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From First To Last - Note To Self (Hd  
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A tribute to the healing and reflective power of the written word, Note to Self demonstrates that sometimes being completely honest with yourself is the most dangerous and rewarding pursuit of all.

## **Note to Self: On Keeping a Journal**

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## Get Free Note To Self On Keeping A Journal And **and Other Dangerous... Pursuits**

Now, in Note to Self, she's back to guide us through the fun, effective, and revelatory process of journaling. Along the way, selections from O'Shea's own journals demonstrate what a journal should be: a tool to access inner strengths, uncover

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unknown passions, face uncertain  
realities, and get to the center of self.  
Sallara Oshea

**Note to Self: On Keeping a Journal  
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Note to Self provides an enthusiastic  
endorsement of the power of keeping  
a journal to understanding/discovering

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Other's true self. The encouragement is intertwined with low-key how-to suggestions that are secondary to the message of Just Write Something (my words).

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## Keeping a Journal and Other...its

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Keeping a journal is easy Keeping a

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Other Dangerous Pursuits,  
however, is not At its best, journaling  
can be among the most transformative  
of experiences, but you .

## **Note to Self: On Keeping a Journal and Other Dangerous**

In Note to Self: : On Keeping a Journal

# Get Free Note To Self On Keeping A Journal And Other Dangerous Pursuits,

Samara O'Shea takes on the topic of journal-writing. Judging from its title, I knew it wouldn't just be a typical how-to guide, and I was right. Through sharing her own journal entries and experiences, Samara presents the reader with ideas to help create an



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Daily Notes to Self It's all about  
keeping the right thoughts at the top of  
your mind every day, so they're  
readily available on those inevitable

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days when you need them most. For Angel and me, that means pausing every day, as often as necessary, and reflecting on precisely what we need to remember.

**10 “Notes to Self” We Need to Read  
10 Times a Day Until ...**

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Note to self: Graciously welcome closed doors. Toni Carey. Toni Carey is the founder of Keeping Balanced, a place where women can learn how to keep it all together, while living their best life possible. When she's not writing, you can find her running or practicing yoga in and around

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Washington, D.C.  
Other Dangerous Pursuits  
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**Keeping Balanced - Note To Self**

“Note to self: You have to start forgiving yourself for the time you’ve waste on things that never mattered. Forgive yourself for giving second chances to people who have once

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taken you for granted. Forgive yourself for giving up on your dreams instead of working on them and making them come true.

## **Note To Self Quotes (29 quotes) - Goodreads**

Much like she did with correspondence

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Other first book, For the Love of Letters, in Note to Self Samara O'Shea shows why journal-writing is fun and effective. In a hip and accessible voice, O'Shea shows how the journal is a great tool to help readers learn and grow, uncover their motivations, and come face to face

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Note to self: a pandemic is a great  
time to keep a diary, plus 4 tips for



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success 1. Decide on your platform.

Digital or analogue? Decide on your medium. The written or spoken word?

... Choose... 2. Make a vow. Make an entry every day, or on a set number of days for four weeks. 28 days is said to

...

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**Note to self: a pandemic is a great  
time to keep a diary ...**

Note to self: Keep your doors locked!  
Just had a man from AMAZON PRIME  
enter our house without permission.... I  
can't believe what just happened! And  
the parcel wasn't even for us ..  
Amazon WOW!!

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**Sarah Jayne - Note to self: Keep your doors locked! Just ...**

Dec 7, 2020 - Explore Sarah's board "note to self", followed by 3642 people on Pinterest. See more ideas about inspirational quotes, words, words of wisdom.

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