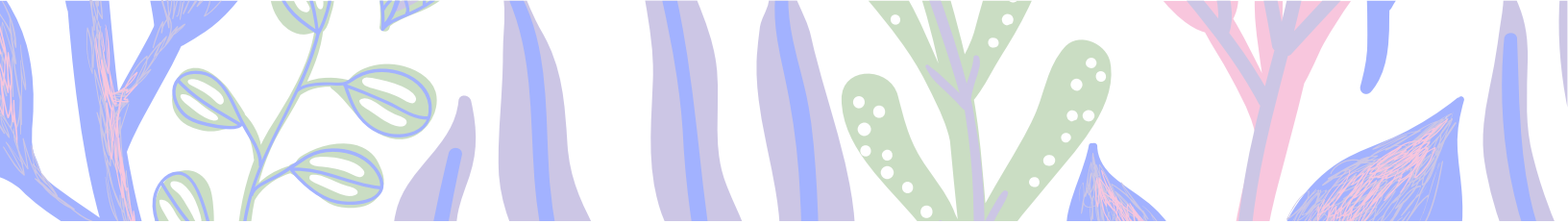




Guided
JOURNAL



Daily

REFLECTIONS

DATE:

What are some goals that I've been afraid to pursue due to fear of failure or rejection?

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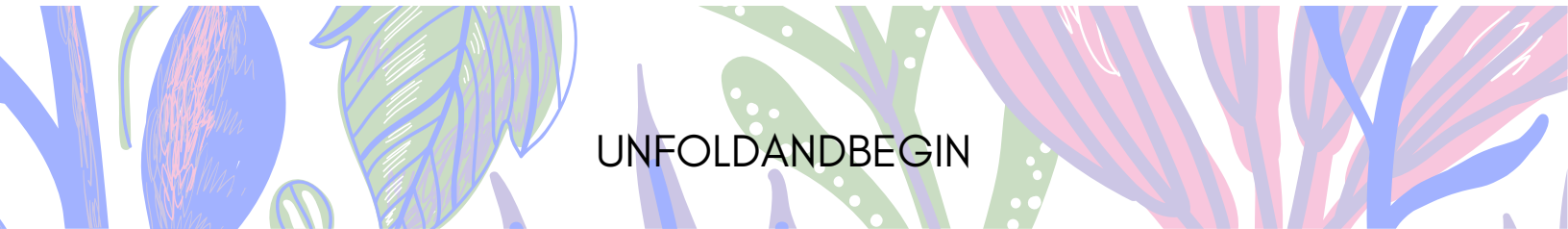
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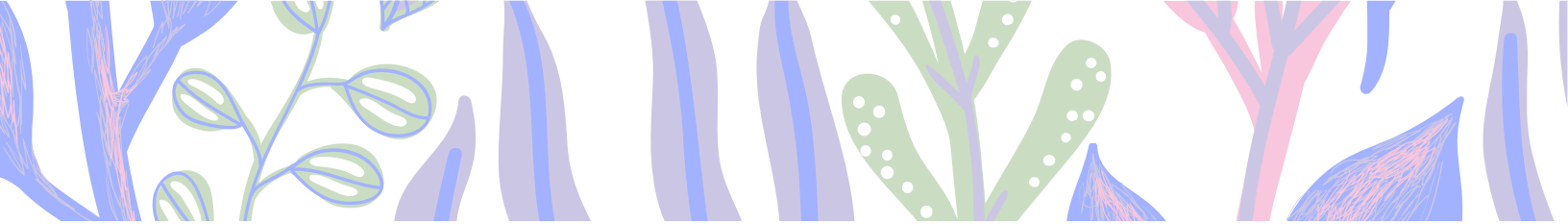
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Daily

REFLECTIONS

DATE:

How can I cultivate a positive and optimistic attitude, even in the face of adversity and difficulty?

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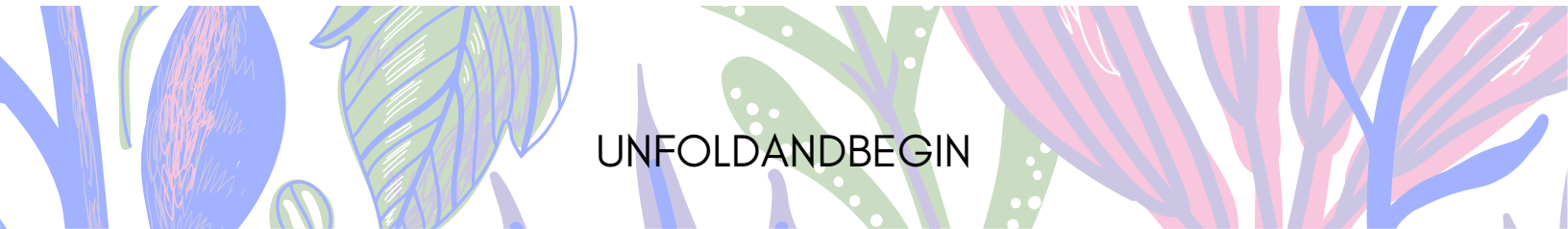
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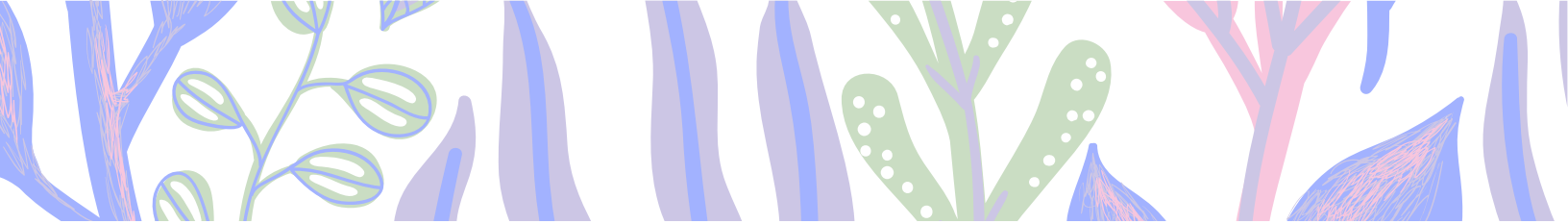
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Daily

REFLECTIONS

DATE:

How can I strive for progress, rather than perfection, in my personal and professional life?

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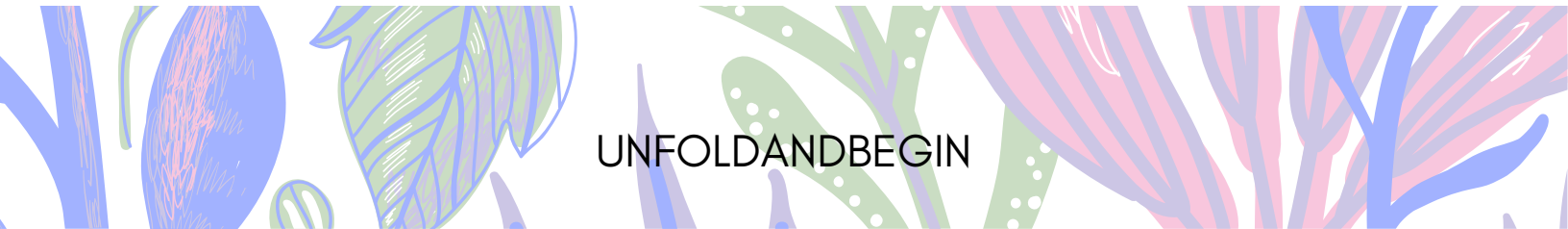
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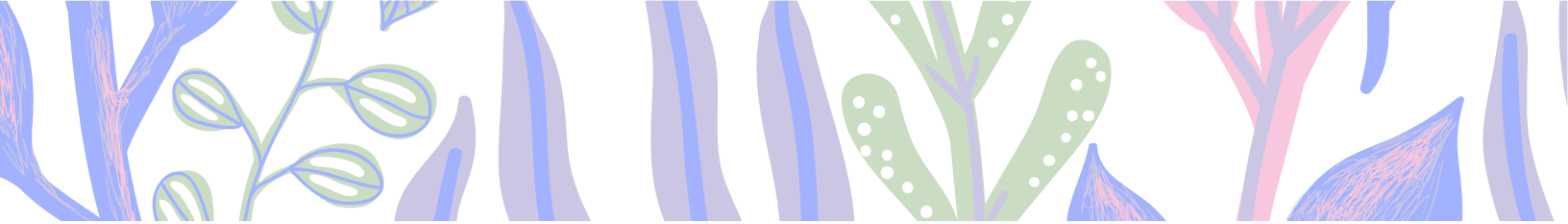
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Daily

REFLECTIONS

DATE:

How can I seek out new experiences, opportunities & relationships to broaden my horizons & personal growth?

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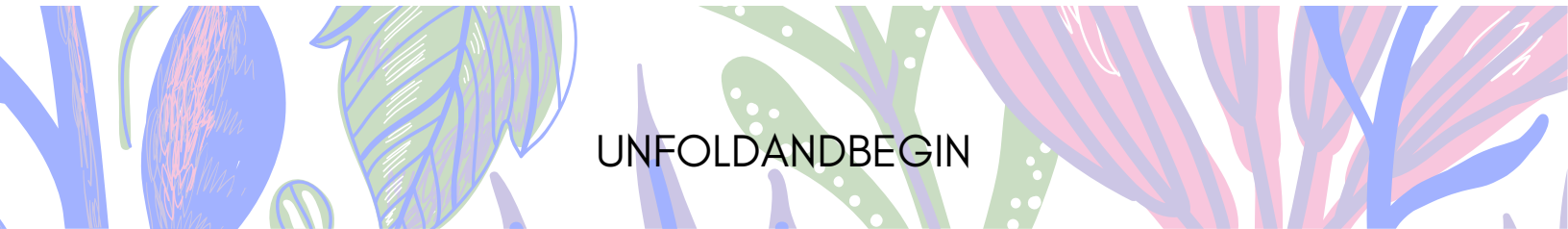
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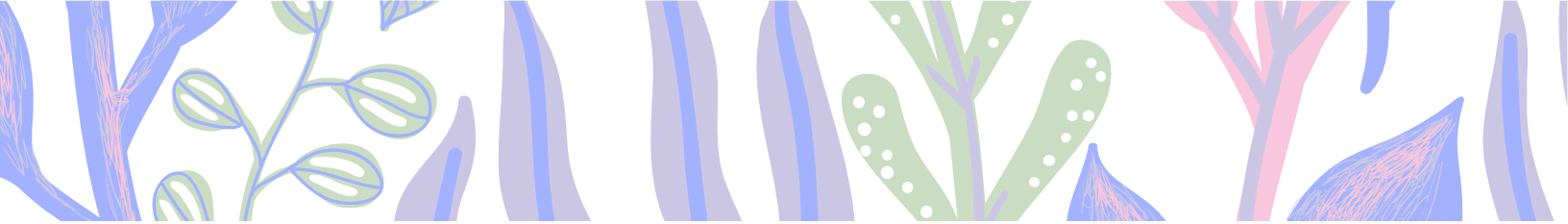
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Daily

REFLECTIONS

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What are some new skills or knowledge areas that I want to develop?

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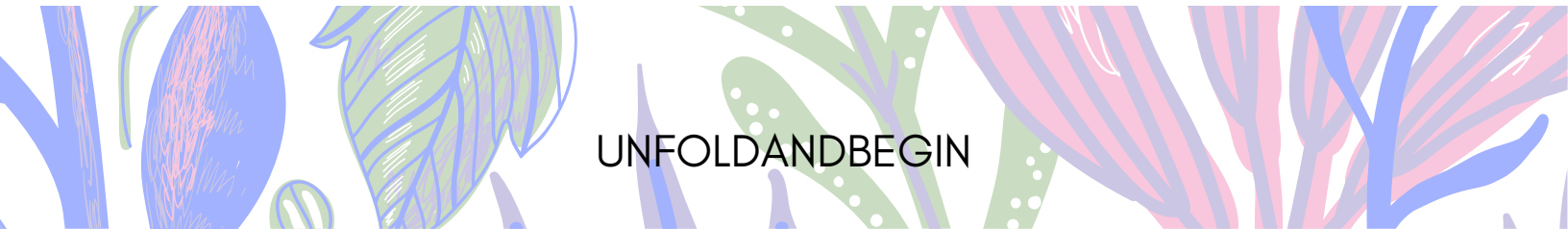
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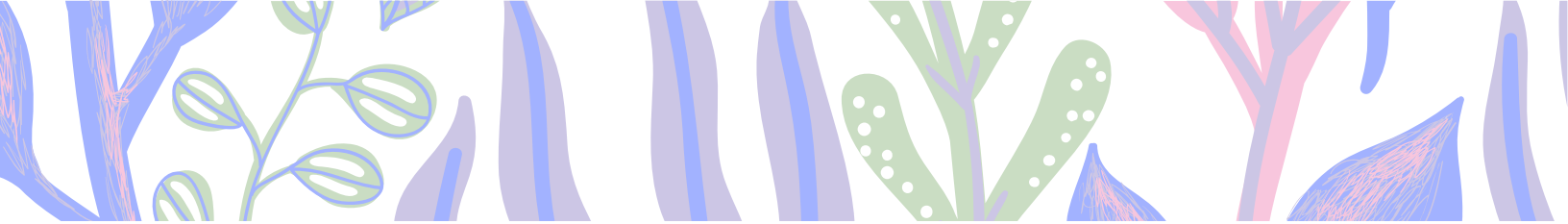
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Daily

REFLECTIONS

DATE:

Who is someone that inspires me, and what qualities do they possess that I admire?

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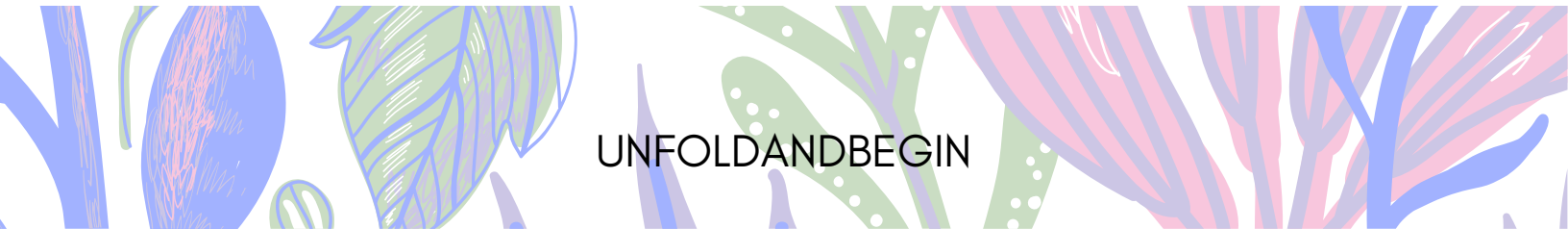
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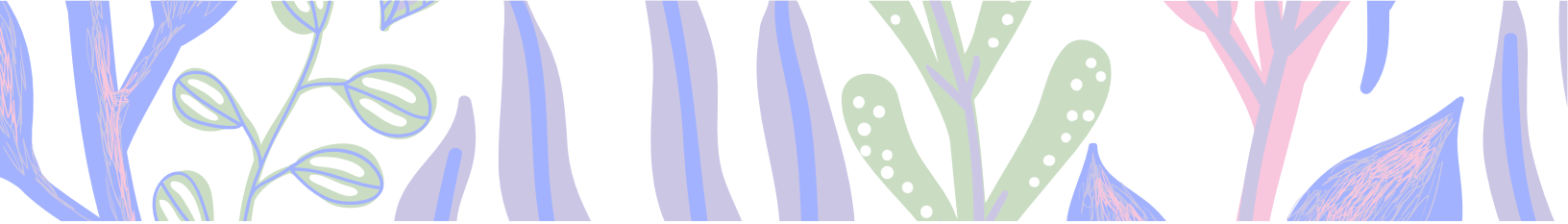
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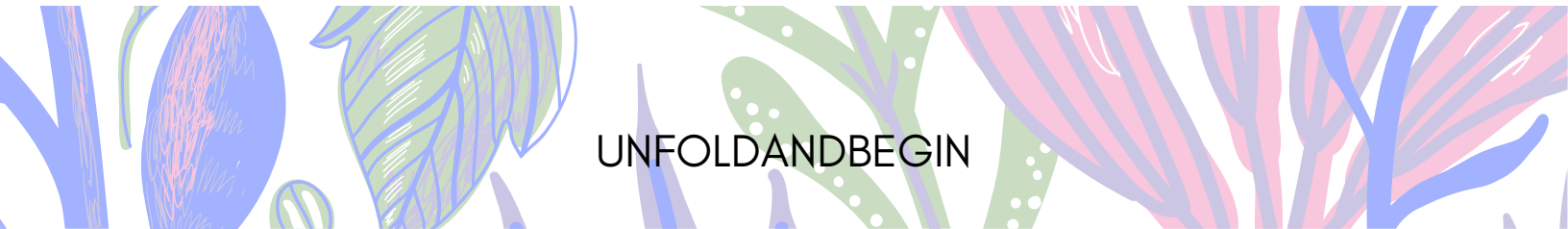
Daily

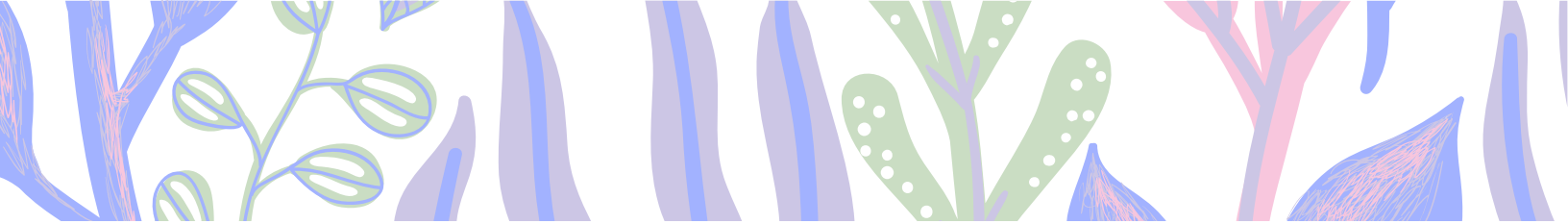
REFLECTIONS

DATE:

What is one creative project that I have been wanting to work on, and what steps can I take to get started?

Handwriting practice lines consisting of multiple sets of three horizontal dotted lines.





Daily

REFLECTIONS

DATE:

What is one thing that I have always wanted to learn, and how can I make time to pursue this interest?

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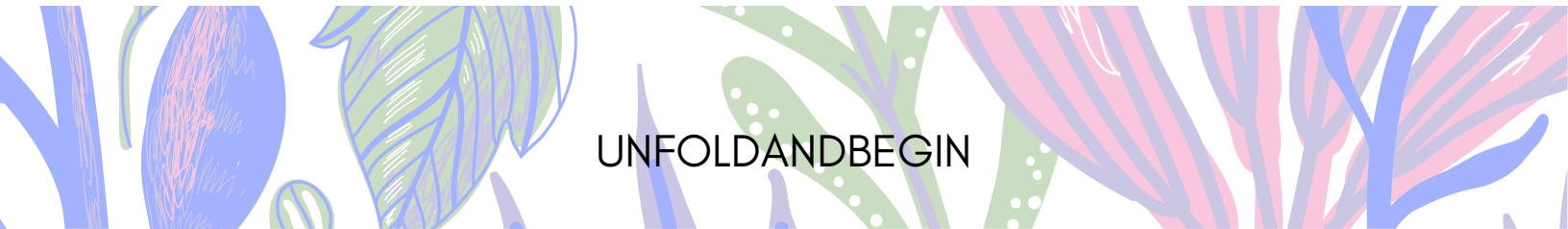
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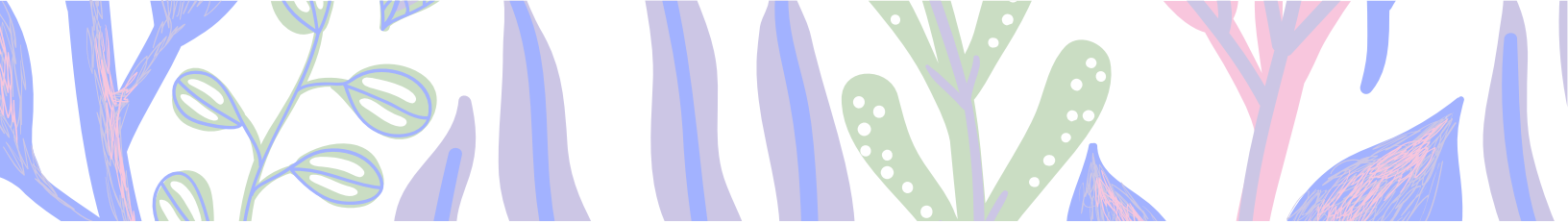
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Daily

REFLECTIONS

DATE:

What are some distractions or time-wasters that I need to eliminate in order to focus on what's truly important?

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