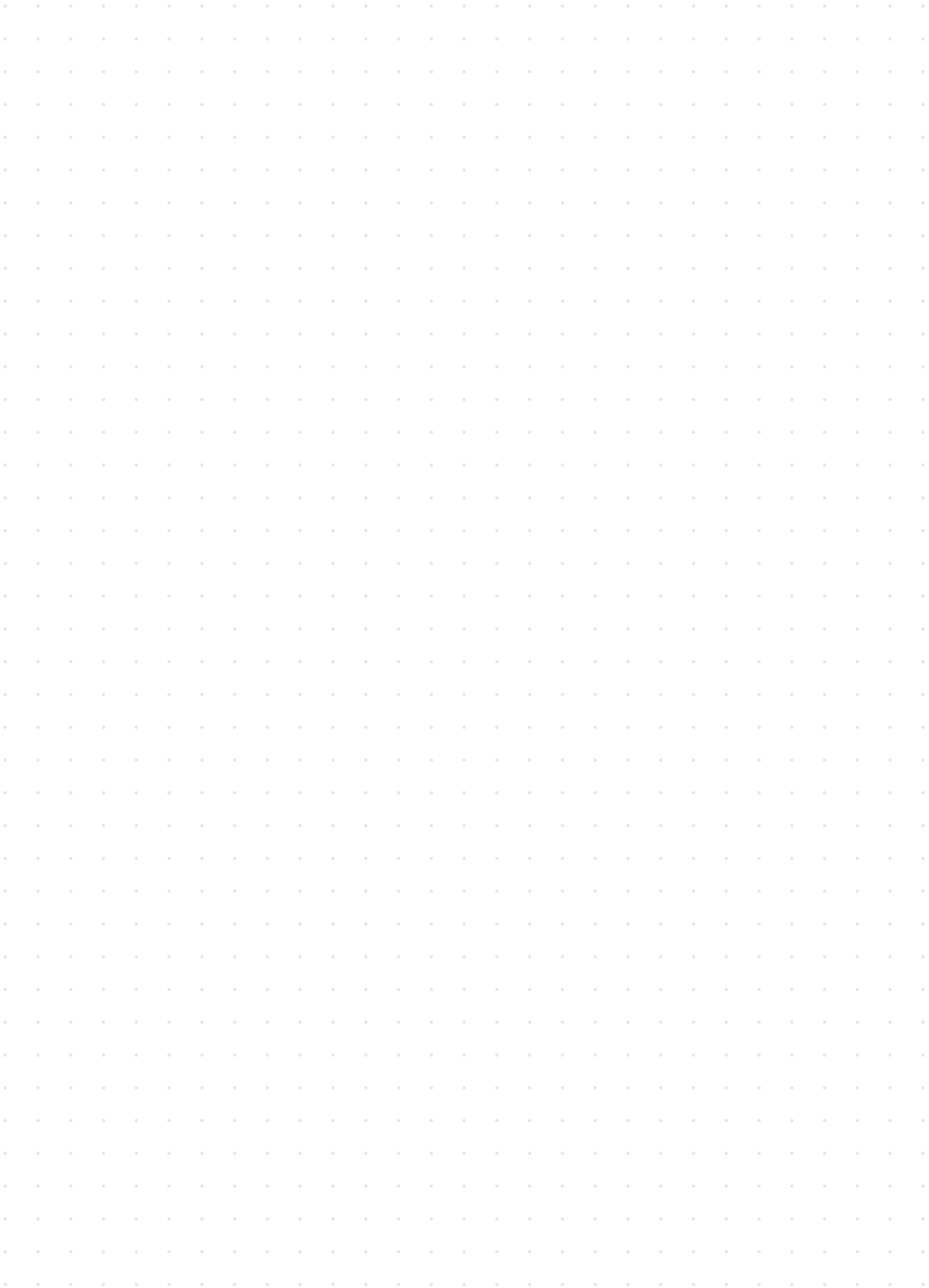
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