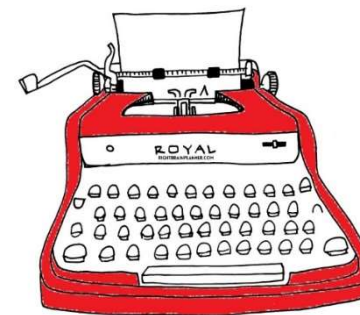


LINE JOURNAL — one-line data entry [handwritten; collage of found words; color-coded tracker]

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CHAPTERS OF LIVING



Daily-ish Processing

Systems [repetitive activities; habits & sequences] enable us to experience more of what matters most to us, Braveheart.

- The first step of a creative habit: it needs to feel *doable* and *beneficial* [for you] within two-minutes. 🕒
- This minimal threshold of time (and energy) ensures you will continue—and fosters flow and momentum.

LINE JOURNAL PRACTICE

The focus of a Line Journal is a daily-ish practice [a repeated sequence] of processing and chronicling jots pertaining to your thoughts and doubts, ideas, questions, and inspirations.

I SAW A DIRECT CONNECTION BETWEEN CONSCIOUSLY EXPRESSING OUR CREATIVITY AND HEALING OUR LIVES. -JACOB NORDBY

