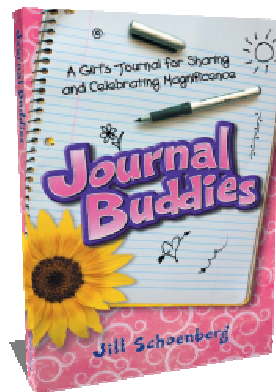


# Here's Your FREE Journal Sample excerpted from the award-winning


*Journal Buddies: A Girl's Journal for  
Sharing and Celebrating Magnificence*



[www.JournalBuddies.com](http://www.JournalBuddies.com)

amazon.com.


# Example of a Journal Entry

**Journal Entry**  **13**


Today's Buddy is: *my friend Annie*  
Today's Date is: *January 17th*

Some stuff makes you feel light and tingly, while other stuff makes you feel heavy and yucky. Our focus is on creating more tingles on the inside every day!!!

List three qualities, traits or talents that your buddy loves, likes or enjoys about you!

1. *You're smart*
2. *Kind*
3. *really funny* 

List three qualities, traits or talents that you love, like or enjoy about your buddy!

1. *She's outgoing*
2. *Honest*
3. *A great singer* 

Oh, and did you know that tingles on the inside are what make you sparkle on the outside?

**Journal Buddies** 75

# What's In Each Journal Entry

Each journal entry has four parts to it:

1. A thought for the day — like words of advice and helpful reminders.

2. Qualities, traits and talents — where you and your buddies write down things that you like about each other. (There are instructions and an example on the following pages.)

3. A focus word for the day — an idea to explore or simply a word to think about. You can talk about it, write about it, draw a picture about it... or you can choose to do nothing about it. It's up to you!

4. Blank pages — some are lined and some are not. These pages are for your thoughts and feelings or your drawings, art, and poetry or any other creative journaling ideas that you want to try. **What you think** and **how you feel** is important. And how you **choose to express** your thoughts and feelings is totally up to you! Remember, there are tons of creative journaling ideas on pages 23 - 30 to experiment with. You can journal about the thought for the day, the focus word, what's happening in your life or anything else that you want to investigate or remember. You can even have your buddy write or draw in your journal if you like.

# Journal Entry

# 8



**Today's Buddy is:**

**Today's Date is:**

True beauty begins on the inside and shines through  
to the outside.

List three qualities, traits or talents that your buddy loves, likes or enjoys about you!

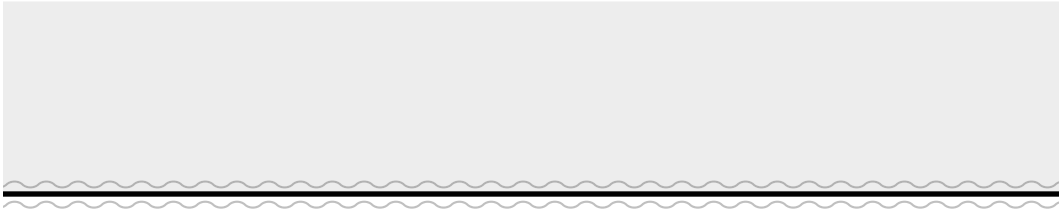
1. ....
2. ....
3. ....

List three qualities, traits or talents that you love, like or enjoy about your buddy!

1. ....
2. ....
3. ....

And absolutely everyone has some dazzling beauty, on the inside  
and outside, including you!

Today's focus word is: *Beauty*



A series of horizontal dotted lines for writing, spanning the width of the page.

