



30 DAYS to a Journaling life

a month-long guided tour for journaling
your way to fabulous.

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READY FOR 30 EXCITING DAYS?

You, my friend, have made a very wise decision.

Journaling is fabulous for a million reasons, and getting into a daily habit of writing will change your life. Lofty claim, I know. But daily journaling makes sliced bread look like yesterday's news.

I will be your friendly, supportive, and slightly crazy guide on a 30 day mission to create a journaling life. The process can be challenging, scary, and a boatload of fun. Don't worry - I'll hold your hand each step of the way.

Here's the Plan, Stan

Each day for 30 days, you will follow the corresponding lesson.

The first week will have longer lessons but no writing. These days will prepare you by covering the basics like choosing a journal and figuring out the best time to write.

We've all got bonkers To Do lists and the last thing you need is more pressure and guilt. So reading the lesson and doing the exercise won't take more than 30 minutes. (That's one episode of *Grey's Anatomy*. Do yourself a favor and turn off the tv for 30 days.)

I'm so excited you decided to join me on this adventure. It's going to be a blast.

Yours in Journaling,

Kristin