



Dreamer, Creator, Explorer, Achiever!

My Doer Journal

Doer



Jason Riggs, Doer Brands

Table Of Contents

01

Thank you for your purchase!

02

Why Journal?



Thank you for your purchase!!

We cannot thank you enough for your purchase of the My Doer Journal! You are supporting a small, family-owned business who believes in empowering people to be the best they can be by being a DOER!

About Doer Brands

Simply put, Doer Brands is about doing. It's about being active, taking risks, making memories, building confidence through achieving goals, and having fun!

As former President Theodore "Teddy" Roosevelt said, "It's not the critic who counts...the credit belongs to...who does actually strive to do the deeds..."

Be a DOER!



Why Journal?

"The starting point of discovering who you are, your gifts, your talents, your dreams, is being comfortable with yourself. Spend time alone. Write in a journal." - Robin Sharma

Did you know that Albert Einstein kept a journal? So did Marie Curie, Frida Kahlo, Leonardo da Vinci, and Frederick Douglass? da Vinci even drew pictures in his journal showcasing how wonderfully creative his mind was.

Imagine yourself as the next da Vinci or the next Curie or the next Einstein - making a breakthrough so great that it gets recorded in history! Or imagine yourself as YOU! Doing deeds that YOU believe in - maybe it's playing an instrument; writing a book; designing the next video game or internet sensation. Perhaps it's an outdoor thing - being the next adventurer to climb the world's highest peaks. Or maybe it's the next thing that helps the homeless or the environment. The point is, journaling can help you be an empowered dreamer, creator, explorer, achiever - a DOER!

Don't just take our word for it, studies have shown that journaling can have the following benefits:

1. Help achieve goals
2. Track your progress and growth
3. Gain self-confidence
4. Improve writing and communication skills
5. Reduce anxiety and stress
6. Find inspiration and creativity
7. Strengthen memory

Be a DOER. Journal daily.

Thank you for your purchase and support!





Dreamer

Creator

**THANK
Doer
YOU**

Achiever

Explorer

My Doer Journal