



# **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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*"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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