



31

QUESTION A DAY

JOURNAL

FOR INSPIRATION, REFLECTION & INTROSPECTION

Hello,

I'm T. Deon, author of 365: Question a Day Four-Year Journal for Inspiration, Reflection & Introspection. The full journal lets you create a personal time capsule to capture your thoughts, feelings, likes and dislikes and track goals. This prompted journal consists of 365 questions to guide you in daily journaling. Spend as little as 5 minutes each day answering questions that will inspire you, and others that will allow you to reflect on your life experiences and contemplate the future. As an added bonus the full journal allows you to respond over a 4-year period. Each subsequent year allows you to reflect on how you've changed or stayed the same over time.

The complete journal consists of 365 questions and can be started at any time during the year, and is available on Amazon.

In the meantime, enjoy the first 31 questions from the book.

BENEFITS OF JOURNALING

A 2020 Kaiser Permanente article lists these 7 benefits of keeping a journal. Including the ability to:

- Achieve Goals
- Track Progress
- Improve Self-Confidence
- Improve Writing
- Reduce Stress
- Find Inspiration
- Improve Memory

Read the full article : Why everyone should keep a journal - 7 surprising benefits

Best regards,
T. Deon

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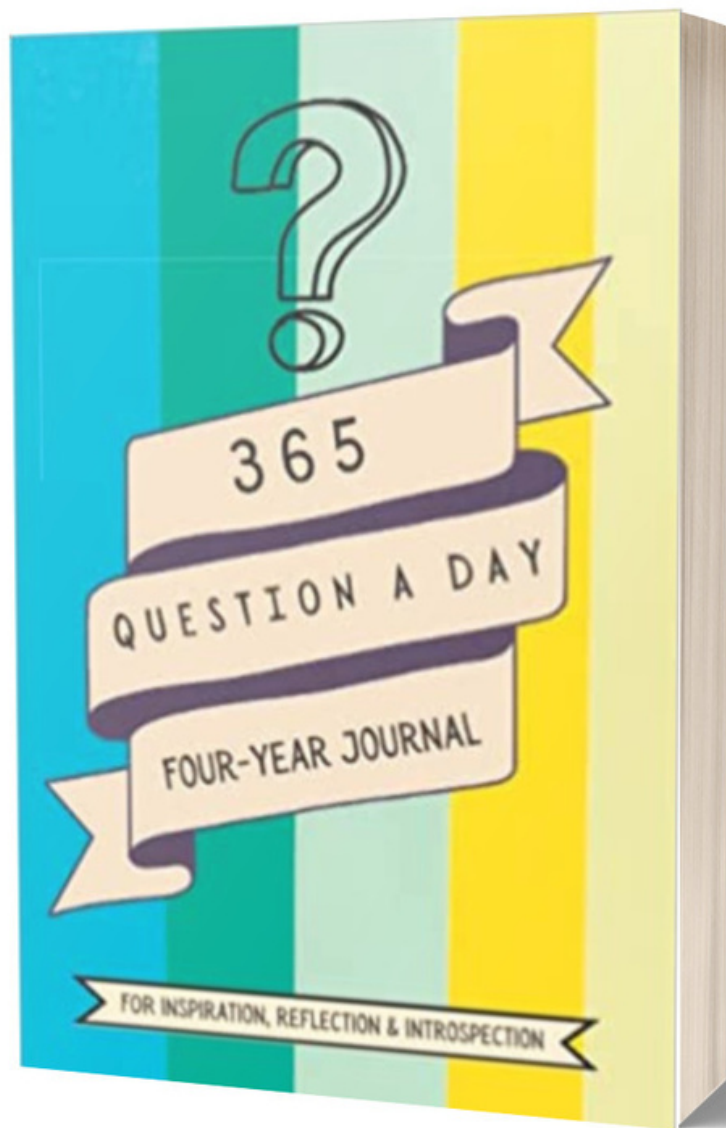
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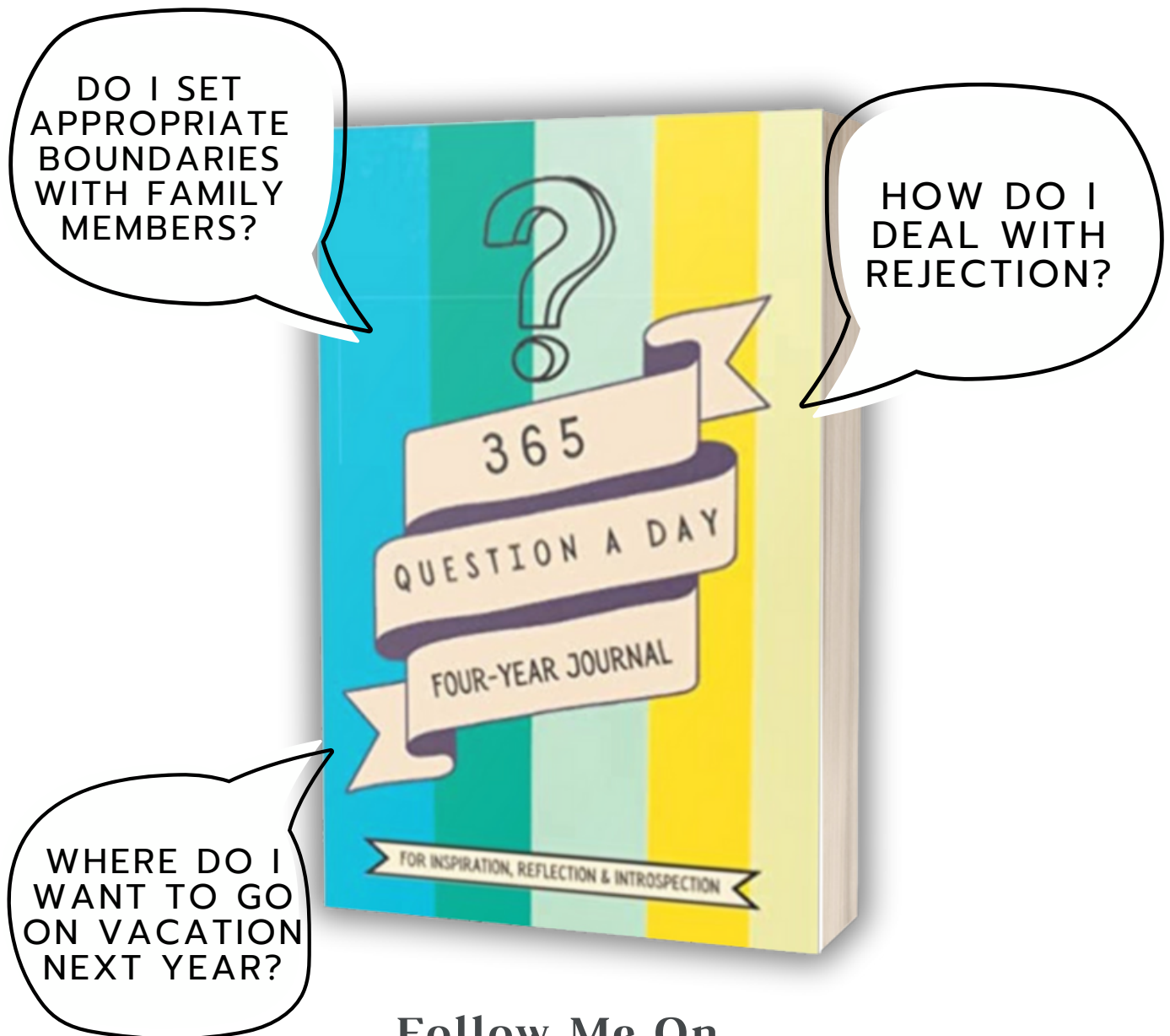
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ABOUT THE AUTHOR

I grew up loving to read. Mysteries were my first love, starting with Nancy Drew books. Later, my passion for mysteries grew to include Sherlock Holmes and Miss Marple mysteries. When I'm not writing or reading, I enjoy sewing, knitting and candle making. I published my first book 365: Question a Day Four-Year Journal in August 2022. I'm currently working on my first fiction novel. Follow me on social media for the latest news and updates.

T. Deon



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365
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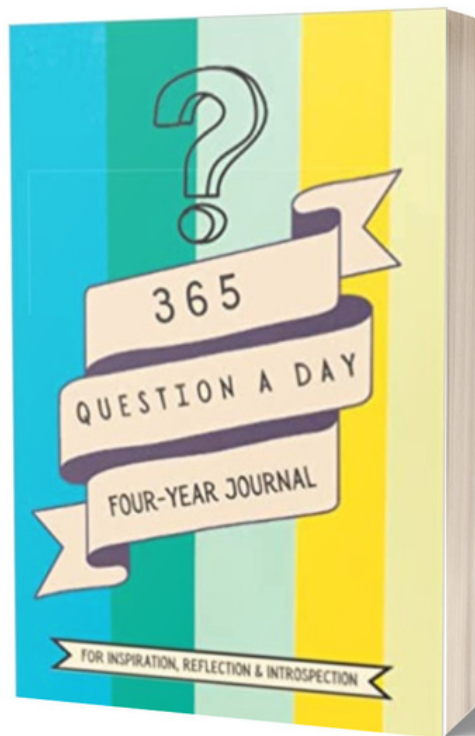
CUSTOMER REVIEW



What I like most about this journal is that it causes you to address questions, ideas and plans for now and the future charting your growth in a four year period. It promotes growth and inspiration to help you make decisions based on thought provoking life lessons and concerns. Great idea!!!

Amazon Customer

#365journal
Available on Amazon



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Day 20

How is my physical health?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Day 21

What professional accomplishment would I most like to achieve?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 23

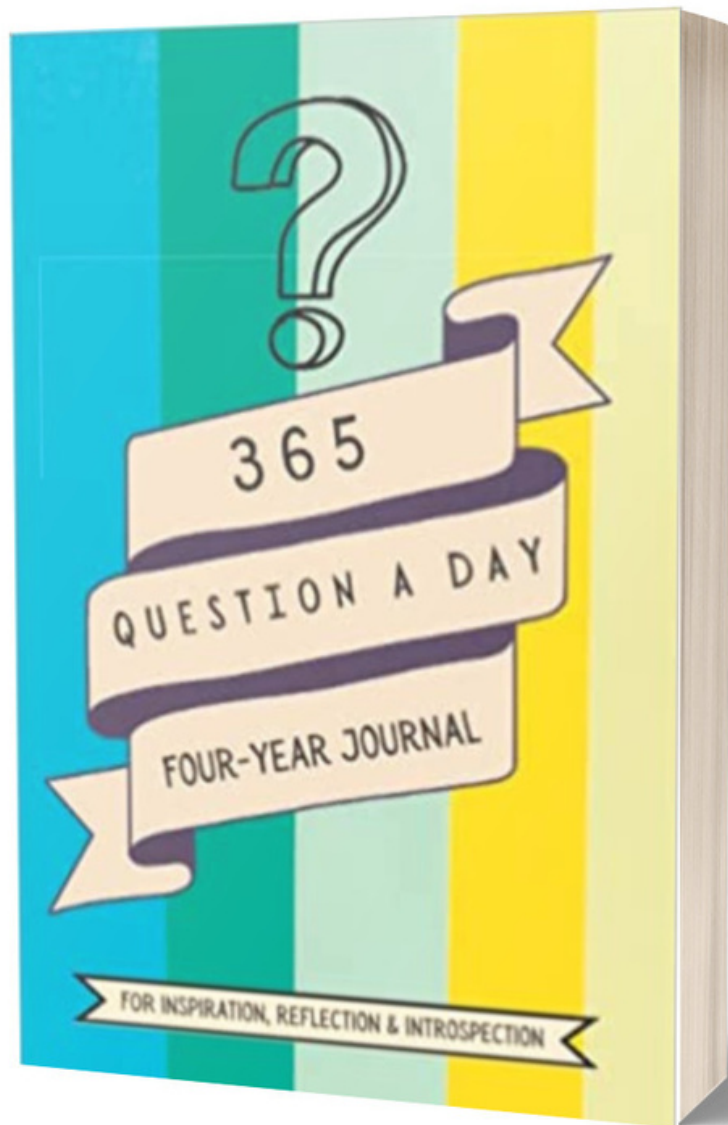
Where do I see myself 6 months from now?

[illegible]

Day 26

Who is my role model? Why?

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DO I SET
APPROPRIATE
BOUNDARIES
WITH FAMILY
MEMBERS?

HOW DO I
DEAL WITH
REJECTION?

WHERE DO I
WANT TO GO
ON VACATION
NEXT YEAR?



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