

Craft

yourself



My daily
Journal



Craft yourself

Who do you want to be?

Hi! And welcome to this
workbook.

We at Life Ahead wish to
thank you for getting this
journal for yourself and
hope that you will get to
know yourself like we did
before this journal.

This workbook is for YOU.

It is made to help you
create the person you want
to become.

We believe that anyone can
be anything, so why not be
something amazing?!

How to use this workbook?

This is YOUR workbook, so treat it the way YOU wish to. Of course there is intention behind this notebook, because we want to be mindful.

You can do the pages of this journal one by one or at the same time if you feel like.

You can do the journal prompts daily or weekly or monthly. Up to you really.

Take a moment to pause and reflect. Don't rush into writing and fill the pages with nonsense. Be mindful and throughout. That way you can get everything out of this workbook.

Note about evolving and change

Evolving is a messy process and takes time. There are ups and downs as you know, but there is something more; reflection.

Change can be many things. It matters how you view it, because it can change the outcome of your process. Do you associate negative things to the word "change" or positive? Or is it something neutral?

It is up to you.

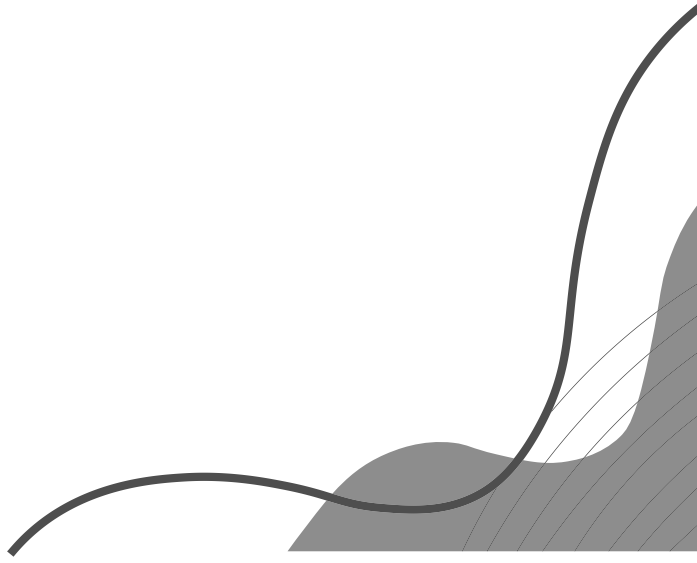
Our only task is to not stay the same throughout our whole life. We are meant to become someone we want to be.

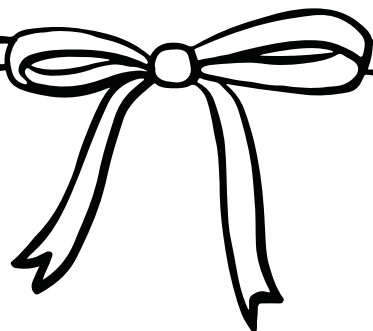
And that takes time, effort and intention.



Self-discovery pages

These help you understand
yourself better.





With this workbook
you can...

- get into journaling
- get your thoughts down
- track your thinking process
and provide positive
feedback
- have a new hobby that
improves your daily life
- spend time with yourself
- tap into your memories
- improve your habits
- raise your awareness



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