



The things I wanted
you to know.

*Letters, notes and thoughts
for another day.*

THIS BOOK
BELONGS TO

NAME:

DATE STARTED:

SIGNATURE:

HOW TO USE YOUR NOTEBOOK

This is your space

What you write here is private unless you choose to share it. There's no right way to use this notebook, take what feels useful, skip what doesn't, and come back whenever you need.

Download and save your copy

Download your notebook and save it somewhere you'll easily find again. You might like to keep one blank copy and a second copy for writing in.

Write directly into it

Click or tap into the spaces and start typing. Write a little or a lot. Skip questions, return to them later, or leave them unanswered, it's completely up to you.

Save as you go

Remember to save your PDF regularly so you don't lose anything you've written.

Mac: Command + S
Windows: Ctrl + S

Come back anytime

This notebook doesn't need to be completed in one sitting. Reopen your saved copy whenever you want to keep writing, revisit an answer, or notice what's changed.

One important note

When saving your working copy, avoid using "Print to PDF." This can flatten the file and make your notebook no longer editable.

A FEW THOUGHTS BEFORE YOU BEGIN

There are no rules.

Some days you may write a letter. Other days, just a sentence. Some notes may never need to be read. Others may one day mean everything.

Do not worry about writing perfectly. Simply capture the thoughts that matter while they are fresh in your mind.

*You can always return to add more, make changes or let
VeryImportantNotes help you shape your words while
keeping them true to your voice.*

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*Keep your
words safe,
save as you go.*

VERY IMPORTANT NOTES



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Take a moment
to save, so your
words stay with
you.

VERY IMPORTANT NOTES



THINGS I WANTED YOU TO KNOW

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LETTERS FOR ANOTHER DAY

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Save as you go,
and come back
whenever you're
ready.

One day, I hope these notes help
you know me a little better and
understand me a little more

*Most of all, I hope they remind you
just how deeply you are loved.*

