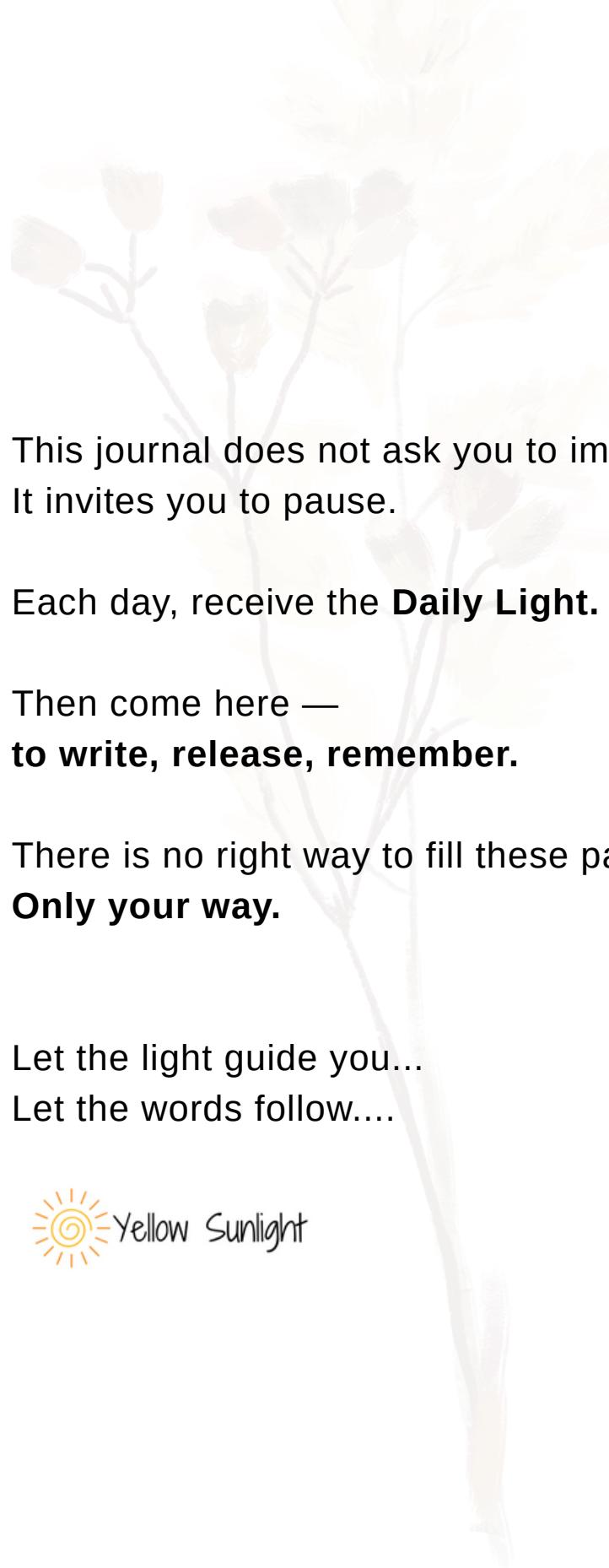




JOURNALLING

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

TODAY'S FOCUS

TODAY'S PRACTICE

Night

WHAT WENT WELL TODAY?

TODAY'S REFLECTIONS



Day



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THANK YOU!
Keep Shining!

