



#aNote2Self Meditation Journal Vol. 1

By Alex Elle

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The #aNote2Self Meditation Journals were created with self-care, healing and emotional evolution in mind. Author Alex Elle wanted to give journalers an outlet where they could not only feel safe but be open and honest with their healing process, on paper. Alex created this meditation journal to continue the reaffirming self-to-self conversations. Every day journalers will set their intentions, answer a thought-provoking question and write a daily note to self. If used in conjunction with the moon, each daily entry will sync with the lunar phases. Each lunar phase and its corresponding month are given rich meaning in the appendix section of each journal. The #aNote2Self Meditation Journal Vol.1 has been designed as a meditative aid, a space where the journaler can positively embark on their journey of self-discovery.

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