

the 21 DAYS
Journal

THIS BOOK BELONGS TO:

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

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TODAY'S FOCUS

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TODAY'S PRACTICE

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Night

WHAT WENT WELL TODAY?

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TODAY'S REFLECTIONS

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Thank You
Keep Shining!

