

## Now

by

Now

The time is now.  
Covering the big aspects of life - Home, Wellbeing, Work, Love, Friends, Self-Care and Family - this journal frames questions to ponder and provides a structured approach to grappling with life post-lockdown.  
What's important? Who am I really? What has changed and what remains the same? What do I want? How am I going to get there? Give yourself the gift of reflection on these big questions (and more). It's the least you deserve.  
Take control and live your life your way.  
'Our task is not to fix blame for the past, but to fix the course for the future.'  
John F. Kennedy

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