



# Me Time: Bedtime Journaling

*Bien-Aime Wenda*

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## **Me Time: Bedtime Journaling** Bien-Aime Wenda

(In black text. Please see our other edition for BLK/RED text) Me Time isn't just your regular journal, it's an interactive journaling experiences. Ideal for those with a busy life, seekers of enlightenment, and those looking for self-improvement. Explore new heights in your spiritual and mental well-being with a new potentially life-altering bedtime routine. Take back control of your mental and emotional health with daily encouragement and reminders to meditate. Jot down your monthly and daily goals as well as long-term goals. Me Time Bedtime Journal aids in constructing action plans to bring your dreams to fruition. Be reminded to release the day's stress and dwell on all the positives to be thankful for with the Daily Dose of Gratitude before each journal entry. So go ahead, put the kids to bed early, pour yourself a little wine, light a few scented candles or incense and make the most of your Me Time.

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