

*Weekly journal*

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*Wisdom for a conscious  
life*



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This journal is more than a simple weekly planner – it is a companion for a more conscious journey in life. Through his own experiences of both highs and lows, the author has gained insights that he shares in this journal to give you inspiration and strength. The pages are filled with thoughts and reflections about the beauty of life, the power of love, the mystery of the big questions and the courage to heal yourself and grow consciously.

The journal is undated and can be started at any time of the year.

This way you can find your own rhythm week after week and integrate the content flexibly into your everyday life. In addition, note pages with thought-provoking questions provide space to record personal thoughts, document developments and reflect on your own growth.

Each week is accompanied by the author's own photographs, which show snapshots of German nature. These images invite you to pause and enjoy the beauty of the moment. In this way, the journal becomes a place where not only time is recorded, but also a piece of one's own inner journey.

Let this weekly journal accompany you and find inspiration to rediscover the adventure of life and follow your conscious path.



*„Some ingredients for true love:*

*Acknowledging what your partner is like.*

*Have perseverance so as not to give up  
straight away. Have the courage to open  
your heart and look at the dark side.*

*Always be open to new things. Creating a  
larger, shared vision. Support each other to  
get the best out of each other.“*



# WEEKLY PLANNER

Week of:

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	TOP-PRIORITIES



# THOUGHTS

What was remarkable?

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What are you grateful for?

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# THOUGHTS

What have you learned?

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What do you wish for?

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