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To do so, click The Daily Journal, either here or in the link on the right side of the header on the website. Then follow the directions. You can still keep your subscription to this blog too, but if one or the other goes away eventually, it will be this one. Here's the sample. This is actually from the daily journal on Saturday, August 22.

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A Sample of My Daily Journal - Harve yStanbrough.com

Make your daily journal entry about something that is happening in the news. It could be the Olympics, the swearing in of a new president, or a medical breakthrough for cancer patients. Write down your thoughts about the event.

59 Journaling Ideas:

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What to Write About in a Daily Journal

The Yesterday, Today, Check-In daily journal template gives you the structure, but you actually have to follow through consistently to feel the benefits. A personal trainer can give you the perfect workout routine, but it's useless unless you actually do it ☐☐

A Simple Daily Journal Template

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That Will Kickstart Your Day

The second definition of a journal would be a daily record of news and events of a personal nature, aka a diary. You may also like formal writing examples & samples . During our days as students in school, each one would be given a school diary for him or her to take note as to what interesting event has happened in

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the student's day or
how ...

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Diet Journal. Keep track of eating habits and physical symptoms when struggling with a chronic illness such as diabetes. Therapy Journal. Therapeutic journaling can be done in private or in tandem with special meetings. Dream Journal.

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Interested in dreams
and their meanings?
Write them down!
Gratitude Journal. It's
easy to feel
bombarded by
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September 15, 2017
Keeping a journal at
work can be your
secret weapon against

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missed meetings, details, or bad performance reviews. Whether you are an employee or self-employed, you can improve your productivity and performance at work by keeping a journal.

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Whenever you're faced with a challenge of some kind, open up to

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fresh page in your journal, and write out your problem as a question at the top of the page. For example: "I've been offered a promotion at work. I'll be making more money, but my daily commute increases by an hour. Should I take the promotion?"

6 Journaling Ideas for Self- Development and Self-Discovery

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Writing and Blogging History is littered with examples of successful (and unsuccessful) people who kept daily journals. It ranges from Marcus Aurelius to Ben Franklin, and from Mark Twain to George Lucas. But what on earth did they write about?

What My Morning Journal Looks Like - The Blog of Author

...

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Keeping your daily journal in this style will help you to gain this superpower. Please, don't make me make an example for this one, or I will never finish this essay. Up to this moment you ...

5 Ideas for Your Daily Writing Journal | by Mark Marchenko

...

Since we can't all be friends with fabulous and inspiring

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celebrities, here are a few other example items for a gratitude journal: The sunrise this morning during your early run or while getting ready for the day;

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In these 32 daily journal ideas, students will specifically consider questions that help them get to know

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themselves better. They'll stop and look back to recall their favorite memories, analyze their own talents and skills, and think about their goals for the future.

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example. Even a
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become a learning journal if the blogging is done in order to promote, deepen, or extend learning of some kind.. There are as many types of learning journals as there are ways to think, mainly because writing is a powerful ...

20 Types Of Learning Journals That Help Students Think

Gratitude Journal.

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How to Write a Reflective Journal with Tips and Examples ...

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The purpose is to give you examples and a better view of how a journal should look like. Lastly, we will be enumerating to you some benefits that a journal can have in someone's life. Daily Journal Sample.

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of intersecting systems
of oppression and
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are all examples of
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