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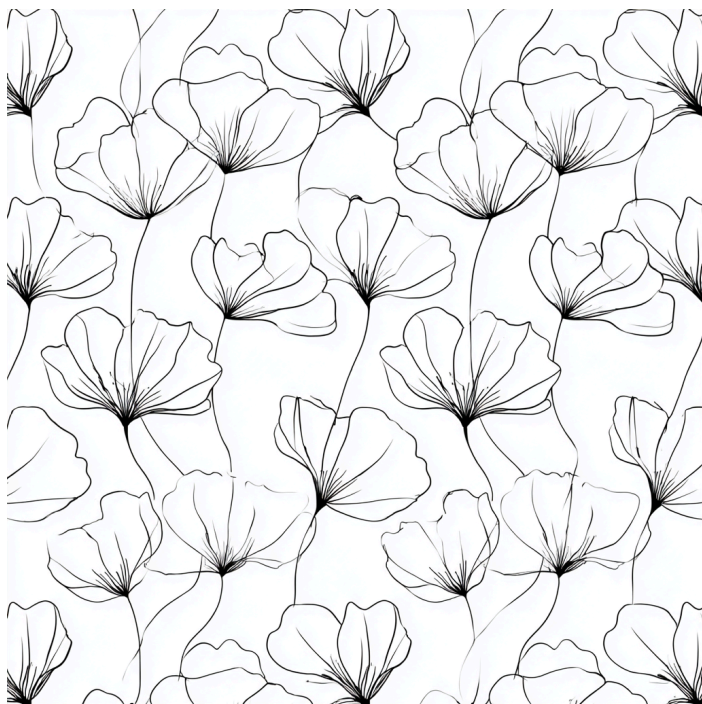


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live
IN THE MOMENT
Be
ORIGINAL

"Good energy is not found, it is created. Choose one thought, one action, one word that builds your joy."

"You are allowed to be both a masterpiece and a work in progress, simultaneously."

"Celebrate the tiny victories. The grandest oceans are made of single drops of joy."

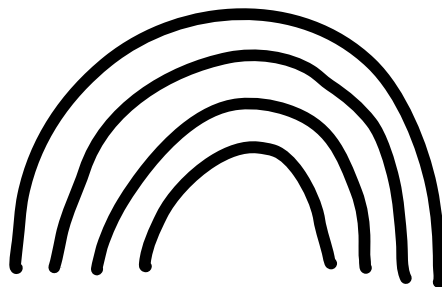
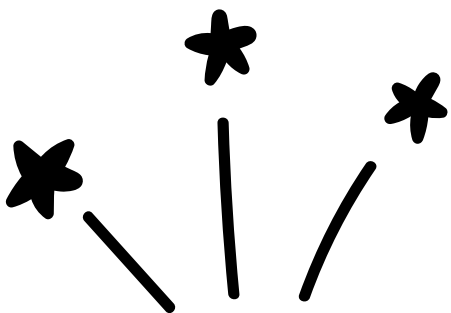
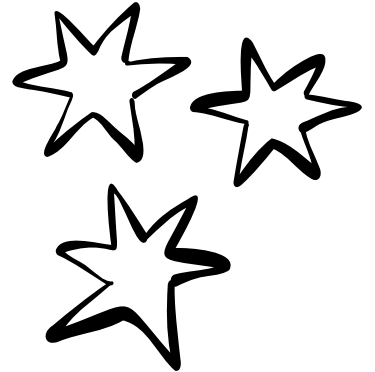
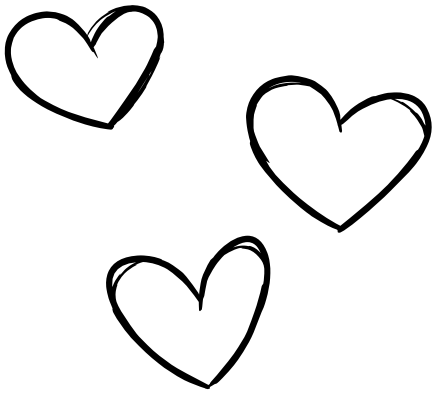
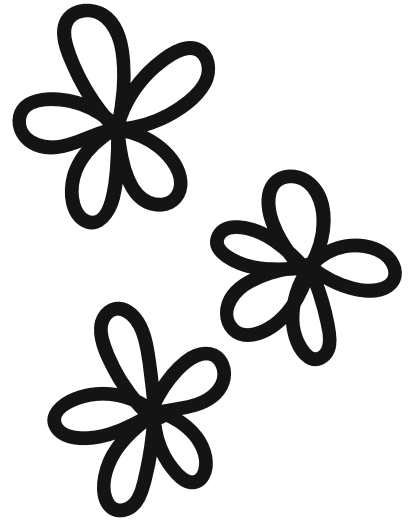
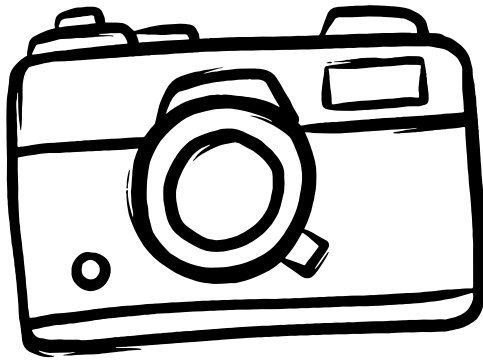
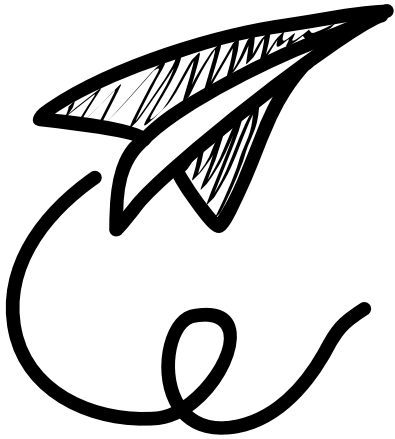
BEST
DAY EVER

"DO NOT UNDERESTIMATE THE LIGHT YOU CARRY. SIMPLY BY BEING YOURSELF, YOU MAKE THE WORLD BRIGHTER."

With her brave wings she flies

BE
BRAVE

Today
is yours to conquer.



Simple Art Journaling in 5 Steps

1. Paint the Background: Cover your page with a thin, watery layer of any color you like. Let it dry.
2. Glue Your Main Image: Stick down your main picture
a person, a flower, anything you want.
3. Add Words: Write or glue a quote or how you're feeling.
4. Decorate: Add extra things like doodles, more flowers, or leaves.
5. Stop When Happy: Look at your page. If you like it, you're done

Happy Journaling