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Many days my notebooks ... look back at my journals I can track my triggers and see how much I have evolved. It is a really wonderful way to give credit to yourself, so when you feel discouraged, ...

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From writing in a diary every day to maintaining online curiosity journals and bullet journaling on Instagram, more people are discovering that putting down their thoughts can help them pull through t ...

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To remedy this, my therapist suggested I make a gratitude journal. I obediently went away and bought the most garishly joy-inducing notebook

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agendas of all kinds - lined, bullet, sketch ...

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