



# **Blank Page Journal, Notebook, Diary: 100 Blank Pages - Hipster Bear Square Notebook Journal (8.5 x 8.5 in.) (Hipster Gifts)**

*Joyful Journals*

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## Benefits of Journaling / Notekeeping

Joyful Journals© understands the powerful benefits associated with journaling and notekeeping. That's why we have created beautiful journals and notebooks so you can harness your best self through the use of our products! Here are a few of the incredible benefits you can take advantage of by journaling, keeping a diary, or releasing your thoughts on paper.

- Improves your mindfulness
- Boosts creativity and well-being
- Enhances emotional intelligence
- Increased goal setting and achieving
- Inner-healing and stress relief

## How to use my journal/notebook?

Many people like to use theirs for daily reflection, notekeeping, to-do lists, personal stories, address books, password keepers, daily gratitude journal, art, doodling, homework, personal diaries, and much more! It can be used as a multi-purpose notebook/journal for any daily use.

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Joyful Journals© believes that we all have something great within. We just have to find it and share it. Through the use of journaling, reflection, and searching, you can find your inner greatness and share it with the world.

*Joyful Journals© creates high-quality journals, notebooks, planners, and diaries for those seeking the best in themselves.* With inspiring designs and wonderful products, we hope to help unleash your inner-greatness through words on paper. Everyone has a special story to tell.

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We know that not all people like the same styles, designs, and sizes. That's why we have created multiple styles and sizes to fit your style and size needs. We also take suggestions and listen to customer feedback for future products. Feel free to share your ideas.

We have all types of journals, notebooks, diaries, that range in size from 5x8, 6x9, 7x10, 8.5x8.5, and all the way up to 8.5x11 inches. Some journal/notebooks have blank pages and some are lined for your writing convenience.

## Makes a Wonderful Gift!

Give the gift of a beautiful and inspiring journal, notebook, diary, or planner! They are great for any occasion:

- Holidays
- Birthdays
- Weddings
- Special Gifts
- Ceremonies/Events

**What Others Are Saying:**

*"Through the advice of a friend, I started journaling 6 months ago. It's allowed me to peacefully release stress from work. In the past, I would take it out on my family, but it was never their fault. Now I can release my thoughts on paper. Thanks joyful journal!" -Alice*

*"I started listing 5 things a day that I am grateful for. At first, it was not that easy. Now that I have kept a gratitude journal for about two months, things have completely changed. Mainly my mindset. I just realize how much I took for granted small things. Like the smell of coffee, a nice hand written card, or just a nice compliment. I mainly use my journal for gratitude and my daily thoughts!" -Mary*

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