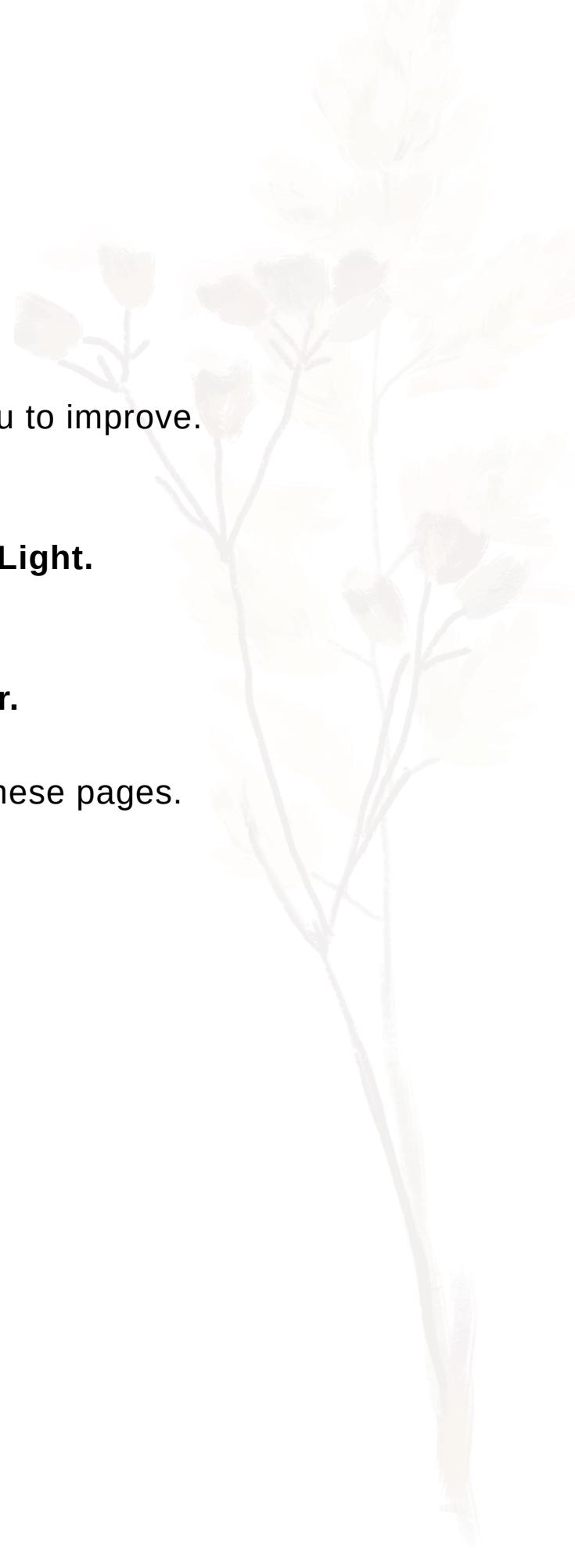


the **21 DAYS**  
*Journal*

THIS BOOK BELONGS TO:

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This journal does not ask you to improve.  
It invites you to pause.

Each day, receive the **Daily Light**.

Then come here —  
**to write, release, remember.**

There is no right way to fill these pages.  
**Only your way.**

Let the light guide you...  
Let the words follow....



Day .....



# DAILY JOURNAL

## DAILY LIGHT

## TODAY'S FOCUS

## TODAY'S PRACTICE

Night

## WHAT WENT WELL TODAY?

## TODAY'S REFLECTIONS



Day .....



# DAILY JOURNAL

## DAILY LIGHT

## TODAY'S FOCUS

## TODAY'S PRACTICE

Night

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Day .....



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Thank You  
Keep Shining!

