

THE POWER OF ONE QUOTE JOURNAL

Emine Yuksel

Author: Emine Yuksel
Cover design: EY via Bookmondo
ISBN: 9789403781532
© Emine Yuksel

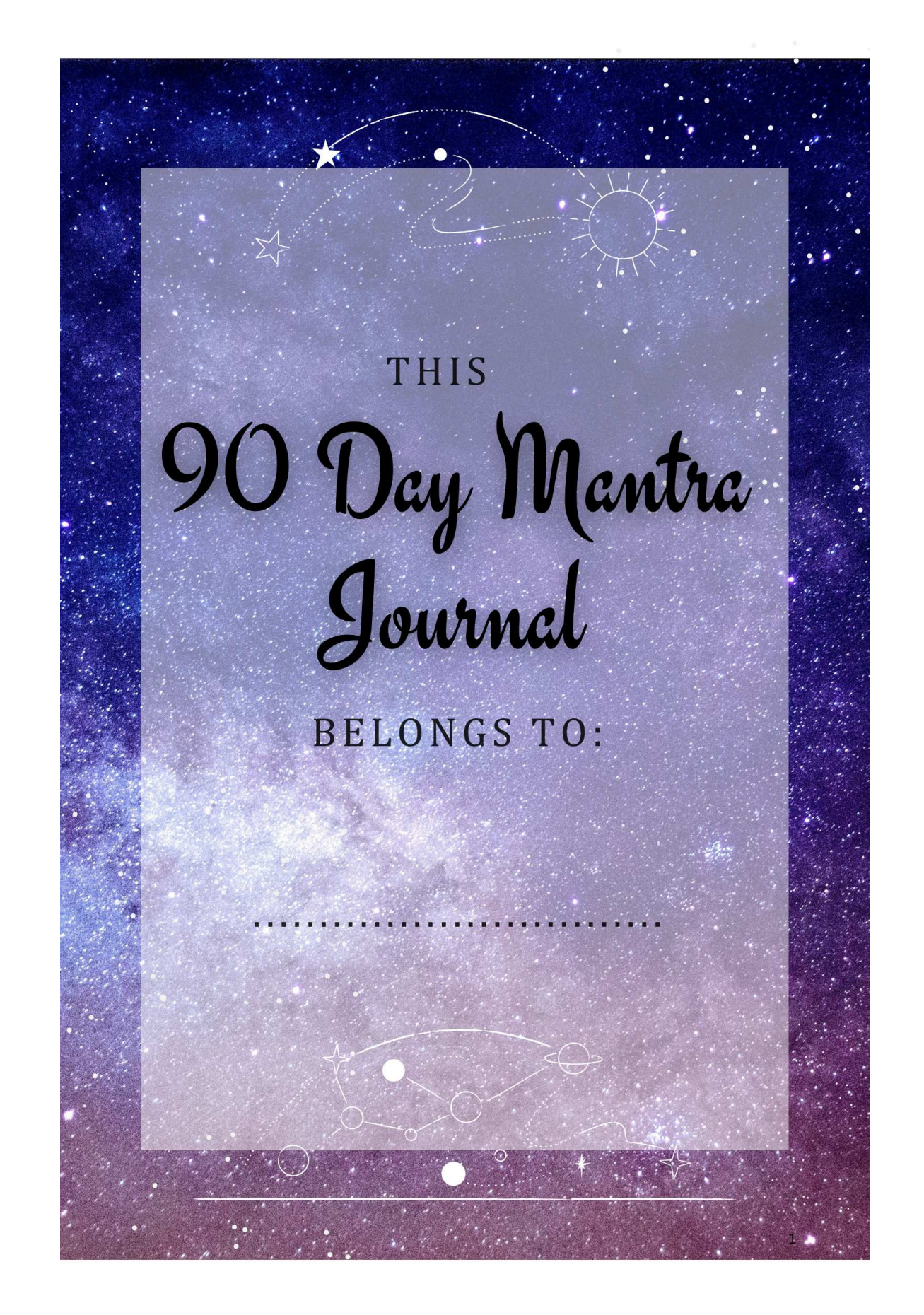
Thanks for sharing your experience:



write@onequotejournal.org



on Instagram: @onequotejournal



THIS

90 Day Mantra Journal

BELONGS TO:

.....

*This 90 Day Mantra Journal
can transform you into a higher version of yourself.*

Please respect the word choices and sequences.

*I specifically choose the word "better"
instead of "higher" or "highest".*

Free yourself from pressure for success.

*Thus, your transformation is natural and in line with your
authentic self. Personal growth is not something forced or
externally imposed, but rather a process of inner alignment and
discovery.*

*Try to write, one page, at the same time each day, ideally before you
go to sleep. This will help establish a habit and make it a natural
part of your evening routine.*

*Preferably write the sentences one after the other in a
continuous flow way.*

*Don't worry about writing perfectly. Your diary is for you,
so write in a way that feels natural and comfortable.*

*Consistency is key, but remember to be gentle with yourself.
If you miss a day, just pick up where you left off the next day.*

*It's best to keep going without interruptions
to reach your full potential.*

Happy journaling!

*Remember,
progress is a journey, not a destination,
so be patient and kind to yourself along the way.*

*Celebrate small victories and learn from setbacks.
Surround yourself with supportive people who
inspire and motivate you.*

*Your decision to keep this journey private reflects the
importance of nurturing your creativity and expressing your
thoughts without external pressures.*

*Most importantly, stay true to your values and passions,
as they are the core of your authentic self.*

*Trust that your journey,
no matter how personal, has immense value.*

*Wishing you inspiration and fulfillment
on every page you write.*

