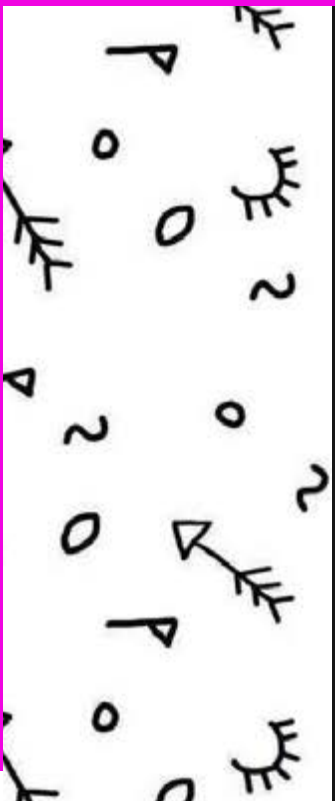


# ONE LINERS

30 days of one line journaling  
for self-discovery





I still remember my first diary. It was white with pink flowers with a gold lock. I was about 8 years old and I would spend hours filling my diary with a ramblings about my family & friends. Now as an adult, I keep a journal to increase my creativity, self-discovery, and self-love.

#### HOW TO USE THE PROMPTS?

This guide contains 30 journal prompts I have found useful over the years. I like to keep my entries short, usually only 1 sentence. I write the first idea that pops into my head and take a couple of minutes to reflect on that sentence. However, you can write as much or as little as you like.

Happy Journaling,  
Tranae

## 30 DAYS OF ONE LINE JOURNALING

- I am...
- I wish...
- I like...
- I never knew...
- I want...
- I've always...
- I am capable of...
- I appreciate myself for...
- Sometimes I...
- I don't like...
- I was...
- I used to...
- I've learned...
- I love...
- I hope...
- I need...
- I no longer...
- I was going to...
- I'm very smart at...
- I want to learn...
- I don't...
- Maybe I will...
- I have never...
- It's not too late for me to...
- I'm not...
- I love myself for...

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# THANKS FOR READING & HAPPY JOURNALING!

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