

[Pdf free] The 52 Lists Project: A Year of Weekly Journaling Inspiration

The 52 Lists Project: A Year of Weekly Journaling Inspiration

Moorea Seal

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Moorea Seal : The 52 Lists Project: A Year of Weekly Journaling Inspiration before purchasing it in order to gauge whether or not it would be worth my time, and all praised The 52 Lists Project: A Year of Weekly Journaling Inspiration:

160 of 164 people found the following review helpful. Lists for self-discovery and actualization. By Russell Fanelli When I saw the 52 Lists Project on I immediately requested it because, like many of you reading this review, I make lists and have done so for most of my life. But the Lists Project is exciting for me because it is not fundamentally

about making "To Do" lists, but instead lists to help us get in touch with what is important to us in our life. Wonderful. The book is divided into seasons, and as we are 2/3 of the way through summer, I decided to start with List 36 - List Everything You Love to Do Outdoors. I started my list with my number one outdoor activity - "walking." Of course, I would prefer to be walking at Coast Guard Beach in Eastham on Cape Cod, but around the neighborhood also works quite nicely. For number two I put "water garden and flowers," which I love doing every day. Now, here's where the book takes on new meaning. At the end of the space for our lists our author asks us to think about indoor activities that we can bring outdoors. I immediately wrote down "meditate." It seems to me that being outdoors will bring a new dimension to this important indoor activity. Then I wrote "eating." I thought, why not bring my cereal outdoors and enjoy it with some sunshine? The very next day I meditated and ate breakfast outdoors and enjoyed these new experiences. Winter and ten degree below zero weather will be a problem for these activities, but I'll deal with that in January - now it is August. I think readers of this review get the idea about the lists, but quickly I'll give one more example - List the Ways You Get Energized. Perfect. First on my list was "writing," as in writing this review. This activity takes all my concentration and attention and I like that. Next I put "music." I am listening to Mozart for study and concentration as I write this. I love Mozart and his music is a part of all my days. I won't bore you further, readers, you get the idea. The 52 Lists Project is a well-made hard cover book with many delightful pictures inside of it. It will stand up well over time. One more thing. Our author Moorea Seal has her own, quite extensive web site: (MooreaSeal.com/pages/52Lists). Those readers who want to connect with other list makers can do so using the web site. I decided not to take advantage of this opportunity. Summary: If you are a list maker who wants to take your practice to a new level, I think you are going to enjoy The 52 List Project. Even if you don't make lists but think that perhaps list making might help you to understand what is important to you, buy this book. I don't think you will be disappointed. 31 of 31 people found the following review helpful. This is a great tool for becoming more intentional and getting in the habit of writing... By Kate This book is a great gift--to yourself or someone else. As a grad student and a person suffering from depression, I find it challenging to deal with some of the day to day stresses since I have trouble seeing the bigger picture at times and become overwhelmed. This journal is absolutely amazing for being so simple. I believe another reviewer called this a "Low pressure" journal and I love that description. It's accurate. The cover is beautiful, and I am one of those people who love lists and planners, so this is the perfect journal. Seal provides just enough structure for you to make the prompts your own and you can write as much or as little as you want. I find that sitting down and writing my list each week is something I look forward to. More importantly, after each list there is an "action item." I truly think that this is one of the journal's biggest strengths. By focusing on the positives I am learning to cope with my stress and become more self aware. Obviously depression cannot be treated with this journal alone but I have made more progress with this journal than with a month of therapy. 1 of 1 people found the following review helpful. love it By AniOH wow! if you're looking for a journal that takes only a few minutes of your time once a week this is it! so beautiful, creative, thought provoking questions. allows for short reminiscing, self reflection and calm solo time. i love it i got one for my best friend! i wish there were more activity journals out there like this. the color scheme and soft lettering inside is soothing. the pictures have a sweetness to them . love it!

Based on the popular blog series by Moorea Seal, this bestselling journal is for list lovers. Create 52 lists, one for every week of the year, that will help you discover the beauty, joy, creativity, and power you already have! This gorgeous undated journal of weekly lists will help nurture self-expression and self-development. Each seasonal section includes list prompts, with plenty of space to write your own lists, and challenges to help you take action and make your dreams a reality. With perfectly timed prompts that meet you where you are throughout the different seasons, this journal will open up new avenues of self-knowledge and help you celebrate, enjoy, and take ownership of your life, as each week of the year becomes more thoughtful and vibrant.

"Your checklist for making positive changes." Oprah.com "A book like this reminds even the busiest people to slow down and think about what makes them, well, them every once in a while." Bustle "The 52 Lists Project is literally taking my list game to a new productive and uplifting level." Shopify "This sort of list-making is something I look forward to each week, and it helps with evening anxiety." TLC "Love creating lists? Than this journal is a must have!" Woman's World "You can now grab a copy of the gorgeous journal and let the simple weekly prompts guide you through the ups and downs of each season." Brit + Co "Seal's book goes week by week, season by season, giving you prompts that will get the creative juices flowing." The Huffington Post "Whether you're a long-time list maker or are just warming up to the idea, it can be a powerful way to stay organized, but also to reflect on your goals." Daily Burn "This book is great for stepping away from ones hectic life and thinking about the things that make us grateful and happy." Breitbart "To-do lists might be necessary but they aren't a lot of fun. But ya know what is really fun? This amazing new book from Moorea Seal, The 52 Lists Projects." eHarmony "The 52 Lists Project...is a journal with a years worth of aspirational prompts that looks something like Instagram incarnate." City Arts "A perfect Fringe Hours exercise that totally filled my soul." The Mom Creative "Not only has this book been a great way to unwind at the end of a busy week, but its been so inspirational with all of the prompts and mini 'action items' at the end of every list." The

Demure Muse "If you want to spend the next year taking ownership of your life, you need to pick up The 52 Lists Project." Stylish 365 "Trust us, this will not be another chore to add to your list, but instead, a weekly brainstorming session about what makes you YOU that you'll no doubt look forward to." Domino "Filled with a list for every week of the year, you'll become your best by maximizing your creative power all year long." Tobi Fairley, Tobi's Blog "There isn't a more thoughtful gift out there for the list lover in your life." Avenue Calary "The book itself is absolutely lovely with hand lettering and foil embossing." The Augusta Chronicle "It can serve as a great organizational tool, with ample room left over for taking stock of your life." Daily Bulletin "With gorgeous photography and illustrations, we think it'll be hard not to fall in love with it." Buro 24/7 "A welcome alternative to Netflix binges and Instagram scrolls, the 52 List Project helps you focus on your true values, as opposed to the superficial things we sometimes get bogged down by." Sheer Luxe "A list for each week of the year nurtures joy, creativity and self-expression! Who wouldn't want that in their lives?" Liz Avenue "One of my favorite Seattle entrepreneurs. Soap Queen [Helps] you realize you already have plenty of productivity, creativity and confidence, though it'll help you sharpen each quality, too." Punched Clocks "A gorgeous journal is for list lovers. The Triplet Farm A journey of self-reflection. Bisouselle I have been filling [it] out all year and absolutely love it. Sweet Violet Beauty Personal. Wolf and Stag "Making lists helps organize the mind, which can keep a clear head. This particular book guides you with list making and also inspires you to be productive. It's quite interesting and fun to do!" Fresh U "I love taking some time out of my day to write in my journals and just get away from my laptop!" Empfire "You'll be able to personally express yourself through the words you write and reflect on them as much as you wish." Cliche Magazine "In this world of chaos, writing a simple list can only help to create a sense of order." The Book Chief "Taking list-making to a new level and bringing happiness and inspiration along with it!" New Day Northwest "This beautiful book features 52 prompts that range from the thoughtful to the aspirational." Real Simple "Perfectly timed prompts that meet you where you are throughout the different seasons." Bustle "Inspire[s] positive thinking and keep[s] you centered." Beauty and Well Being "This sweet little journal was both beautiful to look at and a fun little way to give myself a 5-minute break." Sweatpants + Coffee "The 52 Lists Project is a collection of lists, one for each week of the year, that will help a recent grad find beauty, creativity, and joy to help make their dreams become a reality." Southern Living "Instead of giving you a schedule for your life, this journal helps you remember what excites you and helps you become more active in achieving your goals." Bustle "Seals book provides a space for a weekly list based on topical suggestions." Seattle's Child "From the Author Writing the the 52 Lists Project has been an incredible journey for me. It all started out as a project on my blog, motivated by my own desires to improve my life, combat depression and anxiety, and my passion to empower women and children across the world by encouraging reflection and a pro-active attitude. I started my business Moorea Seal (also my name) with just \$10, some hand me down jewelry pliers, some thrifted jewelry and a whole lot of determination. And today I'm lucky enough to be the founder and owner of an online retail site Moorea Seal, a brick and mortar shop in Seattle, WA with the same name, I have a staff of 12 incredible employees, my own jewelry line and growing wholesale lines, and now a beautiful journal in the 52 Lists Project that perfectly exemplifies the life I lead, the type of attitude I work hard to cultivate, and the lifestyle that I promote, one that is rich with self investment, compassion, hard work, and love.