

★★★★★ **Incredible this journal is a must have**

Reviewed in the United States on October 18, 2025

Format: Paperback

Fabulous guided journal, easy to use motivates you to pick it up daily. highly recommend to everyone. these would also make great gifts.

★★★★★ **Just What I Needed!**

Reviewed in the United States on October 21, 2025

Format: Paperback

I was immediately drawn to the bold color of the journal and couldn't wait to dive right in! I love the tips on how to utilize the journal and appreciate the thoughtful prompts and the ample space to write my thoughts and feelings. The nature scenes and quotes throughout are an added bonus for reflection and I felt that a lot of care was taken to make each page different and unique! This journal will be deeply treasured and I'm excited to start achieving my goals!

★★★★★ **Inspirational and effective for growth**

Reviewed in the United States on October 30, 2025

Format: Paperback

I love the information, education, and inspiration before the prompts. I have really needed something to help me get into my inner self and this has been such a useful book to get my deep thoughts out and learn more about myself and what I am really here on their earth to do. Highly recommend!

★★★★★ **Loving the journal**

Reviewed in the United States on November 21, 2025

Format: Paperback

I'm loving this journal. I had the honor of taking a class from the authors. Wonderful people. Sometimes I struggle writing down my thoughts. They have helped me realize you don't have to write in a certain way or fashion. I love this journal as it helps me stay organized and yet prompts my own thoughts. Well done!

★★★★★ **Yep! Invest in yourself. Get it. Today.**

Reviewed in the United States on November 17, 2025

Format: Paperback

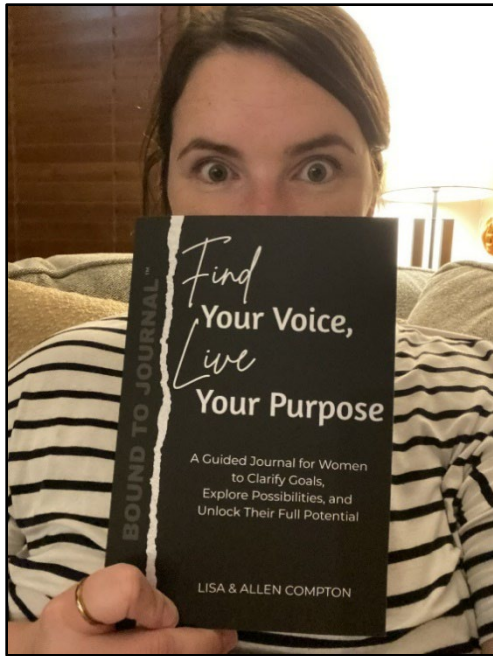
The true and genuine, kind-natured, inspiring guidance that Lisa and Allen show in person during their journal seminars and classes shines in this book. They remind us there are so many ways and so many reasons to journal, and all of them are correct. Try doing just a page and you'll find yourself doing 'just one more' and 'ohhh, just one more'. The prompts are practical and helpful guidance. The quotes are inspirational. The tips of doing anything and everything from writing to doodling to taping or tucking in a picture or any memento really open up my mind and the possibilities. Oh! And the look of shading in the grayscale imagery with color... is SO soothing and even rewarding- I can color a very lovely picture with no art class! Sigh. This is a win win investment in yourself. Get it! Really.

★★★★★ **A start to journaling**

Reviewed in the United States on November 28, 2025

Format: Paperback

When I first heard about journaling, it felt like an impenetrable wall and not knowing where to start. But this book was a great introduction and guide into the process. It's exercise where short and easy to follow. That overall it made me feel comfortable to write my thoughts down in a fun and creative ways that go beyond just writing it down.



Becoming a mom has been such a mental trip. Before becoming a mom, I thought that moms' only focus was their children and their physical, emotional and mental health. I believed my only identity was "Cason and Shayne's mom". I was pregnant or breastfeeding for 4 years straight. My body wasn't mine; my mind wasn't mine – I felt like I didn't know myself anymore.

Over the last year, I've decided to make myself a priority. I learned that I cannot pour from an empty cup. My husband, children, everyone else in my life and especially I deserve the best parts of me. I went to therapy to work through my many things, I've been reading lots of self-help/self-care books, and now I've taken on a new hobby of journaling.

Sioux Falls Community Education partners with **Bound to Journal** who offer classes in the spring and fall. I decided to attend a few classes this fall to see if journaling would be something I enjoyed. The owners of **Bound to Journal**, Lisa and Allen Compton wrote a guided journal for women. Words cannot express how excited I am to start my journaling journey and learn more about myself. I'm also so thankful to show my children how important it is to take care of yourself. 12-14-25 *Shannon K-O*