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[Work Journal](#) Createspace Independent Publishing Platform  
 This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. Self-Care: A Day and Night Reflection Journal offers a space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for

those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. Filled with delicate illustrations, this 90-day journal will help you integrate self-care and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely, and the back pocket is perfect for holding mementos.  
*A Productivity Journal Daily Work Task Checklist, Daily Task Planner, Checklist Planner School Home Office Time Management* CreateSpace  
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*16 Weeks-day by Day* Fourth Estate

Do you have a job? Do you keep a record of what you do on your job? Did you know that setting aside 15 minutes at the end of the day to record in a Work Log and reflect on your day can boost your efficiency and thus impact your career success? In addition to this, a Work Log is a record of actions, events, accomplishments, and incidences. Record activities in your Work Log hourly, daily, weekly or even monthly. But why is it important to keep a Work Log? A Work Log: a. Helps to keep a record of your daily activities such as clocking in and clocking out times b. Helps to record tasks that you accomplish throughout the day, c. Can be used to keep only important information, without too much detail d. Allows you to record when and who gives you a task or to whom you give a task, e. Allows for easier preparation of reports by referring to your Work Log, f. Can be used to record sick days, absences, lunch time and even your salary, g. Provides a hard copy in your own handwriting, h. Assists you in providing legal evidence in case of legal proceedings against you, Choose from our wide selection of Work Logs and customize it to match your needs. Please leave a review or send us a copy of your customized Work Log to [keyworklogs@gmail.com](mailto:keyworklogs@gmail.com) so that we can improve our Work Logs to serve you better. Work Log size 8.5 x 11 inches (Simply click on the name Key Work Logs beside the word Author to see Work Logs in other sizes) Do you have a job? Do you own a business? Do you keep a record of what you do on your job or in your business? Did you know that setting aside 15 minutes at the end of the day to record in a Work Log and reflect on your day can boost your efficiency and thus impact your career success? In addition to this, a Work Log is a record of actions, events, accomplishments, and incidences. Record activities in your Work Log daily, weekly or

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**Gang Sawyer Work Log** Createspace Independent Publishing Platform

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Work Journal, Work Diary, Log - 131 Pages, 8.5 X 11 Inches Penguin

Our notebook gives you the freedom to write with 120 ruled pages and paperback binding. Each page includes the months and days for you to circle and mark the date. Easily circle the date to chronologically organize meeting notes, event plans and more. Matched with an illustrated glossy cover, it's a notebook that's equal parts lovely and lasting. DETAILS: 9" L x 6" W Glossy paper cover with crisp white pages 120 ruled pages (60 sheets) Undated format of the notebook allows you to start using at anytime, and take notes only as frequently as you need without wasting pages. Circle the date feature: 12 months Jan - Dec along with dates 1-31 are listed across the top of every page

**Atomic Habits** Createspace Independent Publishing Platform

A Fitness Journal which contains a Daily Workout & Diet Log is the Best way to stay on track with your fitness goals. Keeping a log allows you to write down everything you eat so you can track your macro and micro nutrients. You will also want to keep track of your workouts so you know what is working and what might not be working. So, we created the Ultimate Fitness Journal. The Fitness Journal Daily Workout & Diet Log includes the following: Date Weight How I Feel Goals Nutrition Meals Section where you can enter your a description, Calories, Fats, Protein and Carbs for your Breakfast, Lunch, Snack and Dinners and a total column for that days total nutrients. Fitness Workout Section Includes: Workout Reps Weight Notes How I Feel Today My Goal For Tomorrow This workout log book is compact and can easily be brought with you to track your daily information. A Daily Workout Log and Diet Fitness Journal is all you'll need to keep you on track to finally reach your health and fitness goals. Rather you're trying to lose weight or gain muscle the easy workout journal is by your side to help you reach your goals one day at a time. The Workout Dairy and Diet Fitness Journal make great gifts for anyone you love or care about. This may be the one gift that helps them finally get into shape. So, click the buy now button and get yours today. Purchase \$35.00 or more

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Fitness Journal David and Charles

Do you have a job? Do you keep a record of what you do on your job? Did you know that setting aside 15 minutes at the end of the day to record in a Work Log and reflect on your day can boost your efficiency and thus impact your career success? In addition to this, a Work Log is a record of actions, events, accomplishments, and incidences. Record activities in your Work Log hourly, daily, weekly or even monthly. But why is it important to keep a Work Log? A Work Log: a. Helps to keep a record of your daily activities such as clocking in and clocking out times b. Helps to record tasks that you accomplish throughout the day, c. Can be used to keep only important information, without too much detail d. Allows you to record when and who gives you a task or to whom you give a task, e. Allows for easier preparation of reports by referring to your Work Log, f. Can be used to record sick days, absences, lunch time and even your salary, g. Provides a hard copy in your own handwriting, h. Assists you in providing legal evidence in case of legal proceedings against you, Choose from our wide selection of Work Logs and customize it to match your needs. Please leave a review or send us a copy of your customized Work Log to [keyworklogs@gmail.com](mailto:keyworklogs@gmail.com) so that we can improve our Work Logs to serve you better. Work Log size 8.5 x 11 inches (Simply click on the name Key Work Logs beside the word Author to see Work Logs in other sizes) Do you have a job? Do you own a business? Do you keep a record of what you do on your job or in your business? Did you know that setting aside 15 minutes at the end of the day to record in a Work Log and reflect on your day can boost your efficiency and thus impact your career success? In addition to this, a Work Log is a record of actions, events, accomplishments, and incidences. Record activities in your Work Log daily, weekly or even monthly. But why is it important to keep a Work Log? A Work Log: a. Helps to keep your thoughts together and visualize what is important b. Helps to identify problems, take note of patterns, brainstorm for solutions, and set goals, c. Is an effective tool for self-reflection, allowing you to improve your focus, patience, planning and personal growth d. Allows you to record and list good ideas and compliments, as well as plans for the future, e. Allows for easier preparation of reports by referring to your Work Log, f. Assists you in providing legal evidence in case of legal proceedings against you, g. Monitors the health of your business such that you can make sound decisions,

Choose from our wide selection of Work Logs and customize it to match your needs. Please leave a review or send us a copy of your customized Work Log to [caratworklogs@gmail.com](mailto:caratworklogs@gmail.com) so that we can improve our Work Logs to serve you better. Work Log size 8.5 x 11 inches (Simply click on the name Carat Work Logs beside the word Author to see Work Logs in other sizes)

**The Best Daily Journal and Fastest Way to Slow Down, Power Up, and Get Sh\*t Done** Createspace Independent Publishing Platform

From the team that brought you The Obstacle Is the Way and Ego Is the Enemy, a beautiful daily devotional of Stoic meditations—an instant Wall Street Journal and USA Today Bestseller. Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

**Memorial Day Planner** Createspace Independent Publishing Platform

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Daily Work Log Independently Published STAY ORGANIZED | GET THE MOST OUT OF YOUR TIME Do you need to organize your time? Do constant meetings and a busy schedule run you ragged? Then you need the Get Shit Done To Do Planner and Organizer! This no nonsense personal organizer is a great way to collect your thoughts and prepare for the days activities so you'll be organized and prepared for all of the tasks of the day.

Daily Task List Record and keep track of daily tasks to make sure nothing gets missed. Quick Glance Schedule Plan your day out and layout important meetings and events in a daily calendar. Set Aside Time For Yourself While you're saving the world, you need to make sure to take care of yourself with daily reminders of important items to rejuvenate yourself and ensure you stay mentally and physically at your best. 50 Days of Activity Planning Contains space for 50 days worth of activities. Blank Dates Fill in dates as needed to accommodate your personal schedule and needs. Notes and Journaling The opposite page for each day has a space for recording notes or inspirations. Or, use this space for journaling to clear your mind and unleash your creativity. The Perfect Gift Give the gift of organization and mindfulness to the busiest people in your life. Buy Now, and Begin Organizing Your Life Today With This Great Organizer and Planner. Click the Buy button at the top of the page to begin.

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**Work Journal, Work Diary, Log - 131 Pages, 8.5 X 11 Inches** Createspace Independent Publishing Platform

This journal is great for recording your thoughts, making your to-do lists and organizing your day. PERFECT FOR ALL BUSY PEOPLE: You can now make some sense out of your daily mess with this amazing to-do list notepad! The personal planner will help you organize your tasks, chores, responsibilities, and health and it's perfect for professional use at work or for organizing your life at home. Designed with 120 pages, this notebook is perfect for sketching, journaling, taking notes or just having fun and getting creative. This notebook is printed on high-quality paper and is perfectly sized at (6"x9"), so it's easy for kids to carry or to slip in a purse or bag.

Home and Office Work Journal Createspace Independent Publishing

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**Self-Care** Hay House, Inc

The system combines elements of a wishlist, a to-do list, and a diary. It makes it easy to get thoughts out of your head and onto paper, to see them clearly and decide what to do about them