

Start Journaling

A gentle guide to journaling for clarity, calm and personal growth: why journaling works, choosing your method, building the habit, gratitude, mood and reflection journals, goal setting, creative ideas and 100 prompts to get you writing.

E-BOOK • US LETTER

- Build a calm, lasting journaling habit
- Gratitude, mood, reflection and goal journals
- 100 prompts and ready-to-use pages

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This e-book offers general ideas about journaling for personal reflection and well-being. It is not therapy or medical advice. If you are struggling with your mental health, feel overwhelmed or have thoughts of harming yourself, please contact a doctor, mental health professional or local crisis line. Journaling can support, but not replace, professional help.

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