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The 52 Lists Project: A Year Of Weekly Journaling Inspiration



Synopsis

Based on the popular blog series by Moorea Seal, this gorgeous journal is for list lovers. Create 52 lists, one for every week of the year, that will help you discover the beauty, joy, creativity, and power you already have! This beautiful undated journal of weekly lists will help nurture self-expression and self-development. Each seasonal section includes list prompts, with plenty of space to write your own lists, and challenges to help you take action and make your dreams a reality. With perfectly timed prompts that meet you where you are throughout the different seasons, this journal will open up new avenues of self-knowledge and help you celebrate, enjoy, and take ownership of your life, as each week of the year becomes more thoughtful and vibrant.

Book Information

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Customer Reviews

When I saw the 52 Lists Project on I immediately requested it because, like many of you reading this review, I make lists and have done so for most of my life. But the Lists Project is exciting for me because it is not fundamentally about making "To Do" lists, but instead lists to help us get in touch with what is important to us in our life. Wonderful. The book is divided into seasons, and as we are 2/3 of the way through summer, I decided to start with List 36 - List Everything You Love to Do Outdoors. I started my list with my number one outdoor activity - "walking." Of course, I would prefer to be walking at Coast Guard Beach in Eastham on Cape Cod, but around the neighborhood also works quite nicely. For number two I put "water garden and flowers," which I love doing every day. Now, here's where the book takes on new meaning. At the end of the space for our lists our

author asks us to think about indoor activities that we can bring outdoors. I immediately wrote down "meditate." It seems to me that being outdoors will bring a new dimension to this important indoor activity. Then I wrote "eating." I thought, why not bring my cereal outdoors and enjoy it with some sunshine? The very next day I meditated and ate breakfast outdoors and enjoyed these new experiences. Winter and ten degree below zero weather will be a problem for these activities, but I'll deal with that in January - now it is August. I think readers of this review get the idea about the lists, but quickly I'll give one more example - List the Ways You Get Energized. Perfect. First on my list was "writing," as in writing this review. This activity takes all my concentration and attention and I like that. Next I put "music."

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