



*Mini
Journal to
Joy*

A Mini Journal to Joy

Congratulations for downloading this mini journal or sampler. It will give you space to write your thoughts and emotions as you reflect on your reading. It will lead you to experience a joyful day.

Here you'll discover:

- *the benefits of taking 5 minutes a day to write your thoughts down.

- *a place to keep a record of quotes you would like to remember.

- *a new way to manage your stress by focusing on the positive.

- *emotional well being by freeing your mind from your thoughts by writing them down.

I have spent the last several months writing stories, insights, and experiences based on quotes on the topics of gratitude, faith, family, friendship, and travel. A companion journal is coming soon filled with a safe space for you to journal your emotions and thoughts.

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Daily Journal

Date: _____

I appreciate my family every day.

Trust and loyalty are essential to true friendship.



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