

Thank you!
Here's a small gift for you.



This PDF is a small gift for you.

Inside, you'll find the steps on how to make this personalized journal even more your own. Here are some matching printable bookmarks and affirmation cards you can use with your journal.

Designed with love and intention, created just for you.

The Diamond Frequency™

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Your Space

Make this journal even more your own

Your name. Your space. Your energy.

Your personalized journal is already made just for you.
These small steps can make it feel even more personal.

Your space

How to use this gift

- Print your favorite bookmarks
- Write your name or favorite quote on them
- Keep one in your journal
- Print the affirmation cards
- Write your own affirmations
- Place them where you will see them daily

Your energy

A small moment for yourself

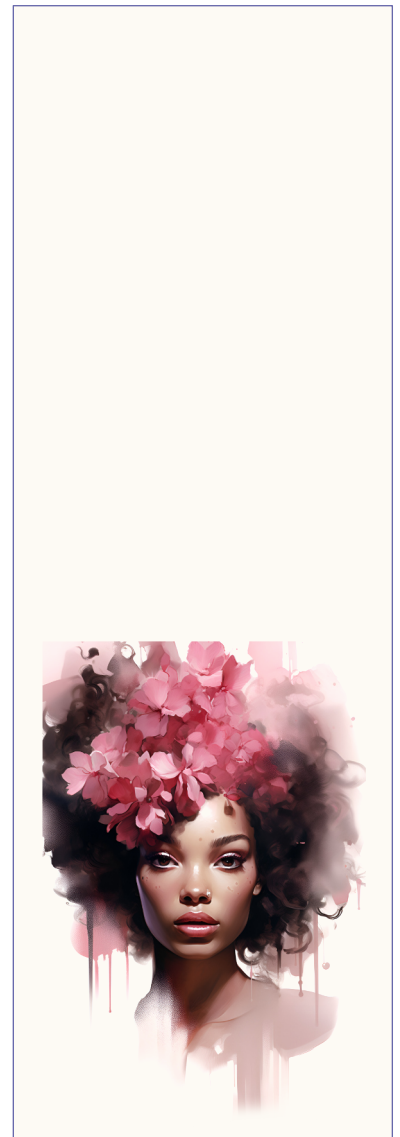
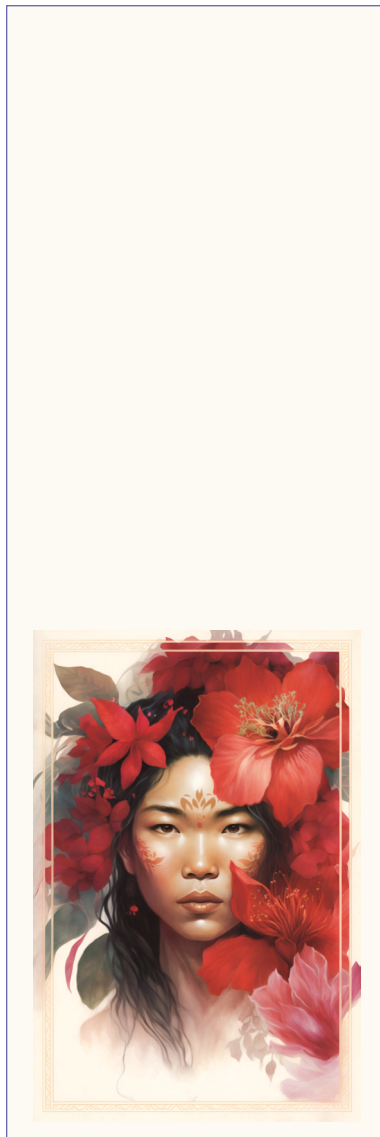
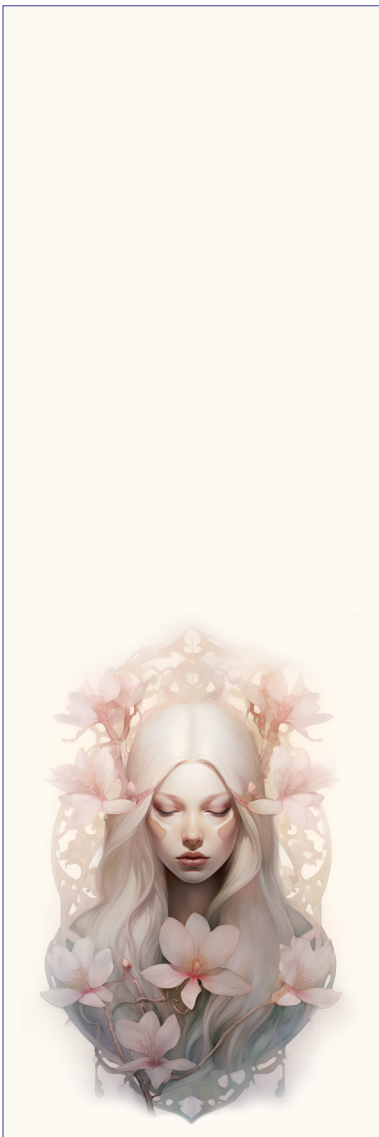
- Take a quiet moment
- Open your journal
- Choose one affirmation
- Write it down
- Let it guide your day

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Bookmarks

Print these out and keep them in your journal.



Affirmation Cards

Print these out and write your favorite affirmations on them.
Use them as little reminders throughout your day.

