

how to use this journal

Or skip past this section if you can't be bothered.

First things first: you don't even have to write in this journal if you don't want to.

There's a combination of quotes, prompts, lined pages, and blank pages.

You can skip pages.

Or repeat pages.

Or use them to draw funny doodles and never come back.

There's no order and no expectation.

Turn to whatever section feels relevant, or just open it randomly.

This isn't about manifesting, fixing yourself, or staying positive. Let's be honest: if those things worked, you probably wouldn't be here.

So kick back, grab a cup of joe and your favorite pen, and hopefully have a laugh or two as you write something, anything. This isn't that serious. Seriously.

Oh good, you made it.
Somehow.

If I had a Yelp rating, I'd be a solid 2.9.
Minus points for the RBF and chronic
lateness.
Plus points for the efficiency and not
saying much...

What about you? What would your
Yelp rating be and why?

If the law of attraction worked, it
would've shown up by now.

If this sample didn't fix anything in your life, but made you feel the slightest bit (we're talking a hair) *seen*, the bare minimum journal is available on Amazon.

[Get it](#), or don't.

about the author

(Picture a regular person here)

Natalie got tired of all the toxic positivity and manifestation gobbledygook plaguing the Internet, so she decided to do something about it.

She's spent a lot of time working, traveling, thinking, overthinking, and pretending to care about things that didn't deserve that much energy. This journal is the result.

More writing at outsiderodyssey.com.