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Shalu Sharma

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Journal for Women: 105 Questions for Women with Motivational Quotes

Did you know that those who write a Journal are happier and more content with their lives? Did you know that the mind is much clearer if you express your feelings in writing? Did you know that journal writing will help you clarify those aspects of your life that you have not been able to sort out?

There are lots of things happening in our lives and one way to de-clutter is to write it all down. If you write down what your feelings are, about your goals, your job, relationships, emotions, events of the day, you will be able to understand them better which will then help you improve your life, personal growth and development. It will be like having a therapist and a friend which you can turn to when you need it.

This journal has 105 questions to answer relating to work, relationship, friends, stress, family, god and everything else. It has 21 extra pages with motivational quotes where you can write anything you like.

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