สมุดบันทึกพระจันทร์

สมุดบันทึกพร้อมแนวทาง *30* วัน

ไฮบริด

สร้างด้วย LoomJournals

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ไฮบริด

สมุดบันทึกพระจันทร์ ■

วันที่ ________________

ข้างขึ้นข้างแรม :

ระดับพลังงาน (1-10): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

อารมณ์ (1-10): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

คุณภาพการนอน: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

สะท้อนจากดวงจันทร์

ข้างขึ้นข้างแรมวันนี้สะท้อนกับจุดที่คุณอยู่ในชีวิตอย่างไร *?*

ความตั้งใจ

วันนี้คุณต้องการดึงดูดหรือมุ่งเน้นสิ่งใด *?* ระบุให้ชัดเจนและเฉพาะเจาะจง

พิธีกรรม

พิธีกรรมดวงจันทร์ที่คุณทำวันนี้ -- เขียนบันทึก นั่งสมาธิ เทียน คริสตัล *...*

ความรู้สึกขอบคุณ

วันนี้คุณรู้สึกขอบคุณอะไร *?* ระบุบุคคล ช่วงเวลา หรือสิ่งใดสิ่งหนึ่งที่เฉพาะเจาะจง

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ไฮบริด

สมุดบันทึกพระจันทร์

วันที่ ________________

ข้างขึ้นข้างแรม :

ระดับพลังงาน (1-10): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

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คุณภาพการนอน: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

สะท้อนจากดวงจันทร์

ข้างขึ้นข้างแรมวันนี้สะท้อนกับจุดที่คุณอยู่ในชีวิตอย่างไร ?

ความตั้งใจ

วันนี้คุณต้องการดึงดูดหรือมุ่งเน้นสิ่งใด ? ระบุให้ชัดเจนและเฉพาะเจาะจง

พิธีกรรม

พิธีกรรมดวงจันทร์ที่คุณทำวันนี้ -- เขียนบันทึก นั่งสมาธิ เทียน คริสตัล ...

ความรู้สึกขอบคุณ

วันนี้คุณรู้สึกขอบคุณอะไร ? ระบุบุคคล ช่วงเวลา หรือสิ่งใดสิ่งหนึ่งที่เฉพาะเจาะจง

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