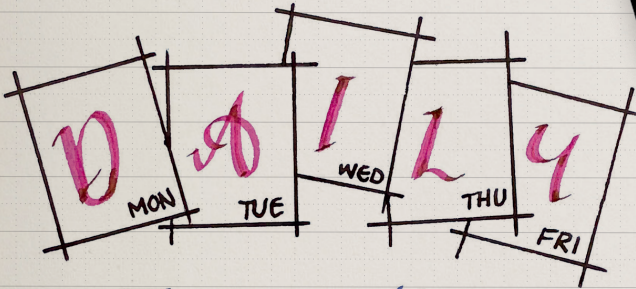
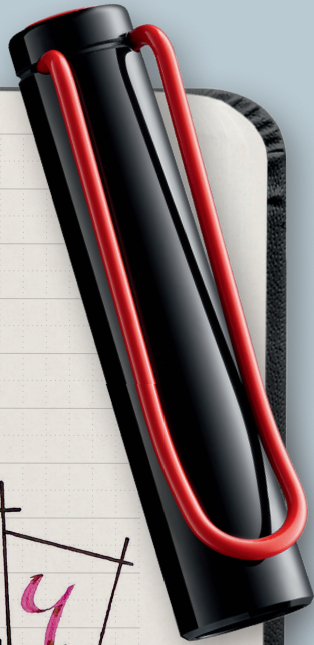


LAMY

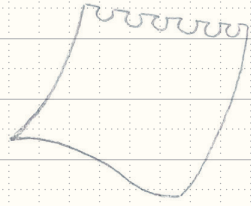
Workshop



Journaling



Daily Journal



1



2

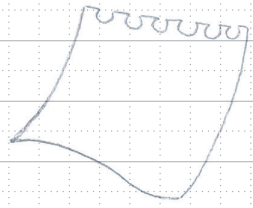


3



1. *Your personal highlight of the day. What was positive today? Write it down in key words.*
Dein persönliches Highlight des Tages. Was war heute positiv? Schreibe es in kurzen Stichworten auf.
2. *What is on your mind today? Here is the space to write freely.*
Was beschäftigt dich heute? Hier ist der Raum, um einfach drauflos zu schreiben.
3. *Your mood tracker of the day*
Dein Mood-Tracker des Tages.

Daily Journal



Daily Journal

16th
Mar



TODAY I'M THANKFUL FOR...



THINGS ON MY MIND TODAY...



TODAY
I FELT...

