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17 Personal Daily Journal Template Examples to Help You ...

Like most people, I was skeptical when I first heard about journaling. “ Journal? Why would I write in a diary? That ’ s for teenage girls! ” I was really dismissive at the start.

A Simple Daily Journal Template That Will Kickstart Your Day

Having to write a journal on a daily basis can sometimes lead to you getting stuck on a rut. With that, we have provided some daily journal content ideas that could spice up your daily journaling instead of the usual listing down of your to-do things, your goals, and other basic journal content.

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If you want to get creative with how you date your daily journal, you can include dated items such as receipts with certain entries. What Should You Write in Your Personal Journal? There are three types of journals, each with its own purpose: The Freedom Journal.

How to Start Journaling (and Make It a Daily Habit)

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20 Best Daily Personal Journals and Notebooks for 2021

In theory, each of these prompts will help spark your creativity and will give you hours of content that you can add to your daily journal. Let's get to it... (Side note: If you don't already have a journal, then check out this post where we review the 7 best journals to match your needs .)

59 Journaling Ideas: What to Write About in a Daily Journal

For over three years, I have reaped unbelievable benefits from keeping and writing in a journal daily. Being able to have a place where I can analyze where I am, see my daily progress and capture ...

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