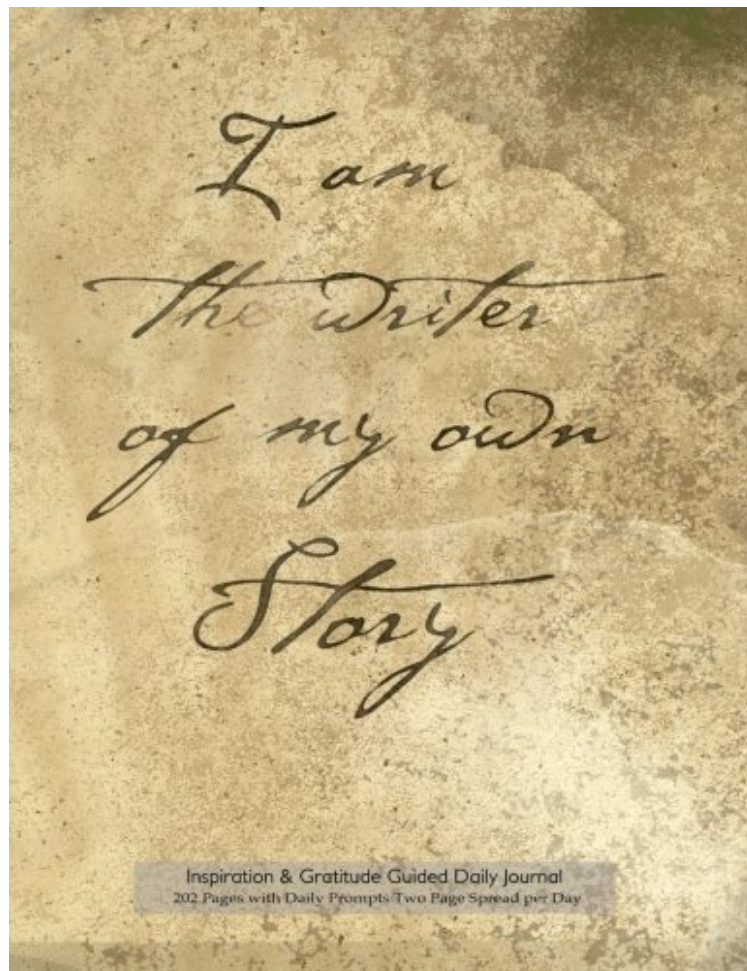


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5 of 5 people found the following review helpful. The best journal for people who aren't good at journaling
By CRIZSO I'm not very good at journaling even though I think it is an important and healthy practice. This journal makes it easy to convince myself to journal every night. Having guided prompts and only a limited amount of writing space per day makes documenting my thoughts/feelings for the day much easier and keeps me from writing too much. I love how this journal won't allow me to over tax myself by writing pages and pages on end, which ultimately makes me not want to journal the next day. Its 2-page-per-day format is just what I needed. I now find it easier to convince myself to journal every night because I know that I won't ever be spending more than 10 minutes writing. The only con of this journal is that the cover is really flimsy. On fewer editions, the publisher should consider using heavier weight paper or a different material all together.
0 of 0 people found the following review helpful. Quality book with lots of room on each page for thoughts, notes or anything
By M Cook Beautiful book. I gave this as a gift to my brother and am hopeful he will use it to write down thoughts and everything he is grateful for. It looks just like the picture and has lots of room to write on every page. It will work to collect any thoughts / notes and doesn't "control" what you write.
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By Nury E Ward Wonderful journal. I'm a nurse supervisor and I'm using it within my units for our employees as a self reflection for our everyday stressors!

This guided daily journal undated diary has 202 pages (enough space for 100 days i.e. just over 3 months) with daily prompts and a spacious two page spread per day with plenty of space for free writing and adding your own image or drawing. The pages are undated so you can start your creative journey whenever you wish. The journal is especially useful for reflection and idea generation as well as expressing gratitude. This journal is essential for those who love the idea of prompts for inspiration but also want plenty of space for freehand writing and drawing. This is a perfect journal for a diary and is great for jotting down and planning your ideas or can be used as a progress journal for all your ideas and inspirations. The journal has a soft yet sturdy cover and is perfect bound so pages will not fall out. The spacious 8.5"x11" format means there is plenty of room for your thoughts and reflections. Generous 8.5"x11" format. 202 pages for writing and reflection. White Opaque Paper with grey/black lines. Soft, sturdy cover. Perfect bound so pages will not fall out. Part of the Inspirational Journal series with indian ink cover design by annumar - "I am the writer of my own story" with a quote from the Rubaiyat of Omar Khayyam on the back cover. Our notebooks all have an art cover or inspirational cover. Other versions of this notebook also available in a compact 7"x10" format as well as a more pocket-sized 6"x9" size. The notebook comes with various inspirational covers in numerous color variations. To see our full range of notebooks and journals visit us at Spicyjournals.com or click on the Amazon author link for Spicy Journals above.