

Leuchtturm1917 344800 Notebook Medium A5 249 Numbered Pages Dotted Citron

Bullet Journal
The Wellbeing Journal
Esstentials Large Black Dot Matrix Notebook
One Line a Day
Bullet Journal
Yellow Bullet Journal
Isometric Graph Paper
Yang Sheng
Bullet Journal: Cuaderno Punteado A5 - Para Tomar Notas, Lettering, Caligrafía, Bocetos
AARP Self-Coaching
Bujolsometric Sketchbook: Large Exercise Book with Isometric Grid Graph Paper for 3D Drawing, Drafting, and Designing (8.5x11 Inches)
Creative Journaling
Pink Lined Notebook
The Bullet Journal Method
Project Notes
Notebook Lined and Dotted: Five Star Notebook
Dot, Dot Grid Notebook
Moleskin
Dotted Notebook
Dot Paper Loose Leaf 8.5 X 11: Dot Paper
Happy Planner, Dot Grid Notebook
Northbooks
Dot Grid Paper 8.5 X 11: Sketchbook
Moleskin
Watercolor Paper, Dot Paper
Loose Leaf 8.5 X 11
Abraham Lincoln Set

Bullet Journal

Bullet journals, with their evenly spaced dot grids, are great for horizontal, vertical, diagonal and free-hand creativity. This 132-page/66-sheet notebook with 128 pages of dots is perfect for organizing daily activities, creating shopping lists, strategic planning, note-taking, sketching or whatever else can be imagined. Journal includes name and contact page, and three table of contents pages for easy organization. Pages are a lovely soft cream color and dots are light enough to move to the background once each page is filled in. The 5.5 x 8.5 in. dimensions are ideal for easy portability.

The Wellbeing Journal

This Dot Grid Notebook. Simple and easy to use, the pages per entry are ready and waiting to be filled with your hand lettering and creative writing. Product Details: ✓ Notebook size: 8.5 in. x 11 in. ✓ Printed on bright white smooth paper ✓ 100+ pages ✓ Dot Paper 8 Per Inch Letter ✓ Good Quality paper

Esstentials Large Black Dot Matrix Notebook

Pattern Lovers watch out! You're searching for a new gift idea for your true love or a close friend? This dotted notebook could be the right one for you and your thoughts! A great design for your precious, honey, sweetheart, darling or your true love! Aesthetic dott pattern print - nice to look at and convenient! Use this oldschool 6 x 9 inches (15.24 x 22.86 cm) writing pad as 4 x 4 graph grid paper notebook or as journal for all of your memories. Beautiful as planner for the next trip, as photo album or as recipes book! Or just give it away to cute couples or your petal, hon or bae, hunny or sweetie! Important

appointments and tasks are always in view with your daily notes. No boyfriend, girlfriend, bf or gf; should miss this great booklet! Cool 4 x 4 graph grid paper A5 notebook - 120 pages! Practical A5 format 15,2 x 22,9 cm, 6 x 9 Inches, fits nearly anywhere! Put your ideas on paper on a total of 120 pages. 4 x 4 graph grid paper edition. International usable, e.g. with this languages: English, German, French, Italien, Spanish, Japanese Need more choices? Are you looking for a beautiful present or a gift idea? Just have a look at our other Notebooks. With a simple click on the Authors Name, you will find a large selection of cool designs. We currently offer many notebooks in lined format. Plaid, dotted, blank and many other formats, such as daily and weekly planners are coming soon. Get your copy now with your favorite design, for yourself or a loved one. Perfect gift for your girlfriend or boyfriend, for grandma, grandpa, dad or mum, for your spouse or simply for the whole family! Now as a special Christmas present, birthday present, mother's day present, national girlfriend day gift, national gf day gift, national boyfriend day gift or father's day present, as well as to all special occasions give away and the dearest people to make a pleasure.

One Line a Day

Spark your creativity and keep yourself organized with the beautiful pages and easy-to-follow instructions of Creative Journaling. With 52 projects, from simple tricks, like making your own washi tape, to more ambitious projects, like crafting a custom planner, you'll soon have the best-looking to-do list around. Author Renee Day will take you on an artistic adventure as you take on each new task and become an expert on amazing DIY ideas! You'll learn to work with watercolors, acrylic paint, brush pens, and much more as you personalize your stuff, making things uniquely you. Going beyond basic tools, this stunning book offers tips, tricks, and creative ways to transform your notebook into a treasured life companion, including:

- Ornamental lettering
- Personalized habit trackers
- Colorful calendars
- Decorative headers
- Customized productivity lists
- Inspiring artwork
- Creative future logs
- Unique planning pages

Bullet Journal

For years Carroll tried countless organizing systems, online and off, but none of them fit the way his mind worked. He developed the Bullet Journal , and it helped him become consistently focused and effective. Now he shows readers how the Bullet Journal method can help you weed out distractions and focus your time and energy in pursuit of what's truly meaningful, in both your work and your personal life. -- adapted from back cover

Yellow Bullet Journal

Dot Grid Journal in Cute Prints - All that you'll need to Track Order & Design We may not have a choice to how our body and

mind behave and lead to. We may not control how they should behave but we can shower our love and encouragement to them to let them know they can live their life too! A beautiful and chic designed Bullet Journal aka BUJO for the one who Track the Past, Order the Present and Design their Future. There are 2 pen test pages so that you will not ruin any of your work page. Details: Sized: 6 x 9" (15.24 x 22.86cm) great size for BUJO and carry while you are travelling 110 Pages Thickness just right for BUJO and will not ripped off Interior: Blank Dotted Grid with 2 Pen test pages so your work won't get ruined Cover design: Beautiful crafted with love in mind (Glossy finished durable cover) Acid Free Good paper quality (To be keep a lifetime) Ink: Chlorine-free This BUJO also makes a prefect gift for Birthday, Christmas and any event your can think of. Great to use or for collection.

Isometric Graph Paper

Bullet journals, with their evenly spaced dot grids, are great for horizontal, vertical, diagonal and free-hand creativity. This 132-page/66-sheet notebook with 128 pages of dots is perfect for organizing daily activities, creating shopping lists, strategic planning, note-taking, sketching or whatever else can be imagined. Journal includes name and contact page, and three table of contents pages for easy organization. Pages are a lovely soft cream color and dots are light enough to move to the background once each page is filled in. The 5.5 x 8.5 in. dimensions are ideal for easy portability.

Yang Sheng

Notebook lined and dotted Journal also known as workbook paper is the standard lined paper used by students in graph papre. Grid ruled dot with thin gray line. Dot graph paper composition notebook, graph paper bullet journal, Math teacher, Graphing equations, Use for Write, Draw, Mathematics, Laboratory Notebook. DETAILS: ✓Size 8.5 x 11 Inch, ✓100 Pages ✓6 dots per inch; with index pages

Bullet Journal: Cuaderno Punteado A5 - Para Tomar Notas, Lettering, Caligrafía, Bocetos

Ideal for bullet journaling! Dot matrix or dot-grid pages are the preferred alternative to traditional ruled or graph pages. Dot matrix pages are ideal for planning, designing, creating charts and graphs, and sketching, as well as for bullet journaling and other dynamic note-taking methods. High-performing notebooks feature 25 percent heavier paper stock than other leading brands. 100-gsm acid-free/archival paper preserves your work. Inside back cover pocket holds notes, business cards, etc. Elastic band attached to back cover keeps journal closed. Ribbon bookmark keeps your place. Durable hardcover binding. Removable label. Notebook is a classic A5 size (5-3/4 inches by 8-1/4 inches). 192 dot-grid pages.

AARP Self-Coaching

Bujo

Here comes the notebook that is truly friendly to your planning, and learning with visuals! This solid color notebook is a wonderful multi-purpose journal for sketching and writing notes. This paperback notebook is 8.5" x 11" and has 100 pages and ruled pattern in one same notebook. The dual format pages leave excellent space for sketching in cool things such as diagrams, pictures, charts, etc. All dots and lines are printed on white paper that is thicker than general notebooks, so this book can be used with more variety of pens, giving you the ability to design your note-taking with your own taste.

Isometric Sketchbook: Large Exercise Book with Isometric Grid Graph Paper for 3D Drawing, Drafting, and Designing (8.5x11 Inches)

Isometric Graph Paper Notebook, 8.5" x 11" 100 pages (50 sheets) with matte finish cover, is made for engineers, architects, designers, students, gamers, and crafty individuals. This triangular paper notebook can be used for 3D design including architecture, landscaping or sculpture, drawing puzzles or complex labyrinth 3D images with boxes and staircases. Also, this can be used for planning 3D printer projects. Students can use this in the Geometry class and create geometrical shapes, charts or graphs analysis or graphing a series of coordinates on the x and y axis. Moreover, moms and crafters can use this Isometric Graph Paper notebook for accurate triangular point embroidery or designing 3D monogram projects. Grab a copy for your engineers, architects, Math students, and crafty loved ones now! Click author name: Emma.Mom Books for other Isometric Graph Paper cover color options.

Creative Journaling

Revisit thoughts and memories with a 5-year journal and memory book This classic memory keeper is the perfect way to track the ups and downs of life, day by day. More than a daily diary or journal: For those daunted by the idea of keeping a journal or diary, the simple commitment of just One Line a Day is manageable for everyone. Each page of the journal includes an entry for five successive years, allowing users to revisit previous thoughts on a specific day of the year over the span of five years, and reflect on change and progress. Use the One Line a Day 5-year journal format to provide an insightful snapshot of your thoughts, memories, change, and progress on each of the 365 days of the year. See patterns emerge as important events like anniversaries, birthdays, and holidays come and go. As the pages fill, you'll discover happy coincidences and have a chance to relive forgotten moments. A valuable alternative to the 5-minute journal format, One Line

a Day will appeal to those new to the journaling habit and seasoned journalers alike. A great way to begin the day or to put down a final thought before falling asleep at night. Durable and elegantly designed with a ribbon for easy opening to the right page. Makes a great graduation or milestone birthday gift, or for someone starting on a new journey in life. Keepsake diary will enhance the appreciation of life and be a treasure for years to come.

Pink Lined Notebook

This beautiful isometric sketchbook provides a blank slate for your 3D drawings, whether you be an artist, designer, architect, or engineer! Buy for yourself or give the gift of creativity to someone else. Containing large A4 8.5" x 11" isometric grid graph paper (100 pages or 50 sheets) this book is perfect for your custom work. Suitable for pencils, pens, acrylics and light felt tipped pens. Elegant soft matte cover.

The Bullet Journal Method

The concept of self-care is, in fact, thousands of years old. This buzzword is rooted in a 2,500-year old Chinese philosophy. 'Yang sheng' means to nourish life – fostering your own health and wellbeing by nurturing body, mind and spirit. In this book, Katie Brindle teaches readers how to harness this powerful natural healing system to improve every aspect of their life. Yang Sheng fits and works brilliantly in modern life. Some of the techniques may seem unusual, but they are all simple, quick and effective. Even more appealing, a key principle of Chinese medicine is balance; that means not being perfect or excluding foods or having too many rules or pushing yourself to exhaustion with overwork or over-exercise. And so, Yang Sheng encourages you to have the green juice and the glass of wine, a full-on day at work and a night out dancing. For people who are overtired and overtaxed, stressed, lacking a sex drive, or who feel anxious or hopeless, the practice of Yang sheng restores balance. Our bodies are designed to self-heal – Yang Sheng knows the mechanics of how to activate this.

Project Notes

Explore your inner world and be inspired with The Wellbeing Journal. Developed in partnership with Mind, the mental health charity, each page of this gorgeous journal has been thoughtfully crafted and it includes activities, colouring, drawing prompts, contemplative quotes and lots of space for you to write about your own thoughts, feelings and experiences. Creativity and reflection can have a powerful, positive influence on our lives. Now, with The Wellbeing Journal, you can enjoy practising these skills every day and wherever you go.

Notebook Lined and Dotted: Five Star Notebook Dot, Dot Grid Notebook Moleskin

Lined notebook. Soft Cover Size: 5.5 x 8.5 inches Pages: 130 Collection: Madrid Pattern: Lined 13 Pages Perfect for making lists, writing poetry, or writing down your life reflections, organize your life or whatever you need. High-quality: Glossy cover for a professional finish Perfect size for notebook at 5.5"x8.5" Fountain pen friendly lined journal, lined notebook, wide ruled, lined paper, notebooks with lines

Dotted Notebook

Record your project notes in a daily format to keep track of important decisions, meeting notes, and schedule changes. This notebook features lined pages and can be used for single or multiple projects.

Dot Paper Loose Leaf 8.5 X 11: Dot Paper Happy Planner, Dot Grid Notebook Northbooks

Bullet journal Color: Yellow Interior: white (with bullets pattern) The Yellow bullet journal is a notebook to organize your life. Use it to create you own to-do lists, as a sketchbook or notebook, and also as a diary. Find out how fun is to do everything with a bullet journal! This Yellow soft covered notebook measures 5.5 by 8.5 inches and contains 200 numbered and dotted pages. All pages are dotted to make this journal your own (no numbered). DOT GRID NOTEBOOK - SPECIFICATIONS
NOTEBOOK TYPE: Dotted grid paper with grey dots NUMBER OF PAGES: 200 pages PAPER / TRIM SIZE: 5.5" x 8.5" PAPER
COLOR: White paper PAGE NUMBERS: No COVER: Softcover paperback - glossy finish This collection of Color Bullet Journals are available in a variety of colors and design. White Green Yellow Orange Red Blue Yellow Pink Black To find a specific type of notebook, enter "JK Erdinger" and the color of the notebook you want.

Dot Grid Paper 8.5 X 11: Sketchbook Moleskin Watercolor Paper, Dot Paper Loose Leaf 8.5 X 11

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. The simple, untold truth about anxiety and depression is that they are habits of insecurity—and, like all habits, they can be broken. In this new edition of the highly successful Self-Coaching, Dr. Joseph Luciani shows you how to change your way of thinking and develop a healthy, adaptive way of living through his proven Self-Talk strategy for coaching yourself back to health. Drawing on cognitive behavioral therapy techniques that are proven effective, this category bestseller provides simple exercises to help people overcome the negative thought patterns that lead to anxiety and depression. The fact is, these disorders can be conquered. As Self-Coaching demonstrates, anxiety and depression aren't mysterious or dark maladies; they're simply destructive habits of insecurity. Dr. Luciani shows how habits are learned and how habits can be broken. The new edition has been revised to offer more detailed guidance on using the author's unique Self-Talk strategy with more action steps, more practical

solutions, and new methods for dealing with anxiety and depression.

Abraham Lincoln Set

Este cuaderno se puede usar como un bloc de notas, un diario o un cuaderno para la escuela Es perfecto para tomar notas, lettering, caligrafía, bocetos, organizar actividades diarias, crear historias, listas y compartir ideas. regalos a adultos y niños, para cualquier ocasión Características 110 páginas blancas de alta calidad con líneas de puntos Hojas en blanco de dos caras Tapa blanda de acabado brillante Tamaño A5 (14.8 x 21 cm); Tamaño versátil y portátil para la escuela, el hogar y el trabajo. Es una idea de regalo perfecto para regalos de cumpleaños (regalos para ocasiones especiales) regalos de graduación amantes de la caligrafía y hand lettering amantes de los diarios y planificadores amantes de las manualidades regalos de navidad cestas de regalo ★★★ Haz clic en el botón naranja "Añadir a la cesta" a la derecha para obtenerlo ahora. ¡Este cuaderno será descontado por un tiempo limitado! ★★★

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