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Journal your thoughts, your wishes, your dreams and your plans. Write "to do" notes, log your diet and exercise or use as a diary to look back on later. Use Express Yourself Journals to get feelings and emotions out. Writing and Art Journaling has been shown to relieve stress and have a positive impact on ones well being. 186 empty pages to fill as needed - journal, log, sketch, draw.... So start expressing yourself! Each page header greets you with an alien or space ship image.