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The journal (and the pen!) are what make the experience so personal. And while we all have our preferences, we've found a diverse array of unique diaries, notebooks, and journals for writing that will keep those inspired words and affirmations flowing. So relieve some anxiety and pick from notebooks with guided prompts, colorful designs ...

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The one-time retrofit costs will continue to prevent injuries as long as the tractors

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are used, generating additional (projected) future savings of \$12 136 512, \$15 781 027, and \$18 924 818 if retrofitted tractors remain in operation 15, 20, or 25 years after their retrofit. Conclusions.

~~The American Journal of Public Health (AJPH) from the ...~~

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Perhaps that's why far fewer people keep journals than use social media postings to show only their happy faces. As in good therapy, such honesty helps get to the truth, and the best path forward.

~~How to Keep a Journal - The New York Times~~

To make journaling even easier, Diarium can automatically pull in feeds from Twitter, Facebook, or Instagram and will remind you once a day (at your chosen time) to write in the journal. Diarium Pricing : Free version available on Android ; \$19.99 on Windows 10 , \$2.99 on Android for premium features

~~8 best journal apps of 2020 | Zapier~~

We know how it is), here are some ideas: Commit to jotting down at least one sentence at a specific time every morning. Date your journal pages, starting with

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the first entry (after the first few pages). Start with your intentions for the journal (a short list on one of the first few pages).

~~61 Journaling Ideas (Basics On What To Write In A Journal ...~~

From recipe banks to tracking your pregnancy, our life journals have everything you need to document your life in the best way. Shop the entire range at Paperchase today.

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Here is a PDF of all 650 prompts, and we also have a related lesson plan, From 'Lives' to 'Modern Love': Writing Personal Essays With Help From The New York Times.. Below, a list that ...

~~650 Prompts for Narrative and Personal Writing — The New ...~~

15 Journaling Exercises to Help You Heal, Grow, and Thrive Journaling is a way of going on a retreat without leaving your home. Posted Nov 15, 2018

~~15 Journaling Exercises to Help You Heal, Grow, and Thrive ...~~

The scientific research on the benefits of so-called expressive writing is surprisingly vast. Studies have shown that writing about oneself and personal experiences can improve mood disorders, help reduce symptoms among cancer patients, improve a person's health after a heart attack, reduce doctor visits and even boost memory.

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~~Writing Your Way to Happiness—The New York Times~~
Just some fun with it after the new pins.

~~Happy Farmer Tractor out for a Spin—YouTube~~

2. Mom and Me: An Art Journal to Share or Draw with Me, Dad!. A similar journal that a few of my friends rave about is this gorgeous mom and me art journal.. One of the co-authors is a licensed art therapist, so the book includes tips on how to start an open conversation with your child, the best ways to communicate when you're creating side-by-side, and more.

~~10 best journals for kids that will boost your child's ...~~

The HappySelf Kids' Journal is a daily journal for children aged 6 to 12, both boys and girls, based on scientifically proven methods that promote happiness, develop healthy habits for life and nurture enquiring minds. Beautifully illustrated and easy to use, with just a few minutes of focus each day, children benefit

~~The HappySelf Kids' Daily Journal For Boys and Girls Aged ...~~

Through your writing you'll discover that your journal is an all-accepting, nonjudgmental friend. And she may provide the cheapest therapy you will ever get. Best of luck on your journaling journey!

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~~The Health Benefits of Journaling — Psych Central~~

With the right journal app, you can make a journal or diary entry truly yours by adding images, tagging locations, setting reminders to write, enabling password protection, and so much more. Here are the best journal and diary apps you can use both online and offline, either from a web browser or on a mobile device.

~~The 7 Best Journal Apps for 2020 — Lifewire~~

“Journals are like a checkpoint between your emotions and the world,” writes clinical psychologist Beth Jacobs, Ph.D, in her valuable workbook *Writing for Emotional Balance: A Guided Journal ...*

~~4 Journaling Exercises to Help You Manage Your Emotions~~

Keeping a gratitude journal might change how you feel on the daily; In one 2017 study, people who wrote daily letters of gratitude to others reported better mental health than those who didn't. See for yourself with this gratitude journal app, which lets you write and send thank you notes to people in your life.

~~Journal Apps and Diary Apps for Keeping a Daily Log | Shape~~

An Interactive Digital Journal from MakeBeliefsComix.com This Book Belongs To ...
A Book of All the Things That Make You Happy • Laptop Letters: Sending Wise & Loving Messages to Young People in ... 8123 Something To Write About Something To Write About Something To Write AboutSomething To Write About 1239 TYPE/

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~~Writing Prompts for English Language Learners and Literacy ...~~

Most of us are familiar with the concept of a gratitude journal, but there are many other positive emotions that we can use in a writing practice. Why not try writing about your joy .

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