

The JOVRNAL

V.0

JV

2023

di

Marco Delrio

mvrco delrio.com

the jovrnal - version zero

Welcome to the Zero version of JOVRNAL!

This journal was initially created to fit my personal daily needs, with a minimalist style to exclude any possible distraction, an essential compendium of sections, and a discreet number of pages and space that seeks to meet everyone's needs.

The JOVRNAL offers you a space to express yourself, reflect on your thoughts, and document your life's journey. Whether you're an experienced journaler or new to the practice, this journal is the perfect companion for your daily musings, creative ideas, and personal growth.

As you begin to fill these pages, remember that this journal is entirely yours. You have the freedom to write, draw, scribble, or doodle whatever comes to mind. This is a safe space for you to explore your innermost thoughts and feelings without fear of judgment or criticism.

Take some time to set intentions, practice gratitude, explore your creativity, or simply record your daily experiences. Make this journal your own and allow it to serve as a reminder of your journey and growth.

So, grab your pen, take a deep breath, and let the pages of this journal be a reflection of the wonderful person that you are.

Marco Delrio

*to write about me
and read about you*

V.0

WHAT ARE YOU GRATEFUL FOR?

RATE YOUR DAY

	1	2	3	4	5	6	7	8	9	10	
--	---	---	---	---	---	---	---	---	---	----	--

WHAT ARE YOU GRATEFUL FOR?

RATE YOUR DAY

	1	2	3	4	5	6	7	8	9	10	
--	---	---	---	---	---	---	---	---	---	----	--

WHAT ARE YOU GRATEFUL FOR?

RATE YOUR DAY

	1	2	3	4	5	6	7	8	9	10	
--	---	---	---	---	---	---	---	---	---	----	--

WHAT ARE YOU GRATEFUL FOR?

RATE YOUR DAY

	1	2	3	4	5	6	7	8	9	10	
--	---	---	---	---	---	---	---	---	---	----	--