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Spicy Journals

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This guided daily journal undated diary has 202 pages (enough space for 100 days i.e. just over 3 months) with daily prompts and a spacious two page spread per day with plenty of space for free writing and adding your own image or drawing. The pages are undated so you can start your creative journey whenever you wish. The journal is especially useful for reflection and idea generation as well as expressing gratitude. This journal is essential for those who love the idea of prompts for inspiration but also want plenty of space for freehand writing and drawing. This is a perfect journal for a diary and is great for jotting down and planning your ideas or can be used as a progress journal for all your ideas and inspirations. The journal has a soft yet sturdy cover and is perfect bound so pages will not fall out. The spacious, yet handy-sized 7"x10" format means there is plenty of room for your thoughts and reflections. Handy 7"x10" format. 202 pages for writing and reflection. White Opaque Paper with grey/black lines. Soft, sturdy cover. Perfect bound so pages will not fall out. Part of the Gold Leaf Journal series with cover design by annumar - Sparkle. Our notebooks all have an art cover or inspirational cover. Other versions of this notebook also available in a more generous 8.5x11 size. The notebook comes with various inspirational covers in numerous color variations. To see our full range of notebooks and journals visit us at Spicyjournals.com or click on the Amazon author link for Spicy Journals above.