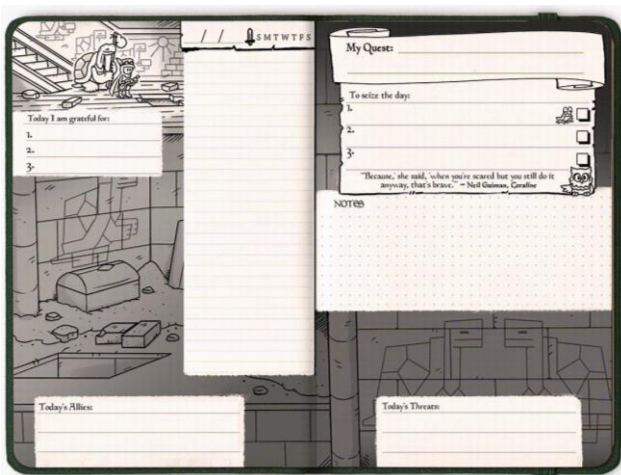


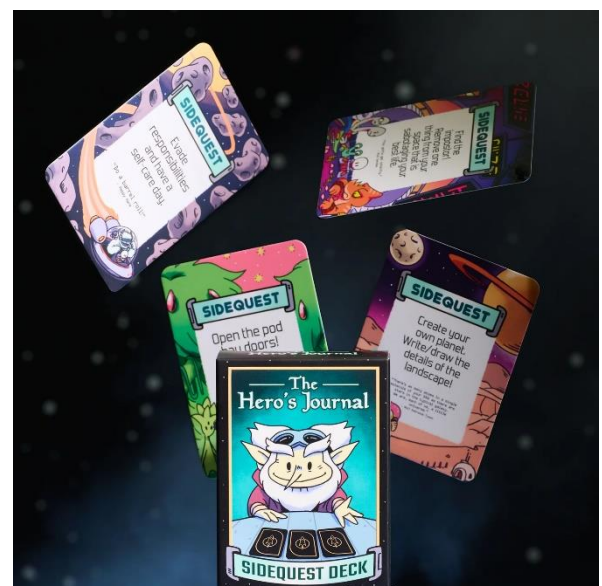
The Hero's Journal

The Hero's Journal is a 90 day planner/journal designed to track your progress and reflect on your day, by turning ordinary goals into epic quests! The Hero's Journal provides an engaging introduction to journaling, incorporating storytelling and a sense of adventure to day-to-day activities. Taking a mindfulness approach, the Hero's Journal encourages users to be in the present and reflect on the positives. This provides a gentle guide, in the form of a wizard, to help you achieve your goals and become the hero of your own life. Journals are available as physical or virtual copies.



Side Quest Decks

The side quest cards are designed to get out and explore, go on new adventures, complete quests around the house, or give you helpful things to do when you may not know what to do!





For more information, visit:
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