

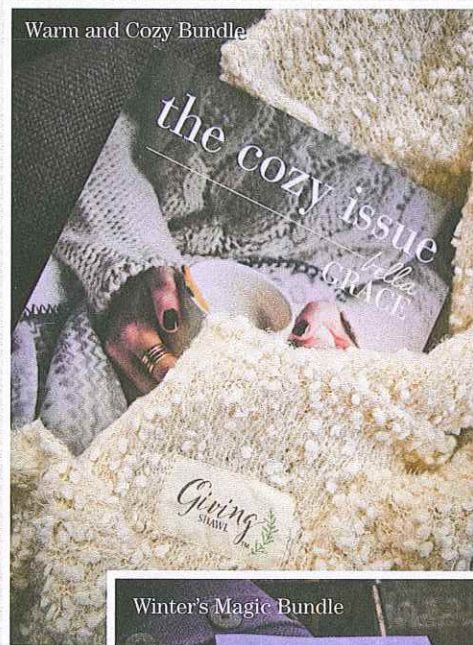
An Adult
Journal to
Help You
~
~
Reflect

"Normality is a paved road:
It's comfortable to walk,
but no flowers grow."

- Vincent Van Gogh

Daniel J. Schwarz

Your Best Year Yet.



Warm and Cozy Bundle



Pink Giving Socks



Papaya 17-Month Planners



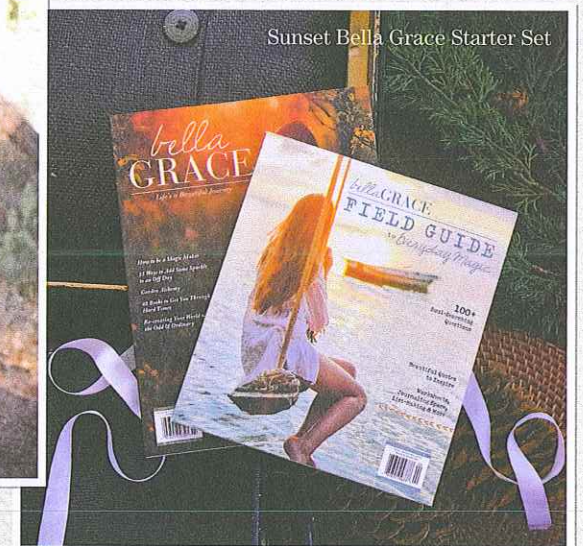
Winter's Magic Bundle



Blue Ombre Sister Scarf
*More styles available.



Celebrating She — Bella Grace Four-Issue Bundle



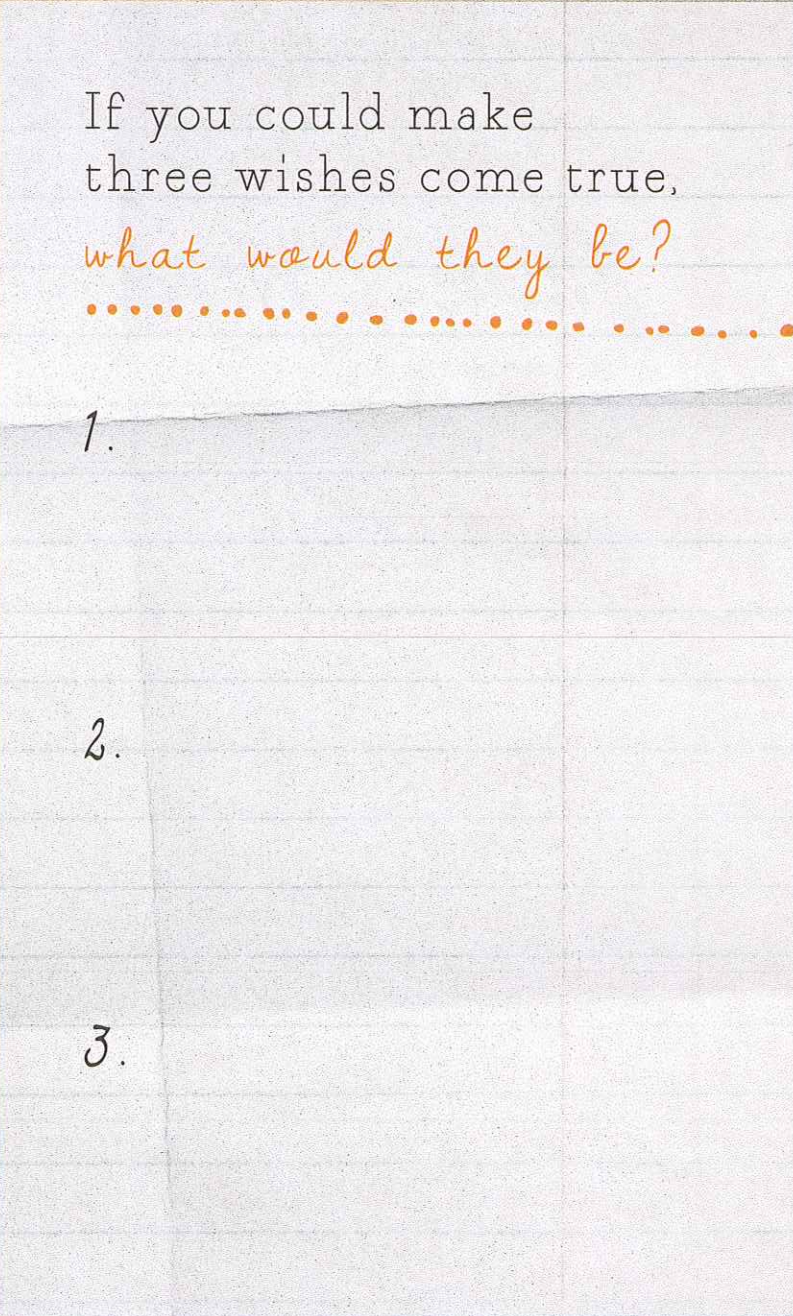
Sunset Bella Grace Starter Set

Discover beautiful things and more ordinary magic at bellagracemagazine.com.
Click on "The Collection" to explore, or call 1-877-782-6737 to order.

On the left side of the page, write down all the things you say you need. On the right side, write down what you actually need.

Think I Need

Actually Need

A piece of white lined paper is placed on a background of a warm, golden-brown gradient. The paper has a question written in a typewriter font, followed by the same question in a cursive script. Below the question is a horizontal line of small orange dots. The paper is divided into three sections by horizontal lines, each starting with a handwritten number. The background also features a faint, artistic drawing of a plant with long, thin stems and small, dark, teardrop-shaped leaves.

If you could make
three wishes come true,
what would they be?

.....


1.

2.

3.

What are some of the *affirmations* you repeat to yourself when you are feeling overwhelmed?





*"I stepped into the
bookshop and breathed
in that perfume of
paper and magic that
strangely no one had
ever thought of bottling."*

— Carlos Ruiz Zafón

Jessica Lia

What is a hobby you've always wanted to try? Why does it interest you so much? What do you need to do to get started?

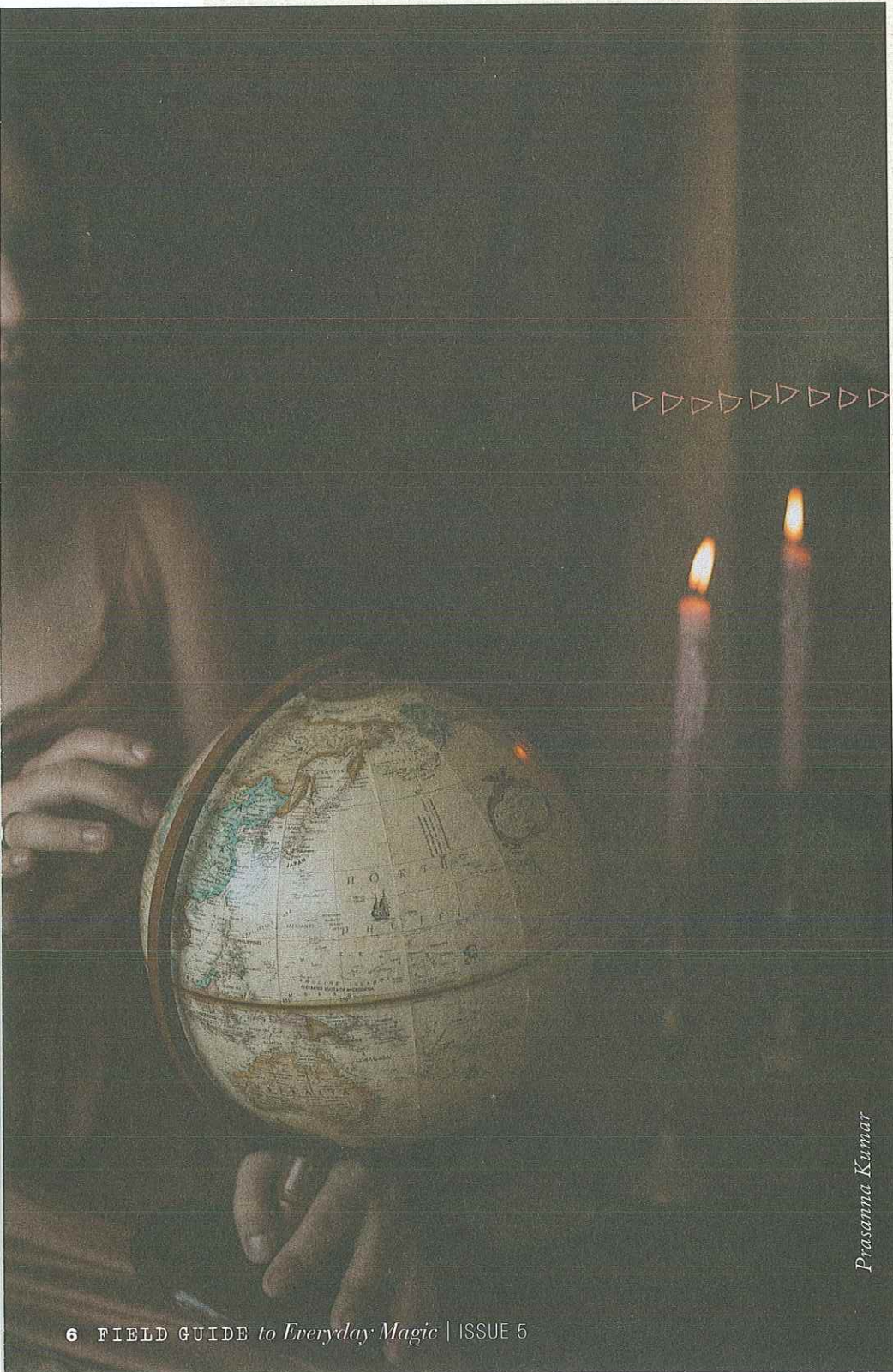




WHAT IS SOMETHING ABOUT
YOURSELF THAT YOU USED TO SEE
AS A FLAW THAT YOU NOW SEE AS

a strength?





What area
of the world
has always
fascinated you?
What about it
makes you want
to know more?



Prasanna Kumar



Lili Kovacs

What is your recipe for
the perfect road trip?

Look around the room you're currently in. What are three things in it that you're grateful for?

○

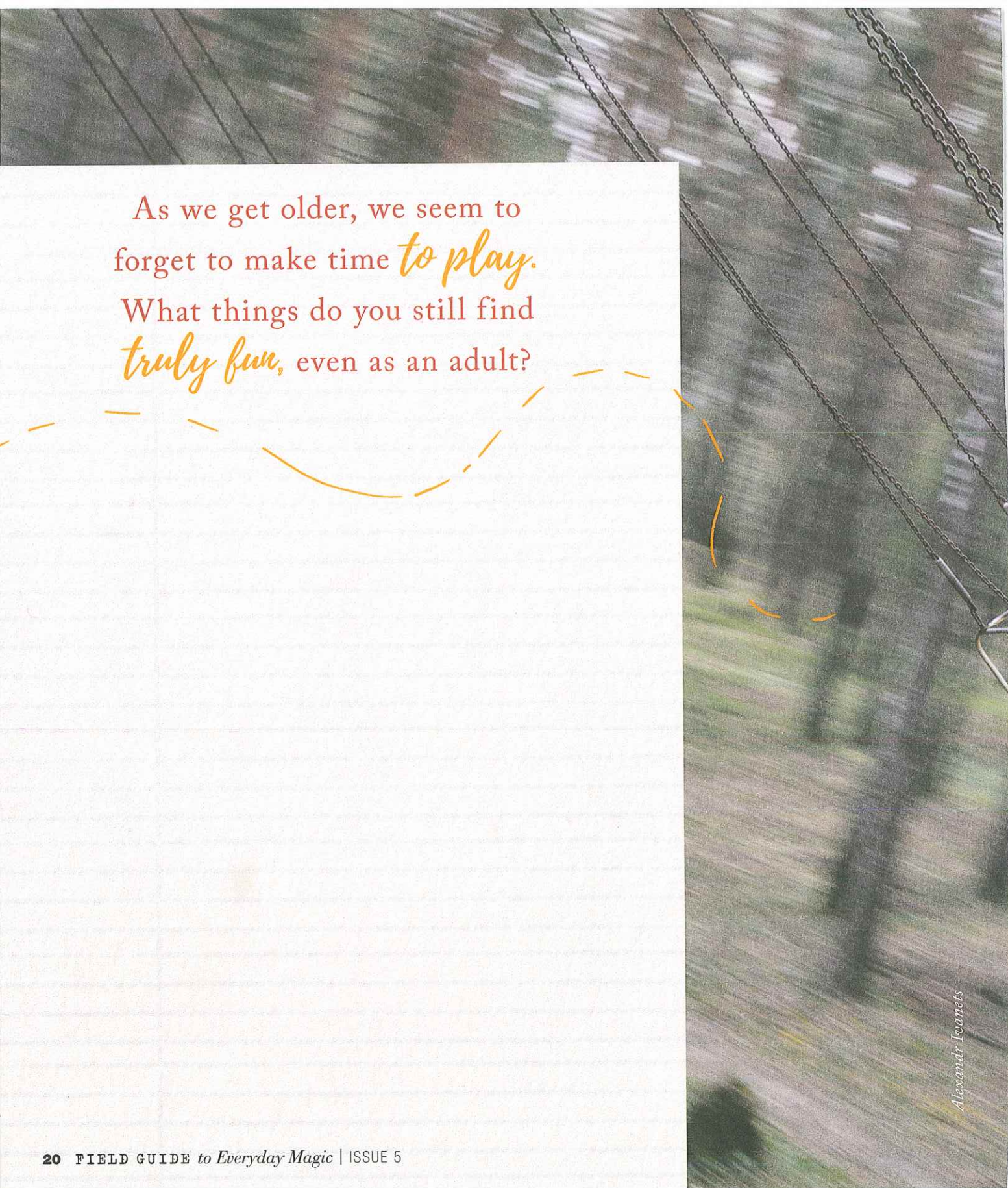
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Melanie DeFazio

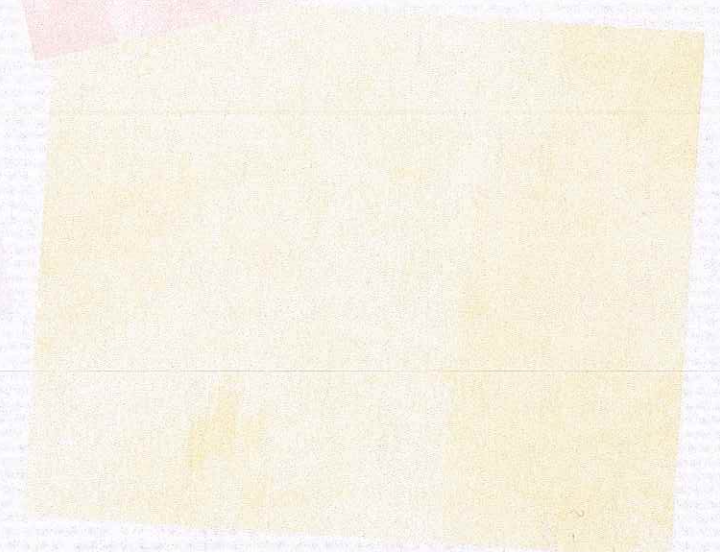
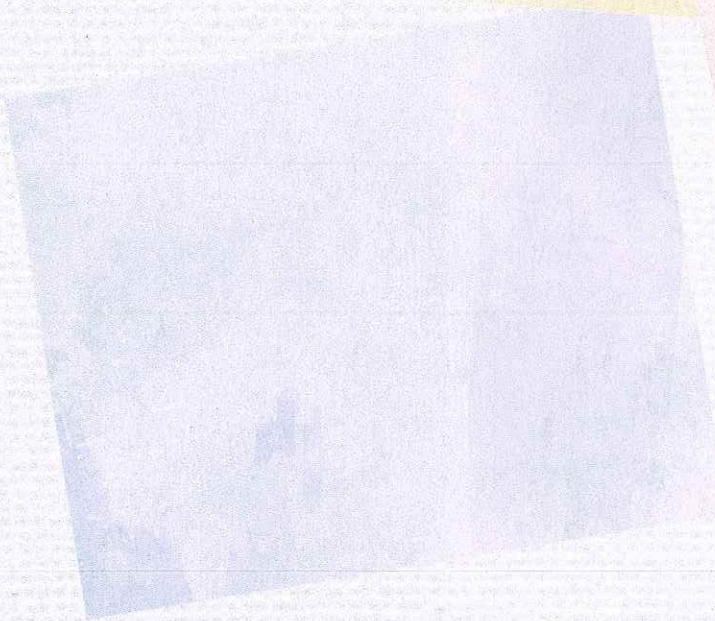
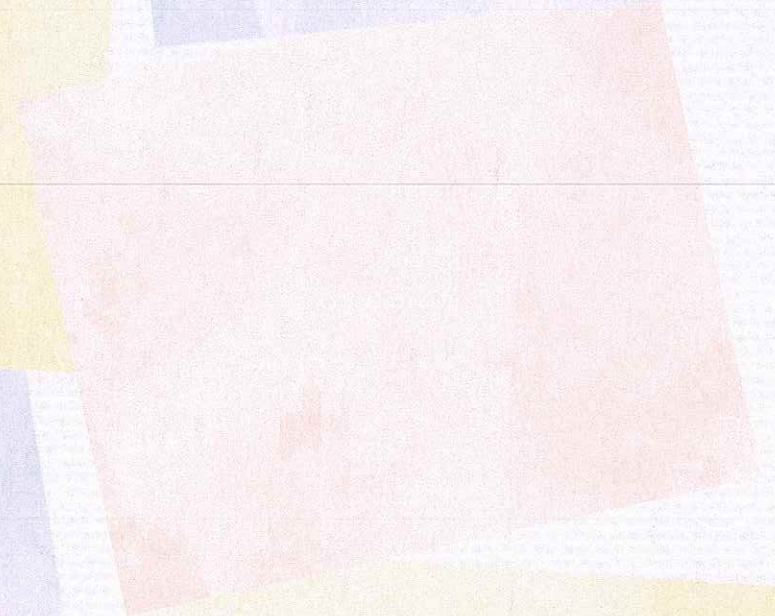
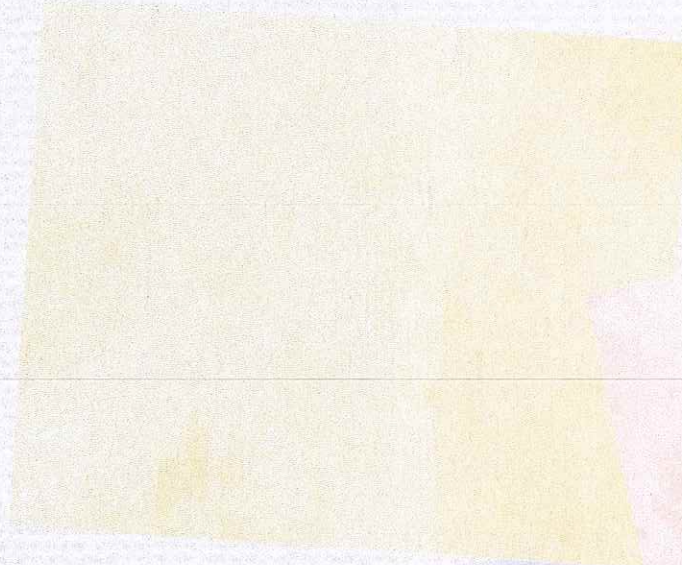




As we get older, we seem to
forget to make time *to play*.
What things do you still find
truly fun, even as an adult?

Alexandra Fournets

What compliments
have you received
that mean the most?



Imagine you could make a living doing
whatever it is you're passionate about.

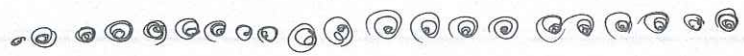
What would your dream job be?



WHAT IS YOUR IDEA OF
the coziest day?



CHOOSE ONE



No Wifi or No Music

Eat Chocolat or Eat Tacos

Fly on a Plane or Drive

Read a Book or Watch TV

Young at Heart or Old Soul

Wake up Early or Stay up Late

Bungee Jump or Skydive

Have a Dog or Have a Cat

Watch the Sun Rise or Watch the Sun Set

CONTACT

"Ken, get up. There's word that we've repeated."

"What?"

"The Message has cycled back. Or at least that's what Willie says. I'm on my way there. Why don't you wait another ten minutes so we can pretend you were in your room BSQ?"

She was almost at the door before he shouted after her, "How can we recycle? We haven't gotten the primer yet."

Racing across the screens was a paired sequence of zeros and ones, a real-time comparison of the data just received and the data from an early page of text from Argus a year before. The program would highlight any differences. So far, there were none. It appeared that they had not mistranscribed, that there were no apparent transmission errors, and that if some small dense interstellar cloud between Vega and the Earth was able to eat the occasional zero or one, this was an infrequent occurrence. Argus was by now in real-time communication with dozens of other telescopes that were part of the World Message Consortium, and the news of recycling was passed on to the next observing stations westward, to California, Hawaii, the *Marshal Nedelin* now in the South Pacific, and to Sydney. Had the discovery been made when Vega was over one of the other telescopes in the network, Argus would have been informed instantly.

The primer was an agonizing disappoint-

Even if you don't consider
yourself to be an artist,

doodling is a great and mindless activity. Think of the five things you need for a perfect day. Doodle them on this page. If you don't love doodling, you can cut images from a magazine and glue them on the page.



At this moment, I am currently ...

< Reading

< Wondering

< Hoping

< Appreciating

< Anticipating

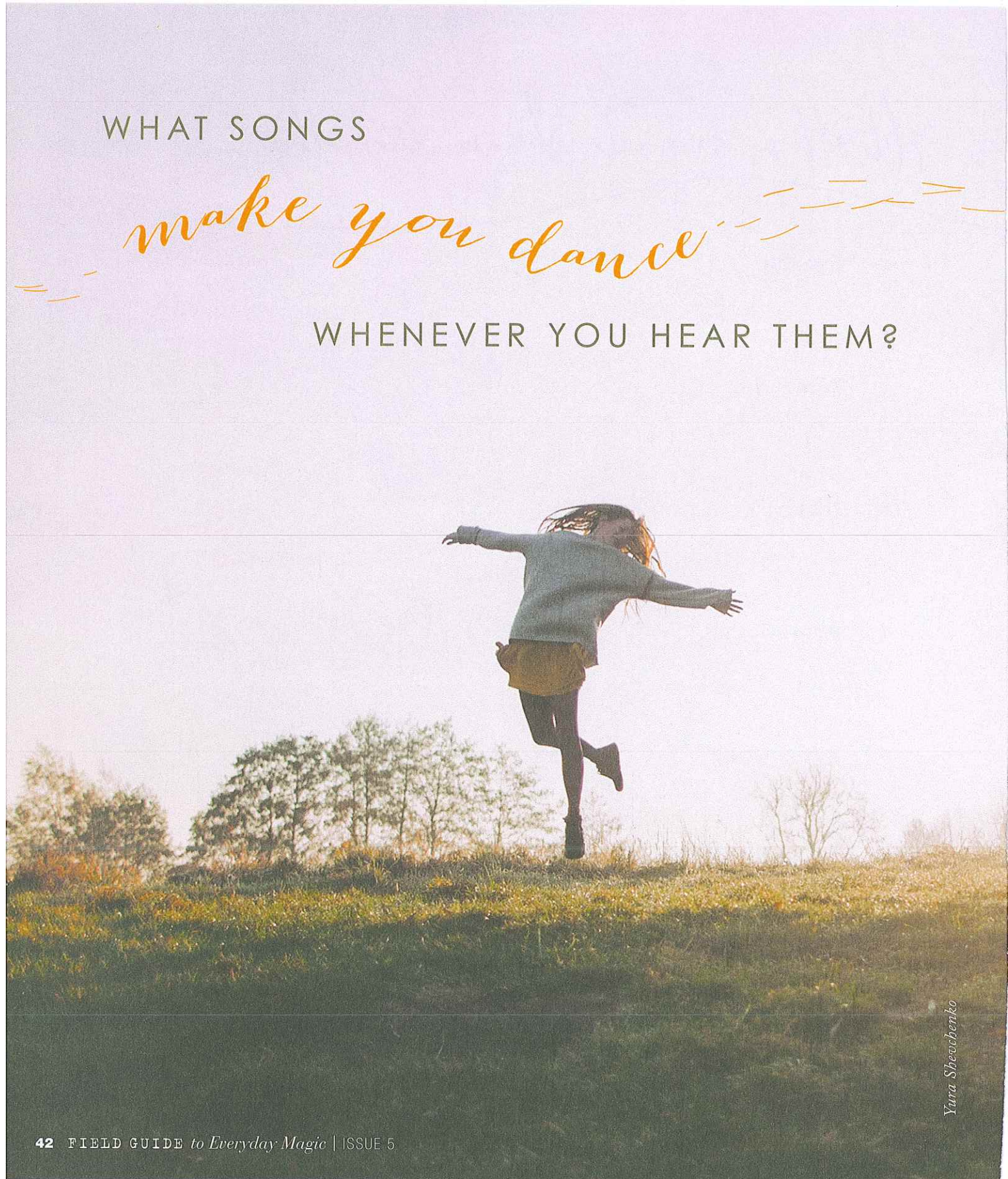
< Listening

< Feeling

WHAT SONGS

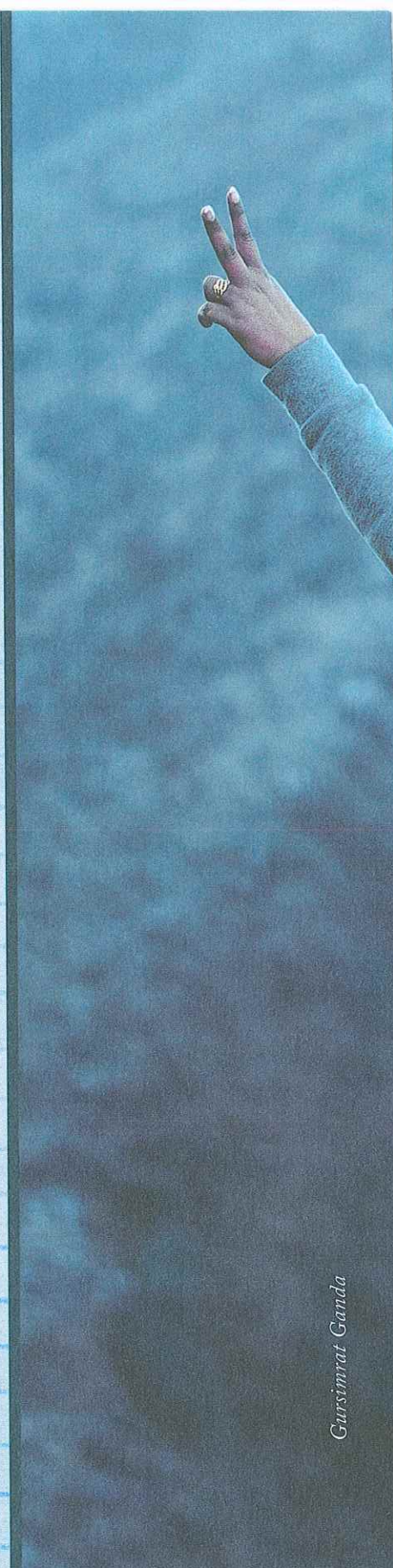
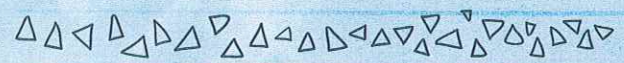
make you dance

WHENEVER YOU HEAR THEM?

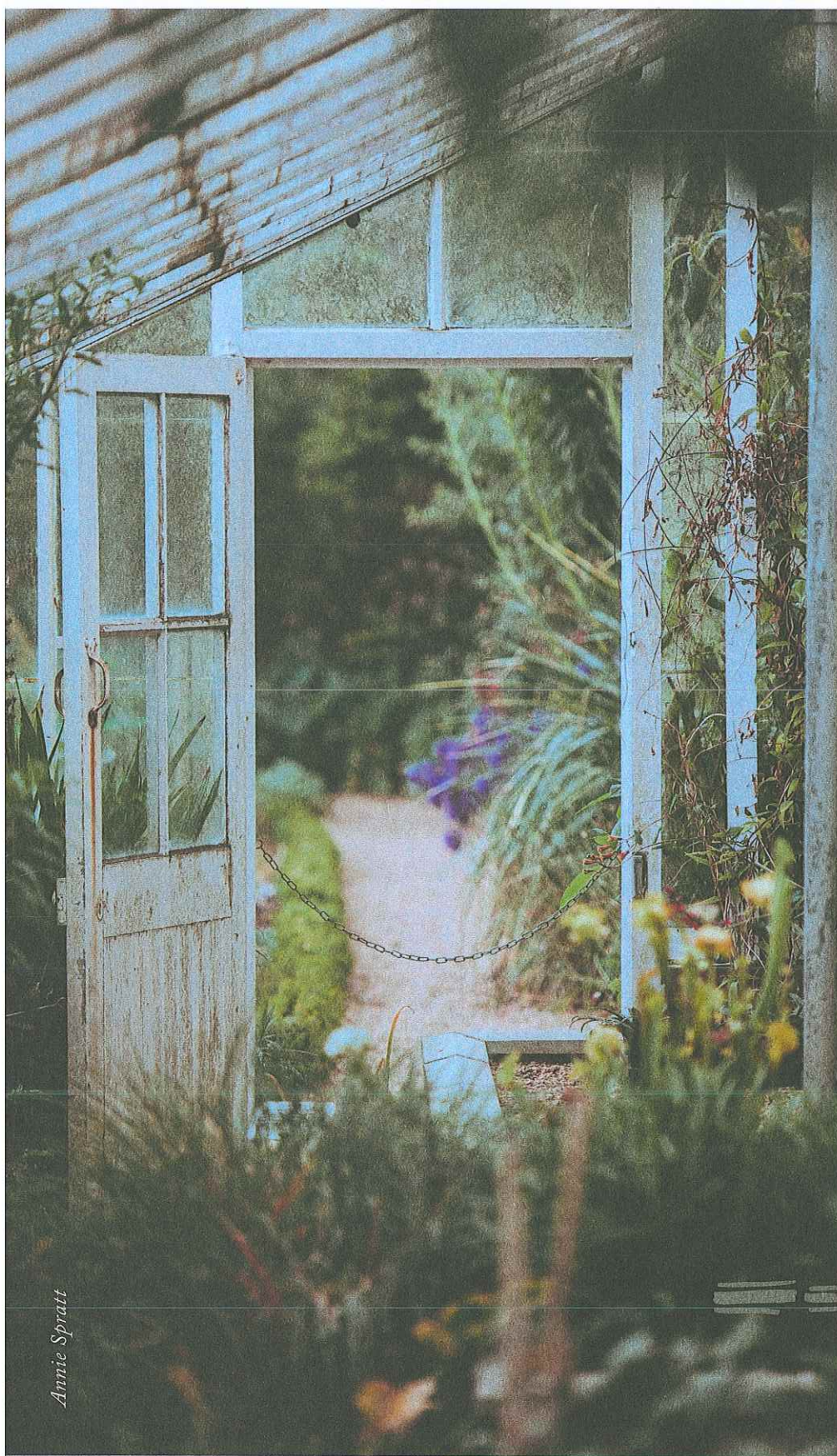


Yura Shevchenko

**What is one problem
you thought you'd never
overcome but have
successfully solved now?**



Cursimrat Ganda



Annie Spratt

“WHEN LIFE
SHUTS A DOOR,
OPEN IT AGAIN.
IT’S A DOOR.
THAT’S HOW
THEY WORK.”

— UNKNOWN



What are *five things* you can
do to instantly turn your
day around?

