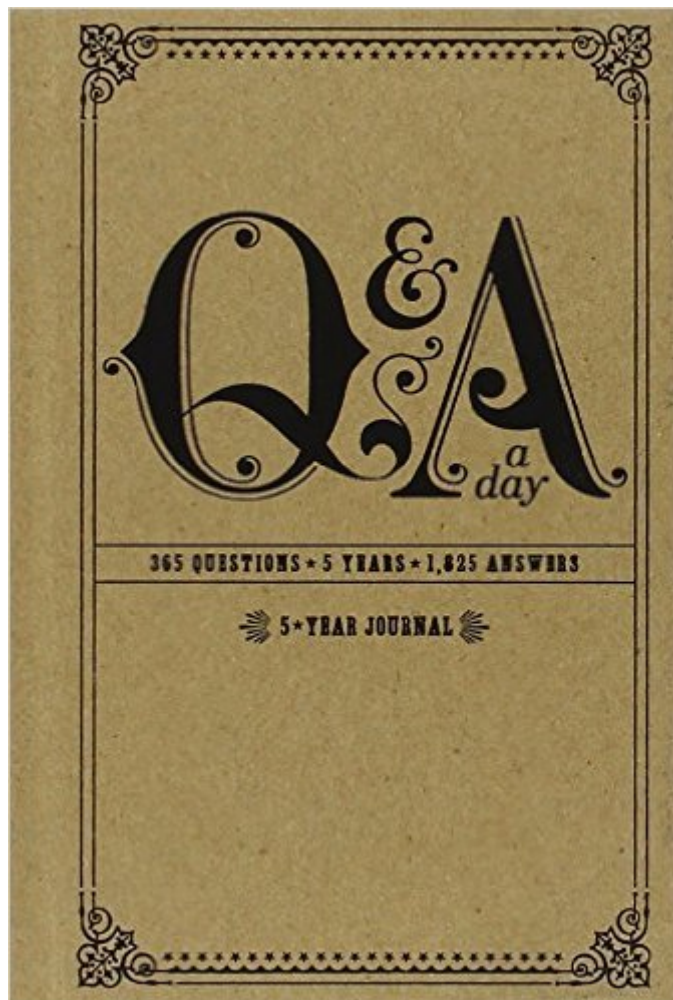


The book was found

Q&A A Day: 5-Year Journal



Synopsis

Do you ever stop to wonder how you got where you are? The Q&A a Day Journal shows you what was going through your head each dayâ for five years of your life. Simply turn to todayâ 's date, answer the question at the top of the page, and when you finish the journal, start over. As you return to the daily questions again over the years, youâ 'll notice how your answers change, or donâ 't!Â With questions that are sometimes provocative (â œOn a scale of one to ten, how happy are you?â •), occasionally quirky (â œWhat can you smell right now?â •), and inevitably interesting (â œIf you could travel anywhere tomorrow, where would you go?â •), this classically designed journalâ 's embellished with beautiful detailsâ 's the perfect gift for anyone embarking on a new phase of life. 365 questions. 5 years. 1,825 answers.Â

Book Information

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Customer Reviews

Potter Style, an imprint of the Crown Publishing group, is a high-end gift book and stationery line, specializing in lifestyle, design, art, fashion, humor, and DIY.

This December I will have finished filling this journal. I will cherish this book for a long time. It just so happeing that I started out this journal lonely, depressed and heartsick. In the five years afterward I met a wonderful man, became friends, dated, fell in love, got engaged and I'm filling out this year's entries as a happily married woman who is kicking depression's butt. I got to capture all those changes in my life in this journal! I have a few criticisms. Some of the questions are dumb, repetitive,

boring to answer, or confusing. However, you will get that with any journal that is attempting to come up with 365 unique questions. A lot of the questions are good, interesting and/or thought provoking. So it is overall a good little journal. :)

I just completed my journal yesterday, so I decided to write a review about my experience. For starters, I personally like that the book is small with very few lines for responding, because that forced me to be concise, yet thorough-- to answer each question with gut-instinct honesty, rather than over-thinking my responses. As a result, I have a journal that serves as a 5-yr self-study with valuable evidence of my growth, plateaus, and regressions. It's been wonderful to read see how I got over something or someone I thought I'd NEVER get over, because I now have a written reminder that wounds heal and that "this too shall pass". It's been educational to see the things I've remained firm and unyielding about, because I now have a clearer sense of my value system and authenticity (i.e. what makes me, ME). It's been uncomfortable to see how I didn't grow/improve I in the ways I've needed to, or how certain situations in my life didn't change or turn out as I'd hoped they would. But seeing those realities scattered throughout the journal is helping me realize what I can control and what I can't. And those revelations are motivating to step up and work harder where I do have control, and to finally let go of what I can't. Yes, there are some silly questions in here and some that don't lead to greater self-awareness or life-changing epiphanies, but I appreciated the variety, because I think I would have found it difficult to answer a deep or self-analytical question every single day. Besides, even some of the trivial questions helped me see how I've matured over the years. So, if you want a quick and easy way to track your personal development, I think this would be a worthwhile investment. I've already ordered a new one to start on my upcoming birthday-- so in 2021 I'll have a 10yr self-study.

We haven't used these books yet - we're moving across the country, and will start on our first night there - but I wanted to leave a review of my first impression. The book is smaller in height and width, but bigger thickness. The tops of the pages have gold foil, which makes the book look super high quality. The pages are thick, good quality. My only complaint, because the book is not as tall or wide as I expected, is that you only have room for 1 sentence for each prompt. I think this will work out in my favor, as I bought 1 for myself and the other for my 11yo son who is not the biggest fan of writing. Overall, I think the value is good, and I'd recommend this book.

This is a beautifully crafted journal for people tracking progress and trying to remember to write

everyday on a daily basis. It's quality of material is gorgeous. The pages are sprayed with a golden frame. The questions are pretty neat and the fact you do this over five years is a huge undertaking. However, it's not that big of a commitment as the questions are fairly simple and stuff you probably ask yourself at night when you can't sleep anyway. Very durable little journal you can take anywhere. I bet it will be satisfying to complete five full years. Super cool present gift or journal idea. Totally recommended!!!

This book is so adorable and perfect for what I was looking for. It's smaller than what I thought, it's about the size of my hand. Which is fine. The pages are gold trimmed and the book has a old rustic kind of look to it. I just love it. The questions vary and mixes things up every day. It's great to look back at what your answer was a year ago. It's a great way to see how things have progressed. I would definitely purchase this book again.

I love this little Journal! I have always journaled but rarely felt the urge to go back and read previous ones. (In fact, I cringed when I did.) I also tended to write only about what was bothering me at the moment. This journal asks a question a day that can be simple or profound depending on your thinking at the time. An example: "What do you need to throw away?" Simple: old taxes/paperwork. Profound: my anger towards an abusive spouse. The same question is answered on the same date yearly for five years showing you how you have changed or stayed the same. The format is such that you can start it on any day of the year...no need to wait for New Year's. I actually look forward to writing in it every night.

I am not a journal person, never have been, but when I saw this journal I was intrigued by the idea. I'm a very sentimental person and love anniversaries and holidays. However, I always had too much to say when I wrote things down so it would come out very jumbled which is why I could never keep a journal for long. The Q&A a day journal I LOVE because it gives me a prompt! I love talking about myself so answering questions is right up my alley. Plus getting a 5 year record of daily thoughts and emotions is just too cool. I can't wait to see how much has changed in 1 year and then 5 years!

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