


Творчий журнал



Щоденник з вправами на 30 днів



Вільна форма

Створено за допомогою LoomJournals

Як користуватися цим щоденником

Ласкаво просимо до вашого щоденника! Ось кілька порад, щоб отримати від нього максимум користі:

- 1 Виділяйте кілька хвилин щодня для записів
- 2 Будьте чесними та пишіть вільно, без осуду
- 3 Намагайтеся писати в один і той самий час щодня, щоб сформувати звичку
- 4 Переглядайте свої записи щотижня, щоб помічати закономірності



Скануйте для детального посібника з використання цього щоденника

Дата: _____

Торіс: _____

A large grid of small dots, arranged in approximately 30 rows and 40 columns, intended for writing notes or a journal entry.

Дата: _____

Торіс: _____

A large grid of small dots, arranged in approximately 30 rows and 40 columns, intended for writing notes or a journal entry.

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Торіс: _____

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A large grid of small dots, arranged in approximately 30 rows and 40 columns, intended for writing notes or a journal entry.

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Торіс: _____

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Торіс: _____

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

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