



A new  
JOURNEY  
starts here

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writing & sketching journal





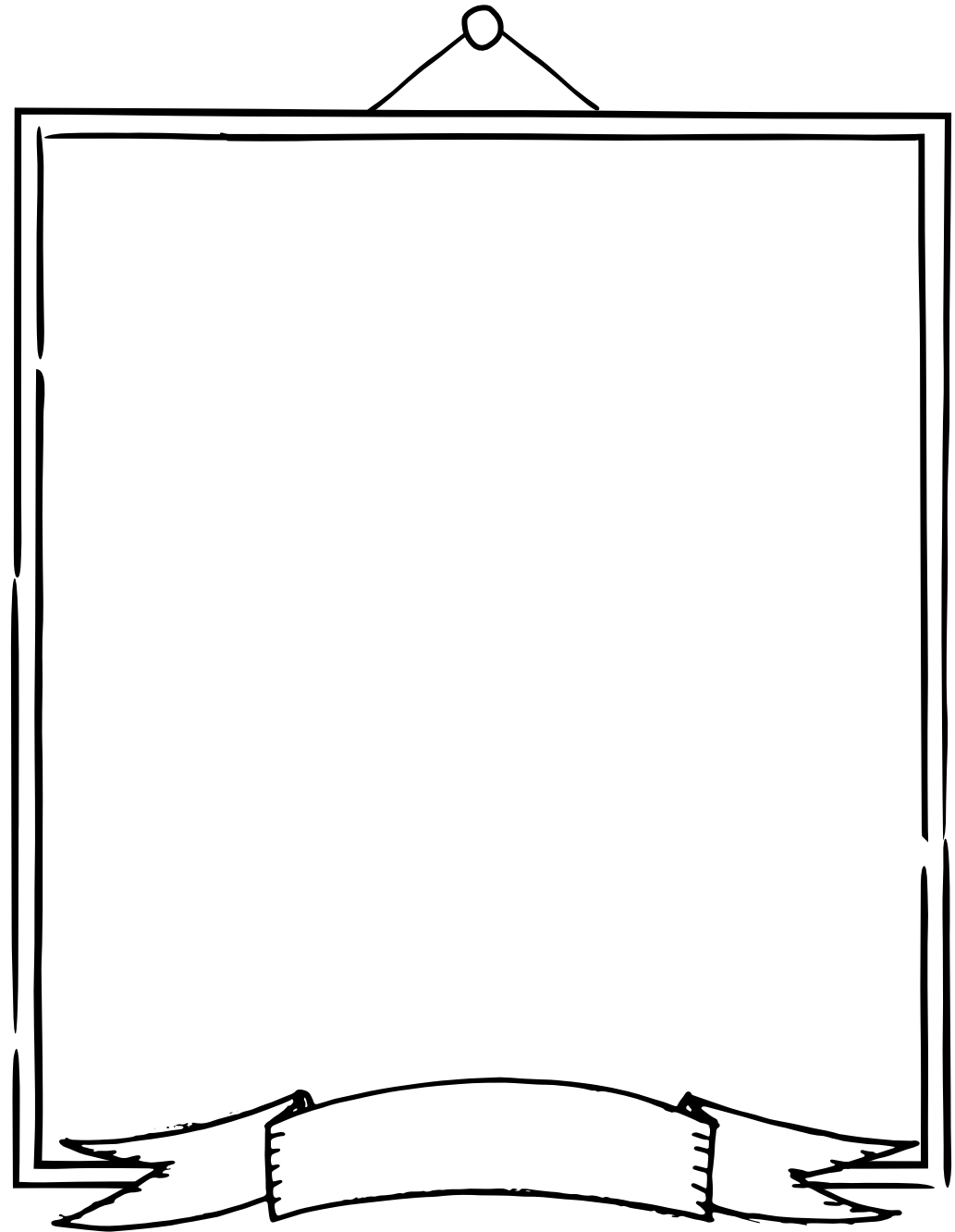
Make every  
DAY an  
adventure!

*This book is about making the most of EVERY DAY, wherever you are. The Saturdays when you have no plans, the Tuesday evening when you want to unwind from work, or the Thursday when you feel like discovering somewhere new. Don't miss a moment: make every single day an ADVENTURE...*

Fill in the gaps...

I BOUGHT A TICKET TODAY,  
TO \_\_\_\_\_ AND BACK,  
(place)  
I BOUGHT \_\_\_\_\_ AND  
(item)  
STUCK IT IN MY RUCKSACK!

THEN I CALLED \_\_\_\_\_ AND  
(person)  
THEY JUMPED IN MY BAG TOO,  
I LEFT BEHIND MY \_\_\_\_\_,  
(item)  
SO LET'S GET GOING, JUST ME  
AND YOU!



Go to a local ART gallery today, then draw your favourite piece here...

All the COUNTRIES I've been to:

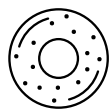
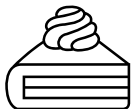
If I only had one flight ticket to use  
for the rest of my LIFE I'd go to...



Visit a local museum this weekend  
and then write about it here...

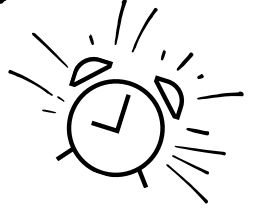
Take a moment to text a friend  
you haven't spoken to in a while,  
write their reply here...

then go and enjoy dessert,  
the choice is yours! (circle one)



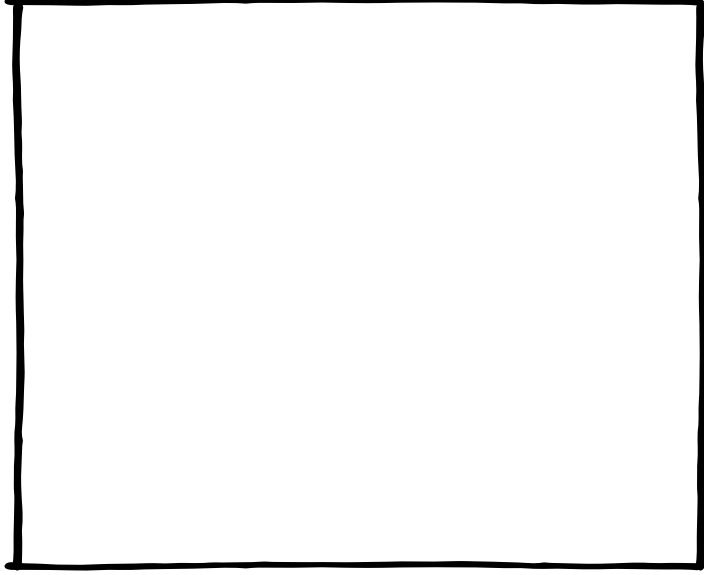
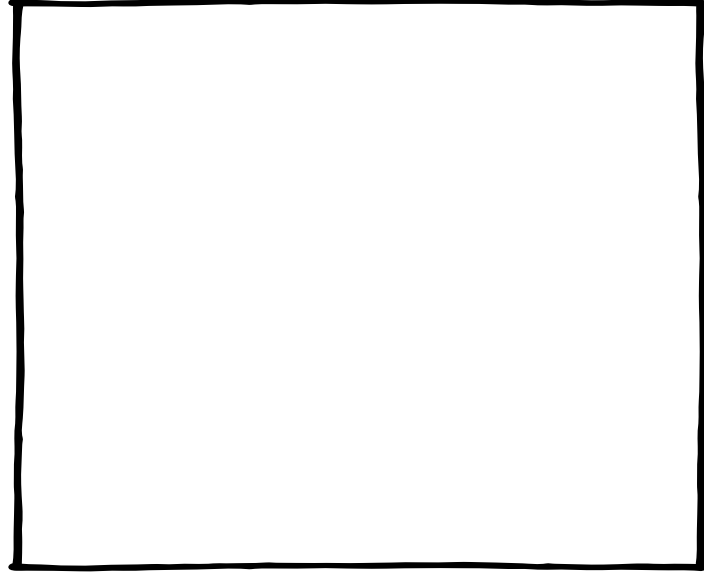
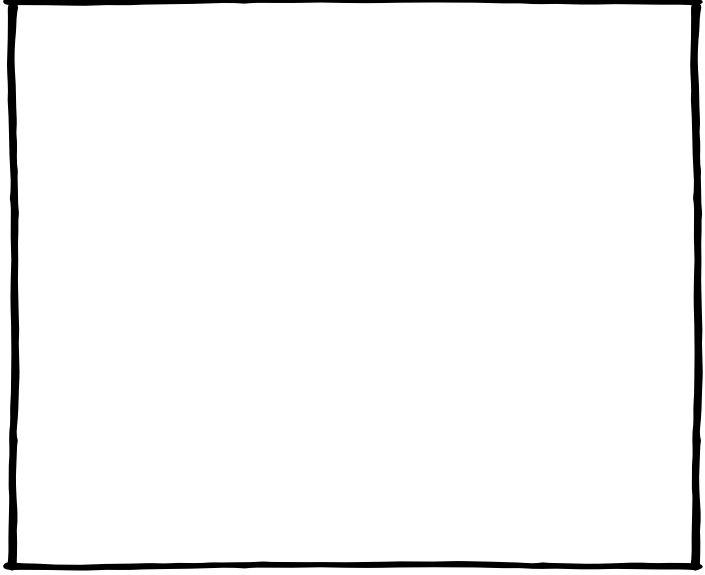
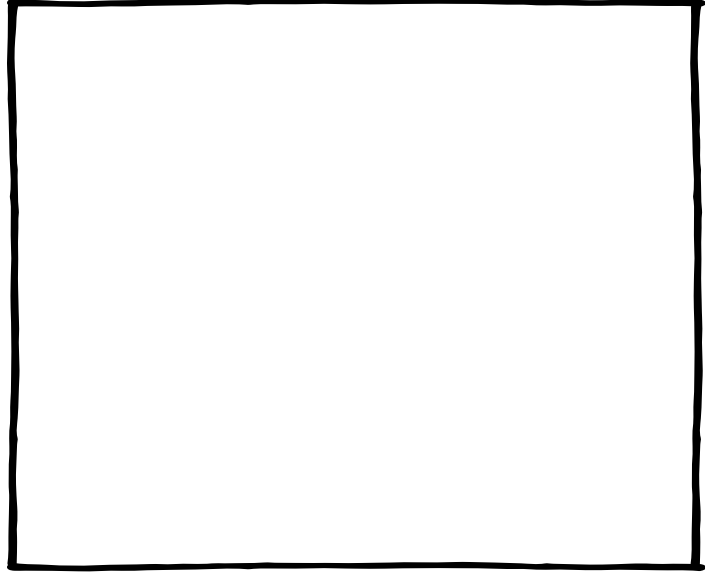
*Tonight eat the native food of a  
country that you've never been to..  
Then describe it here!*

*Set your alarm 15 minutes  
early and go for a little  
walk on your own street...*



*... Did it feel good?*

*Draw the view from your window today...*





Plan your  
dream route  
**AROUND  
THE WORLD**



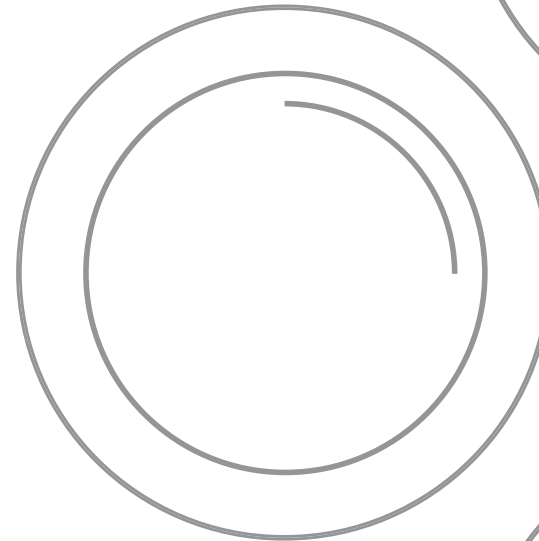
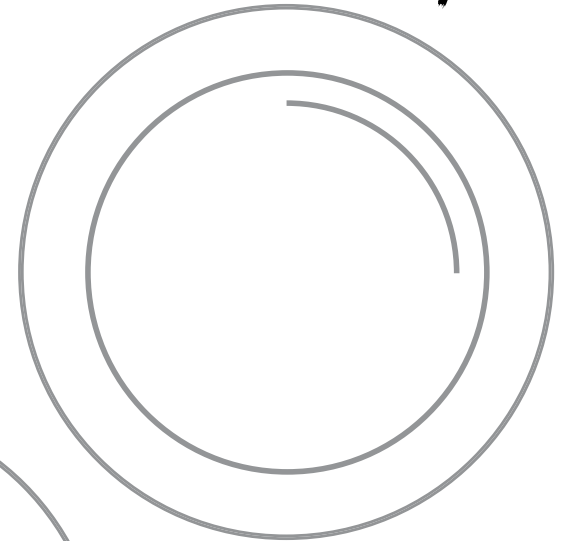
Draw all your meals from today...

BREAKFAST

Where:

What:

I used:    

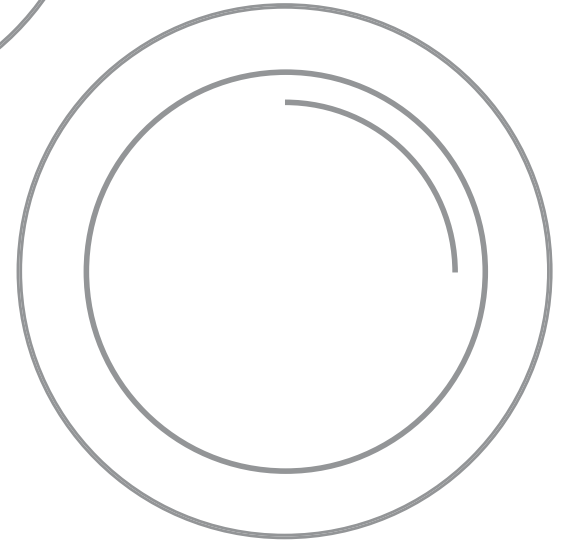


BREAKFAST

Where:

What:

I used:    



Take a different route to work  
and make a note of all the  
new things that you see...

BREAKFAST

Where:

What:

I used:    