



the 52 lists project

A YEAR OF WEEKLY
JOURNALING INSPIRATION



MOOREA SEAL

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The 52 Lists Project: A Year of Weekly Journaling Inspiration



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With properly timed prompts that meet you where you are throughout the different periods, this journal will start brand-new avenues of self-knowledge and assist you to celebrate, enjoy, and consider ownership of your life, as each week of the year becomes more thoughtful and vibrant. Each seasonal section contains list prompts, with a lot of space to write your personal lists, and issues to help you take action and make your dreams possible. This gorgeous undated journal of every week lists can help nurture self-expression and self-development. Create 52 lists, one for each and every week of the entire year, that will help uncover the beauty, joy, creativity, and power you already have! Based on the popular blog series by Moorea Seal, this bestselling journal is certainly for list lovers.



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Lists for self-discovery and actualization.. However the Lists Project is exciting for me personally because it isn't fundamentally about making "To Do" lists, but rather lists to greatly help us get in touch with what is important to us in our life. Wonderful. The book is split into seasons, and as we have been 2/3 of just how through summer, I made a decision to start with List 36 - List Everything You Want to Do Outdoors. I started my list with my number 1 outdoor activity - "walking. This journal is completely amazing to be so simple. Not only do I not reach cross anything from my lists, however now I have each one of these other things to accomplish AND a whole book that I can't finish for a calendar year. Now, here's where in fact the book takes on new meaning. By the end of the area for our lists our author asks us to take into account indoor activities that we may bring outdoors. I immediately wrote down "meditate." It seems to me that being outdoors will bring a brand-new dimension to this important indoor activity. Winter season and ten degree below zero weather will be a issue for these actions, but I'll deal with that in January - now it really is August." I thought, why not bring my cereal outdoors and enjoy it with some sunshine? As a grad student and a person experiencing depression, I think it is challenging to deal with some of the daily stresses since I've trouble seeing the bigger picture at times and become overwhelmed. I QUICKLY wrote "eating. Produces a list for every week and goes through each one of the four seasons! This book is a great gift--to yourself or someone else. First on my list was "writing," as on paper this examine. This activity will take all my concentration and attention and I like that. I really like Mozart and his music is definitely a part of all my times. I don't think you will end up disappointed This is an excellent tool for becoming more intentional and getting back in the habit of writing. Up coming I put "music. I will not bore you further, readers, you get the idea. The 52 Lists Task is a well-made hard cover publication with many delightful pictures within it. so, that said, I haven't completed it weekly at a time like it was intended. Yet another thing. You review the same web page for weekly but most pages can be achieved in two mins or u can go deeper and really enter the activity but either way you reap the benefits of lightening your load of be concerned, stress and mess.com/webpages/52Lists). For the Chronic List Maker I loved this a whole lot, but haven't finished it however. I didn't benefit from this chance. Summary: If you are a list maker who would like to take your practice to a new level, I think that you are likely to benefit from the 52 List Task. Even if you don't make lists but think that probably list making will help you to understand the most important thing for you, buy this publication." I am listening to Mozart for study and focus as I create this. I find that sitting down and writing my list each week is something I look forward to.. Perfect. The very following day I meditated and ate breakfast outdoors and enjoyed these new experiences." Of course, I would rather be walking at Coastline Guard Beach in Eastham on Cape Cod, but around the neighborhood also works quite nicely. I really believe another reviewer called this a "Low pressure" journal and I love that description. It's accurate. The cover is definitely gorgeous, and I am one of those people who like lists and planners, so this is the perfect journal. Seal provides just enough structure for you yourself to make the prompts your personal and you may write as much or less than you want.. More importantly, after each list there's an "action item." I must say i think that that is among the journal's biggest strengths. Ridiculous? I got this book because i suffer with depression but I think that is a book everyone would benefit from annually. Rustic, beautiful pages This really is a fun and beautiful, rustic book. It inspires reflection and personal discovery. It's durable with clean, crisp, heavy pages that have adequate space for all your list items.. My only thought is that each list is typically two web pages and it could probably be one page per. I'm more of a 1-5 word per item article writer. 1. I am hoping so. It's not really a book of composing prompts since you're producing lists, not writing stories. (Though, it's yours therefore do what you would like!) 2. I realized that what I love about lists is usually that feeling of accomplishment when crossing something from it. These aren't that sort of lists, folks. Nothing at all to cross off! 3. those with more words to make use of might need two web pages! For number 2 I put "water garden and flowers," that i love doing each day. By concentrating on the positives I am understanding how to deal with my stress and be more self aware. Most likely. But is there others out there like me who feel compelled to finish it in one sitting therefore they don't need to feel guilty if they realize it's yet another thing they by no means finished? It is subtitled, "A yr of weekly journaling motivation" that is actually a little confusing.. It feels good in my hands and brings me pleasure. It will stand up more than time. I do three or four 4 prompts simultaneously. It's fun to believe through what I'd do with a million dollars, or the things that make me laugh, or my quirks, or the people that light up my life.

Five Stars fun book Un buen regalo Muy buen regalo Beautiful Journal The pages are photos are so pretty therefore very elegant!.The best thing about these types of books though is that there aren't any real limits. Perform with it as you will, whatever sparks joy! I highly recommend this book. Certainly depression can't be treated with this journal by itself but I have made more progress with this journal than with per month of therapy. I don't care if u did it 100 times because it makes u focus on the positive stuff in your daily life and leads you to get methods to salvage relationships, value family and take inventory of yourself. It asks queries you need to put believed into and it makes you appear at yourself. It creates u think about what makes u content and what you need to do to get more happiness. It must be given to every person from 10 on up.depending on how you create your lists. I feel a lot less cluttered physically along with mentally when I clean an area of all points that I don't need or use which is part of this reserve. I plan to do this year after year. Our writer Moorea Seal has her personal, quite extensive web site: (MooreaSeal..I believe readers of the review get the theory approximately the lists, but quickly I'll give yet another example - List the Ways You Get Energized. The journal is very unique. I would highly recommend! Best journal ever! For whatever you list makers and that sex to do lists just for the satisfying reason of crossing things off, that is even better. Same concept but better! I've used many of these journals and planners, that is by far the best one. Do the prompts following the list and it will change your life. Inspirational I honestly love this list project so much! My friend recommended it and also have currently bought one for my sister as well.. Great gift idea! Those readers who would like to connect to other list makers can do so using the web site. I had to count the weeks because I needed to start in the right season. So far it's been pretty believed provoking. (Marie Kondo, anyone?. When I saw the 52 Lists Project on Amazon I instantly requested it because, like many of you scanning this review, I produce lists and have done so for most of my life. It encourages purging of mental poison and actions along with belongings.)I gave this book 4 stars rather than 5 for three factors. Me Nice Love it!. The "do something" at the bottom actually kind of makes me experience stressed out. :) I really like this though.



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