

# *journal your heart out*

365 DAYS OF JOURNALING & SELF DISCOVERY

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# #journalyourheartout

Journaling, to me, is a form of meditation. It's a communication tool and a way to get in touch with yourself. I journal not to remember what happened in the day. I journal to work through challenges, write down dreams and aspirations, or get rid of limiting beliefs and mental blocks. Most importantly, journaling allows me to look at what I'm going through with perspective.

The best thing about journaling is that it doesn't have to be anything else than a raw piece of who you are at the moment. It doesn't have to be perfect, and it doesn't need to make sense. It does not have to start "at the beginning," and you don't have to keep writing until you come to a conclusion. You simply sit and listen to yourself, as if you were talking to a friend you haven't seen in a long time.

Using journaling prompts is a great way to help you start writing, and that's the reason why I put together this ebook- to help you get started. Here you'll find 365 thought-provoking and creative prompts that will guide you to hidden corners of your soul and will help you find your voice.

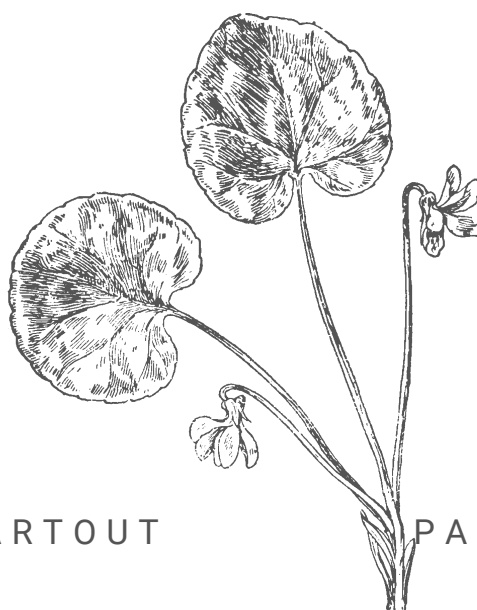
Some of them will ask you where you've been, some will show you where you're headed, and some will bring you back to the present moment. Allow these prompts to challenge your beliefs, forget what you think you know, and unleash your inner creative.

My aim is to help you to see yourself more clearly, understand yourself better, make peace with your past and create the future you want. All you need is a pen and paper and you're good to go! I hope (and believe) from the depth of my heart that each day you'll come closer to living the life you always dreamed of.

Finally, let me invite you to join our community on Instagram and tag **#journalyourheartout** on your posts so that they can inspire me and others.

Stay open-minded and curious.

Love,





# morning 5-minute journaling

Before jumping into the day and being there for everything and everyone, take a moment to be there for yourself. Start your day from the point of gratitude. From there, decide what you want your future and your future self look like and find out what steps you need to take in order to come closer to the life you want to live. These prompts are best done right after waking up. Don't think too much about what you're writing, let the words come from your heart.

Today I'm grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Today I want to experience:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The person I want to become is:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Today I can be the person who I want to become when I:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Today's affirmation: \_\_\_\_\_



# 365 journaling prompts

Imagine you're on a coffee date with your best friends. You haven't seen him or her in a long time and so you're pretty excited to hear how they are doing, what's on their mind and heart. You listen carefully to everything they have to say, with kindness and no judgment. Are you ready for a plot twist? That friend is you.

Give yourself the same amount of attention and quality time you would give a person you love very much. These prompts will guide you through the conversations you'll have with yourself. Use them as an inspiration, not a limitation, as they are merely a starting point, a doorway to your deeper world. Some prompts come in the form of questions and you probably know what to do with those. Some are unfinished sentences, others just one or two-word statements. With prompts like these, allow your words to flow out of you onto the paper. Write a short poem, a note to yourself, an essay, or whatever you want and feel like at the moment. Allow your writing to be unstructured, unedited, and raw. Enough talking, let's dive into writing!

1

Imagine you're looking at yourself five years from now. You're living the life you always dreamed of. You're the person you always wanted to be. How does your life look like? What are you doing? Where are you? Who are you surrounded with? How do you feel? Who are you? Imagine your dream life and describe it in detail.

2

If your body could speak, what would it tell you?

3

The words I need to hear are...

4

What would change if you loved yourself unconditionally?

5

Be wrong.

6

How much do you trust yourself? Do you listen to others more than yourself?

7

How do you sabotage yourself?







# 365 journaling prompts



8

If I wait until I'm ready...

9

What can you learn from old people?

10

Write a letter to your anger.

11

Where have you been focusing on how you look rather than on how you feel?

12

Here's what they don't tell you:

13

Think about a recent disagreement you had. Write about the conflict, but from the other person's perspective. Try to see their motives, their story and see if there are any areas where both sides could find a compromise.

14

I want to remember...

15

It would be crazy to...

16

What's your favorite part of where you are right now?

17

If you could do anything in life, what would it be?

18

And when I let go of \_\_\_\_\_, there's just \_\_\_\_\_.

19

What are you addicted to?

# 365 journaling prompts

20

What can you learn to accept about your family?

21

I wish everyone...

22

What about yourself is the hardest to admit?

23

What are you resisting?

24

How do you want to make people feel?

25

What did you love to do when you were a child? Do you still make time for some of these activities as an adult?

26

What could you give a 45-minute presentation on with absolutely no preparation? Write about why this topic excites you so much.

27

At what point are we good enough?

28

When is it good to talk? When is it good to stay quiet?

29

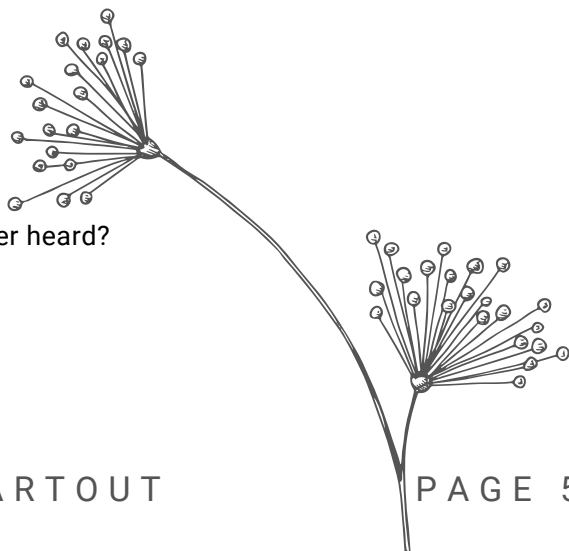
What are your values?

30

What's the best advice you've ever heard?

31

Self-love is...



# 365 journaling prompts

32

What question should you be asking yourself right now? Are there questions you're avoiding asking yourself?

33

Is there a feeling you miss?

34

What are some things you have had to unlearn? What do you think is time to unlearn now?

35

Stay amazed.

36

What holds you back from being more authentic?

37

Write about what makes you feel grounded. How does being grounded feel?

38

Are you really getting it or ignoring the lessons you have learned?

39

What do you need to stop running away from?

40

In what ways are you hypocritical? Do you break your own rules of conduct or hold others to a higher standard than you hold yourself?

41

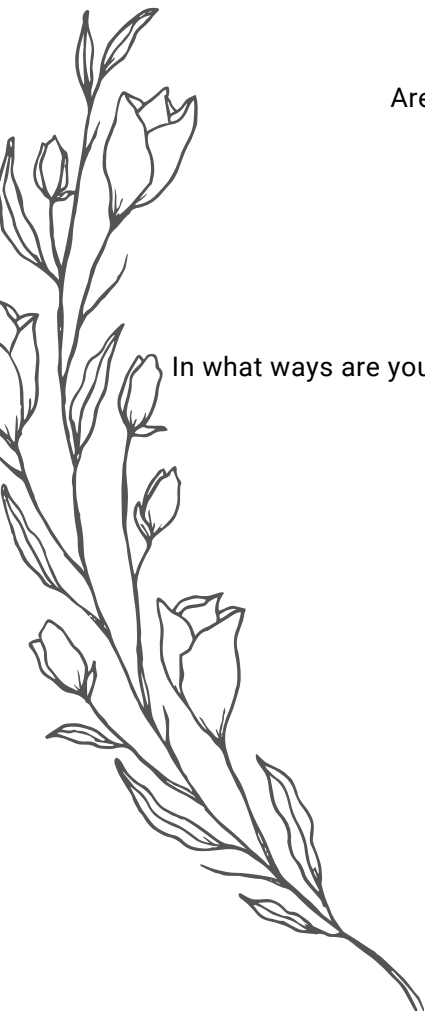
What is gratitude?

42

What message are you sending out with your actions?

43

Write a letter to your fear.





# 365 journaling prompts



44

The love you deserve...

45

Describe your ideal partner. What are their qualities? What could you offer them? What will you like to experience together? If you're in a relationship right now, write about your partner's best qualities. What do you offer them? What would you like you to experience together?

46

What do you believe in?

47

Do you feel judged by others? How many of these judgments are actually coming from you?

48

When are you the most critical to yourself?

49

Look at the most enjoyable aspects of your life right now. Is there an underlying fear in that area? Why?

50

Surrender.

51

Falling in love feels like...

52

What emotions do you repress around other people? When did it start?

53

Write about something you really want. What might be some unhealthy motivations behind this desire?

54

Honor your phases.



# 365 journaling prompts

55

How can you give other people more space to be themselves around you?

56

Write about one of your fears. Where does it come from? What happens in your body physically and emotionally when you're feeling the fear? How is this fear holding you back in life? How would your life be different if you overcame that fear?

57

I am grateful for the money I have today because...

58

Write about something you can do or have that other people want.

59

In what areas of your life do you expect others to have the same worldview and beliefs as you? What scares you about others to have their own beliefs?

60

I'm grateful for my sense of sight because...

61

How are you, really?

62

I am grateful for my family because...

63

What does "courage" mean to you? When have you been courageous for yourself?  
When have you been courageous for others?

64

In what ways could you help others?

65

Choose the kind of love that...



# 365 journaling prompts



66

I'm slowly learning to...

67

I'm grateful for my sense of smell because...

68

Write a letter to someone you have unresolved issues with. It can be someone who upset you, made you angry, or hurt you in one way or another. The person can also be yourself. In the letter, explain how you're feeling and if possible, forgive the person at the end of the letter.

69

How does it feel to have your emotions belittled or downplayed?

70

What areas of sex and sexuality embarrass you or make you feel shame or inadequacy? Explore why.

71

Life will throw you curveballs.

72

Tell me about a time when you took a leap of faith or change of direction in your life.

What motivated it?

73

Progress is...

74

Just ask.

75

Fall in love with yourself.

76

What are you avoiding and why?

77

What can you celebrate?





# 365 journaling prompts

78

What do you spend the most time thinking about?

79

Where are you losing your power? Who are you losing your power to?

80

What are your usual excuses for why I don't have what I want?

81

Where do you need to speak up for yourself?

82

In what areas of your life are you underestimating yourself?

83

What roles do you play in your life? Who are you beyond all these roles?

84

As a child, which of your parents (or caregivers) love did you crave the most, and what did you have to do to earn it?

85

How does it feel to live unapologetically?

86

What do you need to start making time for?

87

Are you staying in an unhealthy situation (a relationship, a friendship, a job, or another commitment) due to guilt or fear? What are the pros and cons of getting out or walking away?

88

What's the difference between failing and never trying?

89

What is enough for you?

# 365 journaling prompts

90

Dear frightened me...

91

What is hard to say "yes" to? How does not saying "yes" to that thing, person, or situation affect you?

92

What do we all have in common?

93

What do you need to forgive yourself for?

94

What do I need to see now that I have not noticed or have been avoiding?

95

What's totally awesome about the age you are right now?

96

What do you keep doing that you hate doing?

97

I am who I am because...

98

What important needs do you have that aren't getting met?

99

The truth is...

100

How do you feel about the pace of your life?

101

Who do you have unfinished business with? What inner work needs to be done to heal this? What steps can you take to bring resolution?



# 365 journaling prompts

102

How's your heart doing?

103

Write about the last time you did something you never thought you'd be able to do. If you have accomplished that, what other "impossible" things could you do?

104

What are you waiting for?

105

Is it good to have expectations? How do your expectations influence your experience of something?

106

What are you responsible for?

107

Who are you becoming?

108

I break my own heart...

109

What do you absolutely love in life?

110

Dear 11 year old me, there are some things I want to tell you...

111

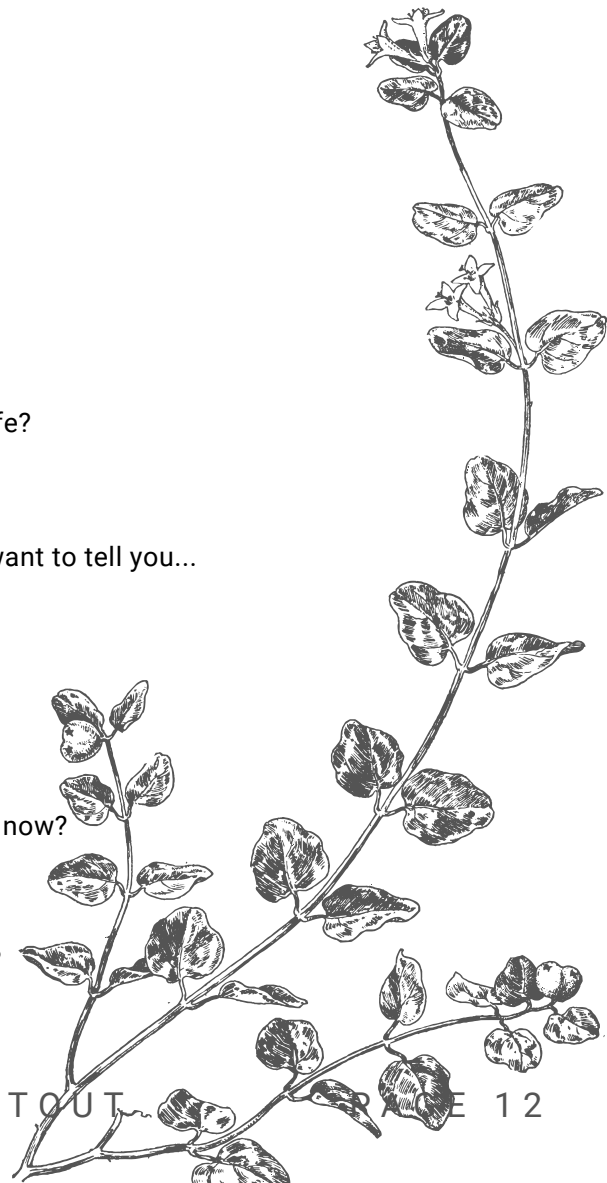
What does nature teach us?

112

How is life asking you to grow right now?

113

Where have you been settling?





# 365 journaling prompts

114

The hardest thing you will have to do in life is...

115

Write a letter to yourself starting with: "You deserve..."

116

It's time to stop apologizing for...

117

I feel at home...

118

I am grateful for my sense of hearing because...

119

Write about something you can do now but weren't able to do this time last year.

120

Who do you often compare yourself to and why?

121

What do you wish you were brave enough to do?

122

What is it about your family that you don't like or can't accept? What might this reveal about you?

123

Write about areas of your life or situations where you're playing the victim role. On one hand, playing a victim allows us to see and acknowledge that we have been hurt, but when we get stuck in it, we disown our own power. We blame our unhappiness on the world and feel like everything is against us. Where do you see yourself playing the victim role?

124

It wasn't a coincidence that...



# 365 journaling prompts

125

Which emotion do you usually deal with in a destructive, unhelpful, or avoidant way? What would change if you dealt with it differently?

126

What does death teach us about life?

127

I'm starting to learn that...

128

The love you deserve will show you that...

129

I feel at home...

130

Write about a period in your life when you were at your worst, living an unhealthy and self-destructive life. Write yourself a letter of understanding and acceptance. Have compassion for that version of you.

131

What do you value the most in friendships? Do you give the same kind of support you'd like to receive?

132

Write about one conflict that you've been having between your mind and your heart. Imagine a conversation between your mind and your heart where each explains the other their point of view.

133

Is there a person in your life you really want to tell something but you don't dare to?  
What is it that you want to tell them?

134

What assumptions are you making about (insert a situation, a goal, or a person's name)?  
How are these assumptions keeping you from what you desire?



# 365 journaling prompts

135

What do you wish others could see in you?

136

What are the five things that you want to remind yourself of every day?

137

What is your goal right now? What's the first step you need to take to move towards it?

138

Think about the last situation that triggered a strong emotional reaction in you. What is it about the situation that made you feel that way? What does that say about you?

139

Do you prefer feeling needed or wanted?

140

What's the one thing you learned recently that changed the way you think and live?

141

What makes you compromise your values?

142

During what period of your life were you the happiest and what made you so happy then?

143

If your emotions were messengers, what would they try to tell you?

144

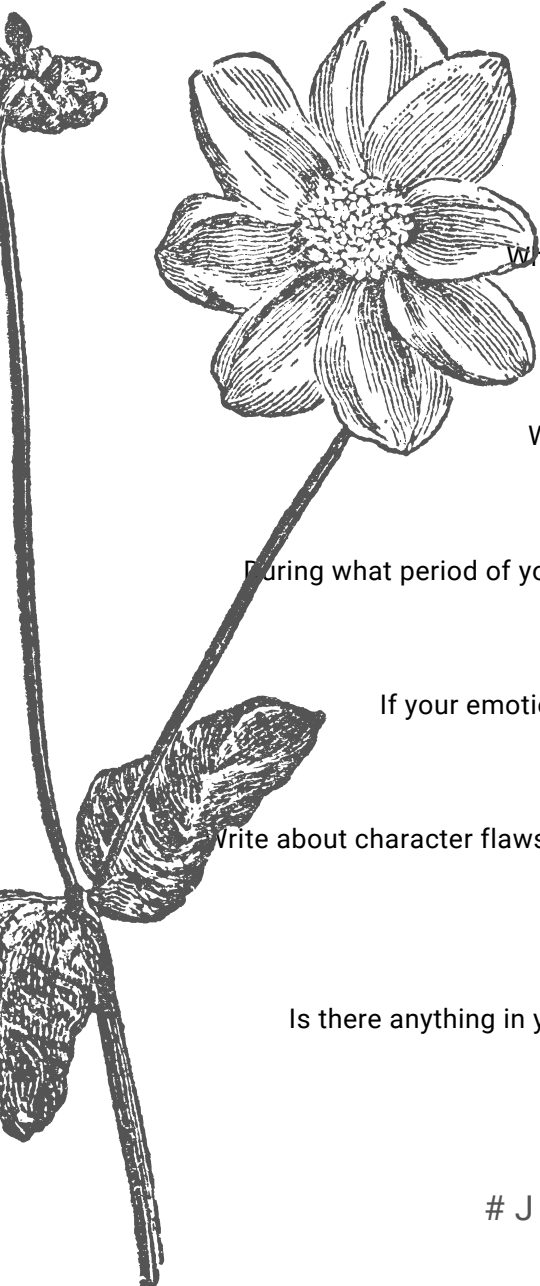
Write about character flaws or attitudes in other people that drive you crazy. Do you have these characteristics as well?

145

Is there anything in your life you're making more complicated than it needs to be?

146

You hurt me, but thank you for...





# 365 journaling prompts

147

How do you usually try to avoid feeling uncomfortable feelings and emotions?  
What's your way of escaping?

148

What five events have shaped you into who you are today?

149

What is your mother's name and what is the most valuable lesson she taught you so far?

150

In what situations do you respond differently than you would like? How can you be in these situations more proactive than reactive?

151

Who do you need to stand up to?

152

I'm really proud of myself because...

153

What do you need to let go of to move forward?

154

What do you need more of in your life?

155

What makes love last?

156

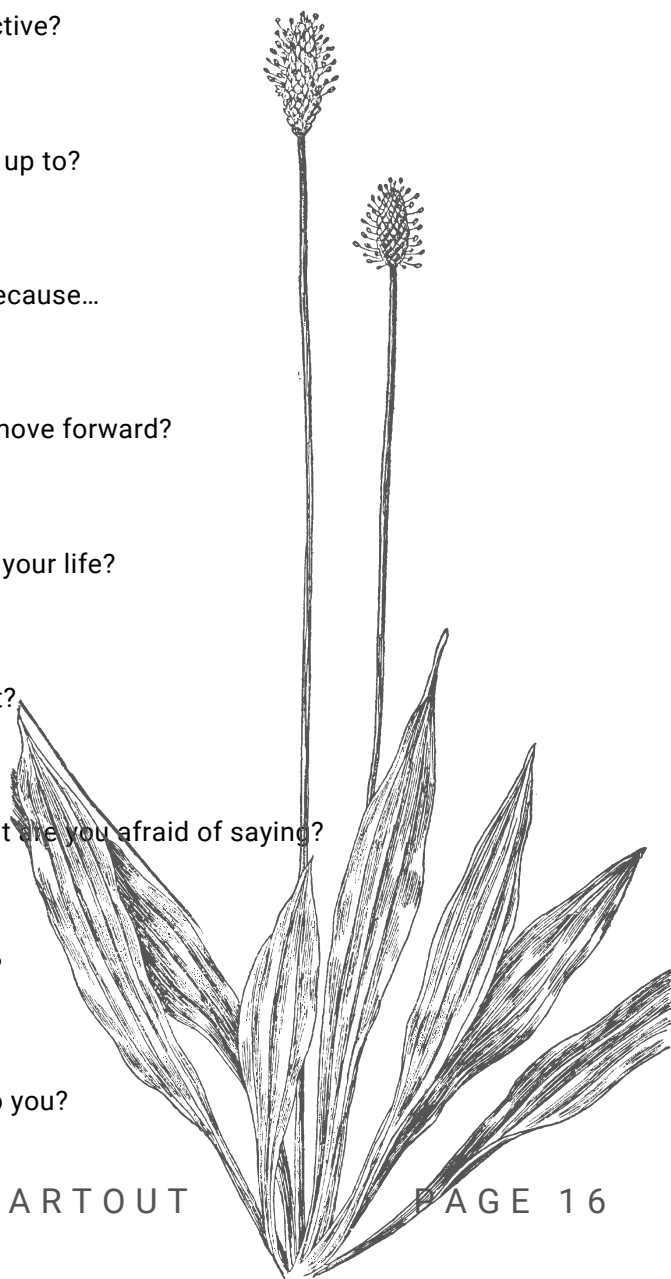
In what situation do you tend to tell a lie? What are you afraid of saying?

157

What is confidence?

158

What in life is beautiful to you?



# 365 journaling prompts

159

If I was already living my dream life, what boundaries would I need to set?

160

What is the one thing (or things) that you could change about yourself that could help to change the world?

161

If you died now, would you have any regrets?

162

If you didn't have to sleep, what would you do with the extra time?

163

What's the most impactful "no" you've said recently?

164

Is there something you've dreamed of doing for a long time? Why haven't you done it yet?

165

What's the milestone you've been working towards in your personal and professional life?

166

Write a few sentences (or paragraphs) and finish it with: "And that all makes my heart sing."

167

Did you ever feel lost on your life path? How did you find your way again?

168

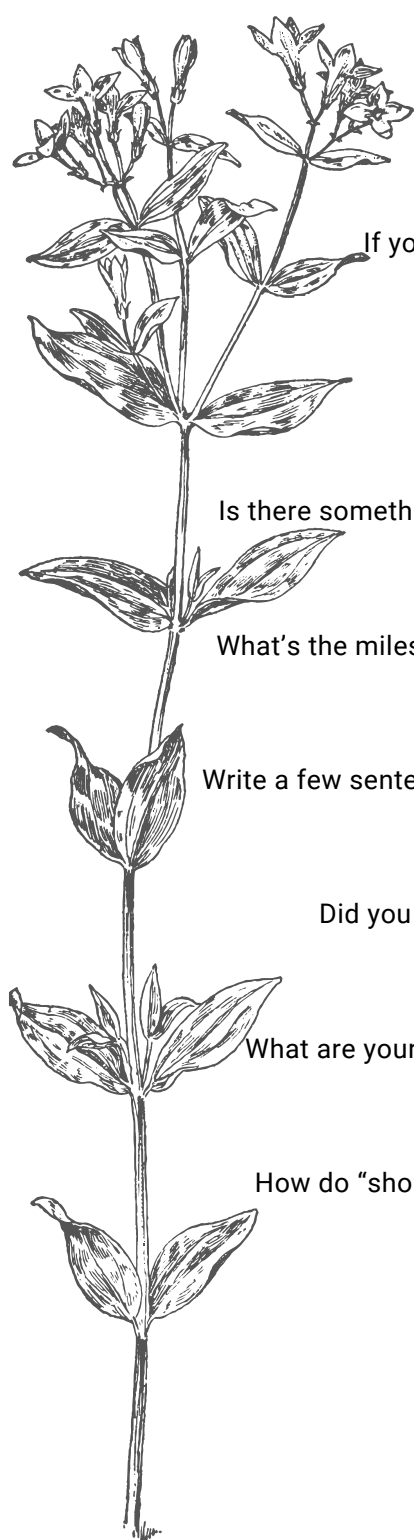
What are your most important needs and desires? Does your present life fulfill them?

169

How do "shoulds" influence your choices rather than your own wishes and dreams?

170

Progress is...



# 365 journaling prompts

171

How do you feel about accepting your “negative” qualities? Are you able to accept your whole self?

172

In what ways do you feel responsible for everyone and everything? How does it affect you?

173

What limiting beliefs impact your life in undesirable ways? Where does each belief come from? Are the beliefs still true for you today? What positive beliefs would counterbalance each one?

174

What would you like to stop worrying about? What steps can you take to let go of that worry?

175

What matters the most...

176

You can be both...

177

Life lived to the fullest is life...

178

I love people who...

179

What is your inner voice telling you?

180

Write about giving and receiving. Which one is easier for you? Which one should you embrace more?

181

What shouldn't you be apologizing for?

182

Where have you been focusing too much on the outcome?



# 365 journaling prompts

183

What are you forcing in your life?

184

Where can you be more compassionate with yourself? How will it help you to be more compassionate with others?

185

The greatest thing you'll ever do for yourself is...

186

I would like to improve my relationship with \_\_\_\_\_, because...

187

How are you, really?

188

What did you learn from a recent challenge?

189

What is it that you know that could benefit others?

190

What is it that others say about you (both positive and negative) that you have a hard time accepting?

191

Dear life,...

192

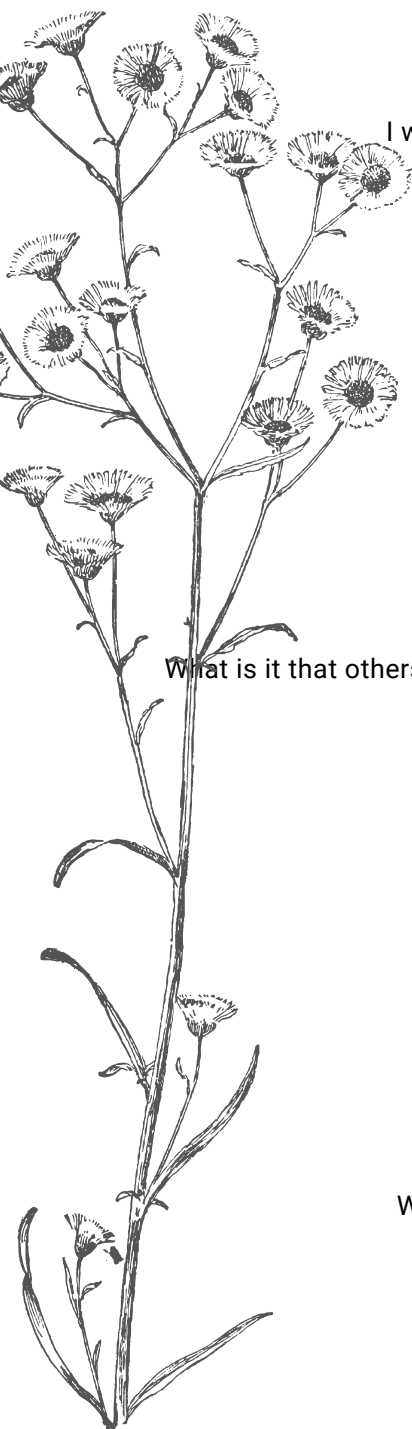
What steps can you take to raise your standards?

193

What small act of kindness will you never forget?

194

What would you do differently if you weren't afraid of judgment?





# 365 journaling prompts

**195**

What simple fact do you wish more people understood?

**196**

What are you taking for granted that you want to remember to be grateful for?

**197**

Who could you forgive?

**198**

I know I'm in love when...

**199**

What would you never want to change about yourself?

**200**

In what areas of your life are you spreading yourself thin?  
Where could you learn to start saying "no" and preserve your energy?

**201**

If you had a magical crystal ball that could tell you the truth about anything,  
what would you want to know?

**202**

What is something that you know you do differently than most people?

**203**

What does your inner critic always tell you? How is that stopping you from moving forward?

**204**

In what ways is your self-acceptance conditional and dependent upon the validation of others or  
specific accomplishments?

**205**

How are you censoring what you really think or feel?

**206**

How have you changed in the last five years?

# 365 journaling prompts

207

When I'm in pain, physical or emotional, the kindest thing I can do for myself is...

208

What do you know to be true today that you didn't know one year ago?

209

What small change would you like to make to your life?

210

What would you like to be remembered for?

211

What do you know for sure?

212

About guilt.

213

If you want to be free...

214

What do you have to offer?

215

In what ways did your attitude change?

216

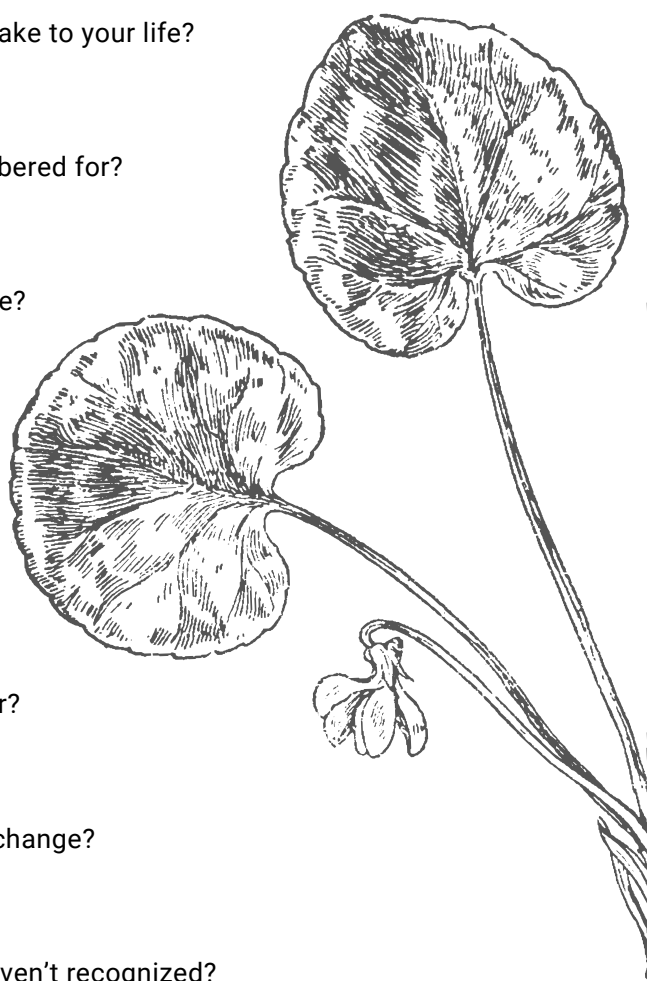
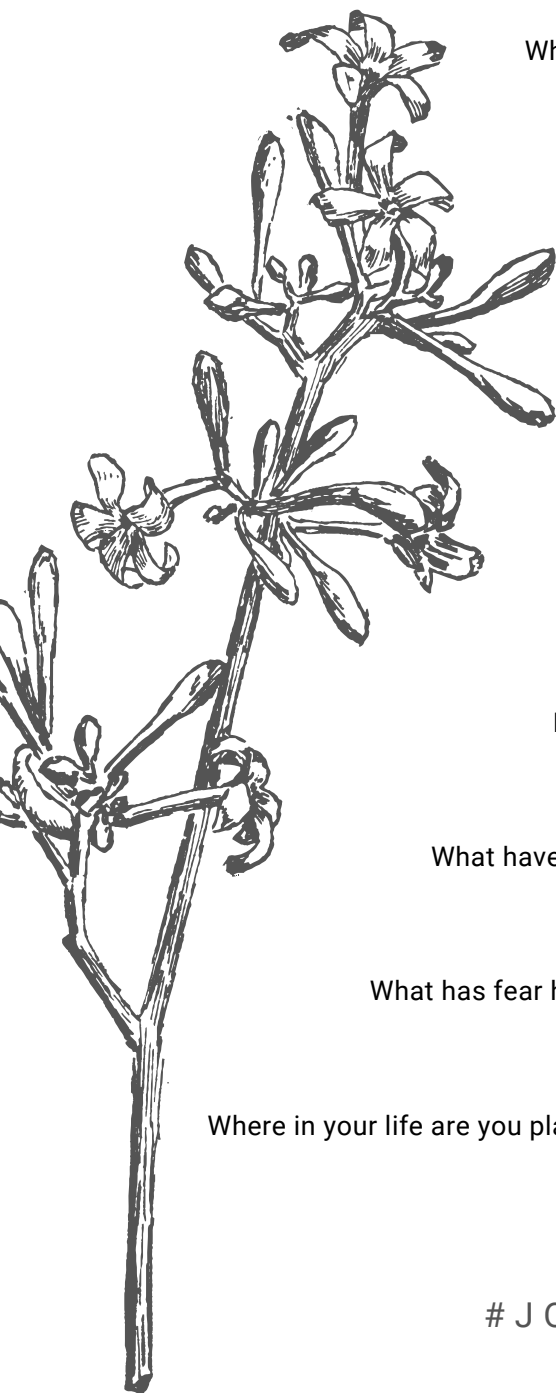
What have you accomplished that you haven't recognized?

217

What has fear held you back from? Do you blame others or yourself?

218

Where in your life are you playing small or feel weak, inferior, and disempowered? Why is it so?



# 365 journaling prompts

219

What are the triggers that make you angry or defensive?

220

What parts of you do you hide from your family and friends? Why?

221

What makes you, you?

222

I am thankful to past me for...

223

What are you pretending not to know?

224

What compliments that you received lately made you smile?

225

What makes a person beautiful?

226

What message are you sending out with your words?

227

Where is your heart guiding you?

228

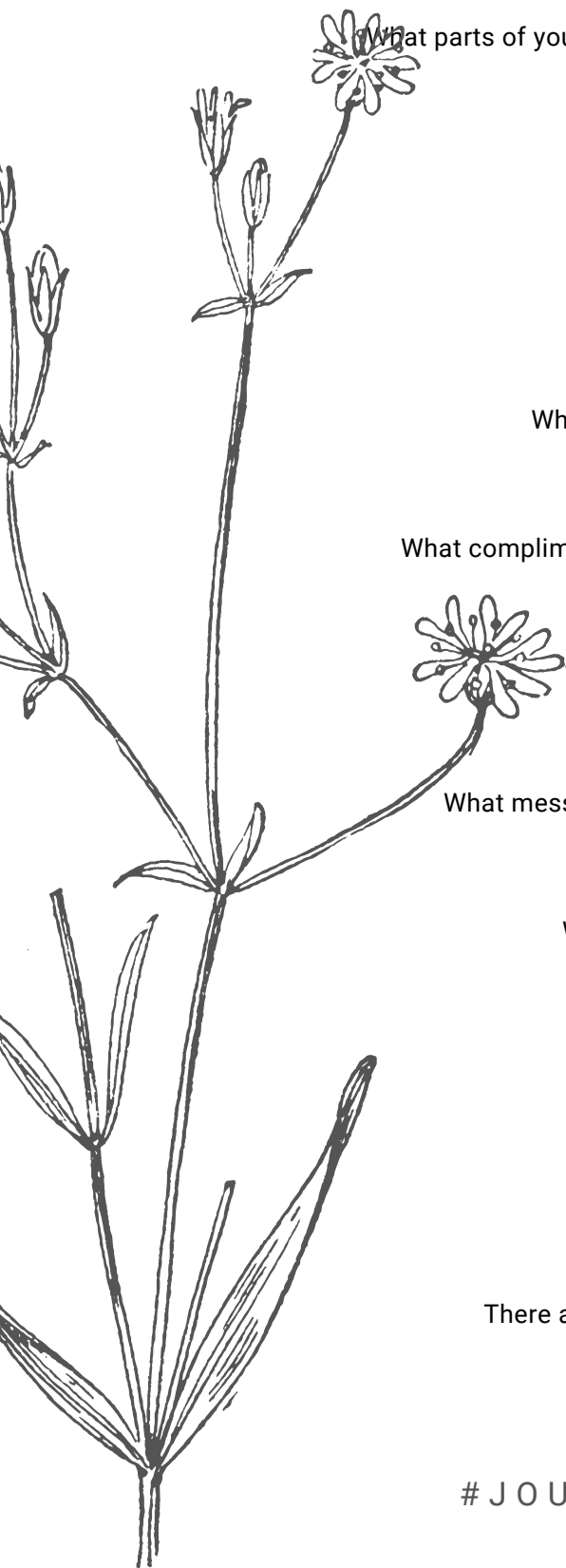
Write a letter to your jealousy.

229

It's time to...

230

There are things that don't need to be perfect.



# 365 journaling prompts

231

Write a letter to yourself starting with: "I hope you know that... "

232

I'm grateful for my sense of touch because...

233

What skills do you want to learn and why?

234

If you could give each child a piece of advice or a self-belief, what would it be?

235

What does "living with purpose" mean to you?

236

In what areas of your life do you expect the world to revolve around you?

237

What does the word "responsibility" make you think of right now and why?

238

My insecurity is my teacher.

239

Recall something negative you have thought about yourself or your body.

Write yourself an apology letter.

240

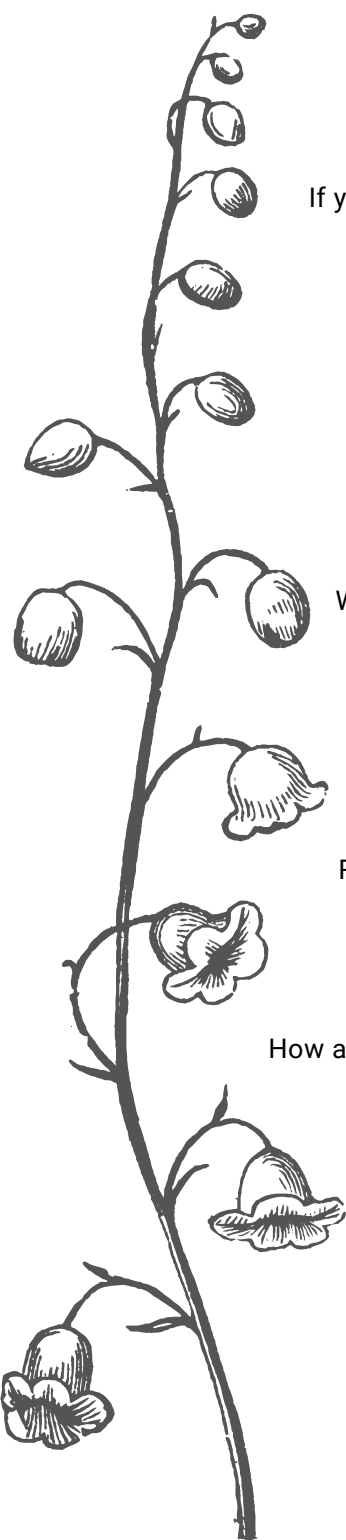
How are you going to be better than you were yesterday? How can you make it stick?

241

What does "art" mean to you? How do you express yourself artistically?

242

What lies do you keep feeding yourself with?





# 365 journaling prompts

243

How can you strengthen your bond with your loved ones?

244

What cages have your fears built around you? How could you open the door?

245

How have you changed in the last five years?

246

What do you believe you deserve in life?

247

What makes you feel loved?

248

What would you never change about yourself?

249

Dear younger self...

250

What is your body craving?

251

When you feel like giving up, remember this:

252

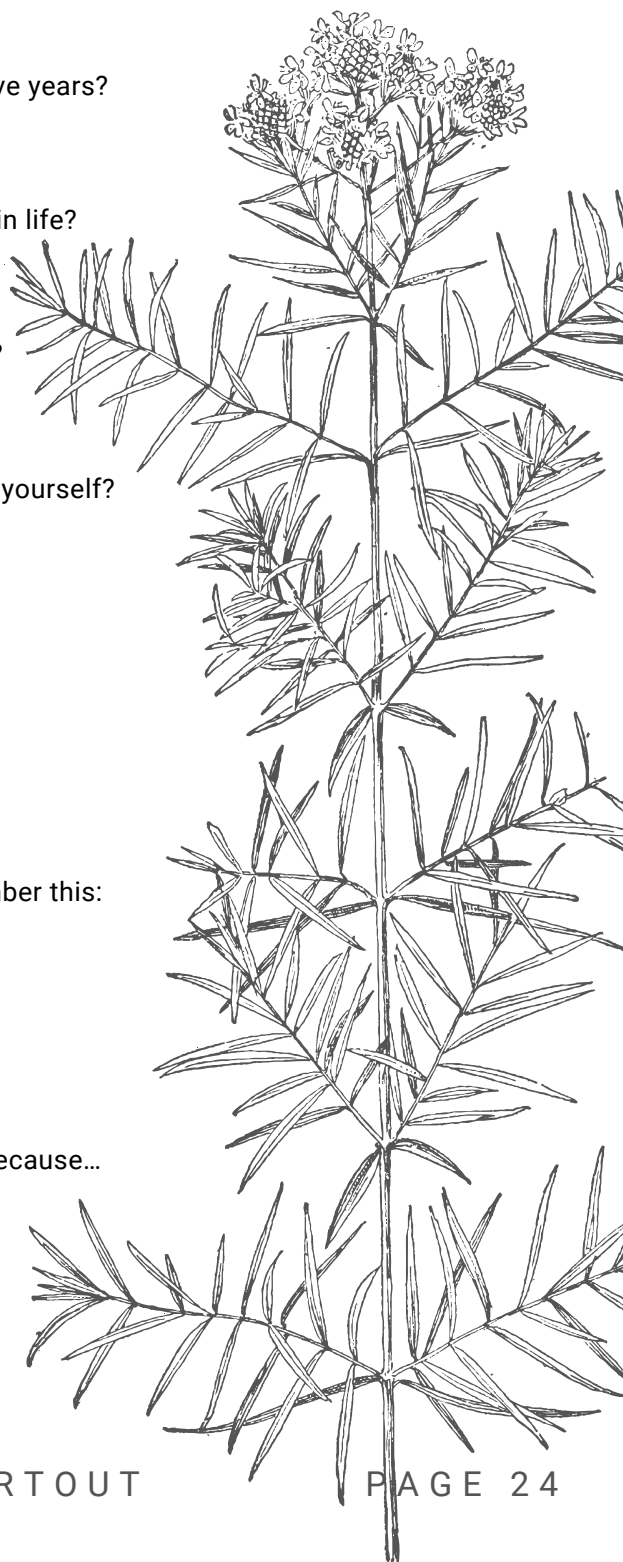
What's helped you heal?

253

I'm grateful for my sense of taste because...

254

Thank you...



# 365 journaling prompts

255

What does the expression "to live, not simply exist" mean to you?

256

Write a letter to your younger self starting with: "I hope you will find..."

257

Write a letter to your sadness.

258

This is your reminder.

259

You'll still have bad days, but...

260

What signs have you been ignoring?

261

Where have you blocked yourself from feeling?

262

Where can you be more unapologetic about what brings you joy?

263

Write a letter to your anxiety.

264

What's most important to you when you make hard decisions?

265

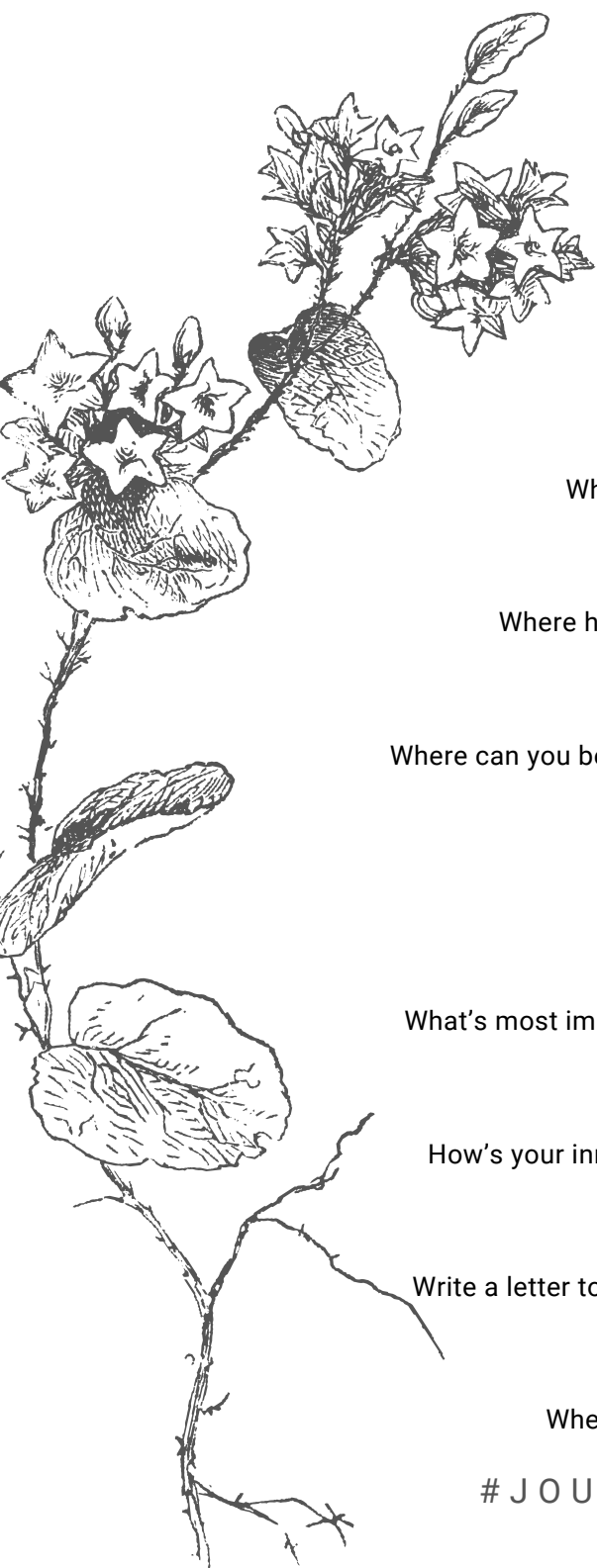
How's your inner fire? Do you feel fired up about anything?

266

Write a letter to yourself starting with: "I hope you will find..."

267

Where in life can you embrace change?



# 365 journaling prompts

268

What small habit can you change today?

269

What is your truth?

270

Where in life do you fear rejection? What are you doing to overcome this fear?

271

What do you absolutely love in life?

272

Would you be happier with more control over what happens in your life or more control over your response to what happens?

273

Is there something you haven't created yet?

274

When you listen to the sound of stillness, what do you hear?

275

What does home feel like?

276

There's nothing worse than "kind of" living your life.

277

What is your comfort zone? What lies behind it? How often do you push yourself out of your comfort zone?

278

Who do you need to be more patient with?

279

Who do you want to have a deeper relationship with?



# 365 journaling prompts

280

What are you not responsible for?

281

What is your intention?

282

What emotions do you try to avoid? Why are you afraid of letting yourself feel that way?

283

In what ways are you privileged? How often do you take things for granted?

284

What aspects of your life would you be grateful for if you had them five years ago?

285

What can you learn from young children?

286

If you had just one wish, what would it be?

287

If you could change one thing in your life, what would you change and why?

288

What is behind your hesitancy to set personal boundaries,  
both in general and in particular situations?

289

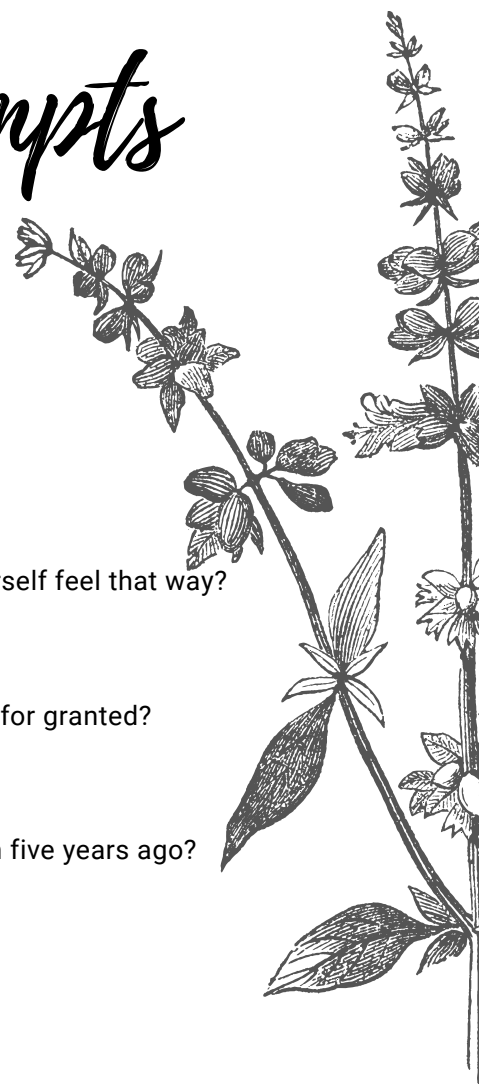
What drains your energy? How can you remove it from your life or protect  
yourself from its negative effects?


290

Pick a feeling you often feel. Describe it in as much detail as you can. How does it feel?  
Where in your body do you feel it?

291

In what areas of your life do you feel powerless? In what areas do you feel powerful?





# 365 journaling prompts

**292**

How would you like to shape this world?

**293**

What do you need right now more than anything?

**294**

What “excess baggage” are you carrying around? Write a list of all the negative things you would like to let go of.

**295**

When you make the right decision, how does it feel?

**296**

In what areas of your life do you need to free yourself from outside influence?

**297**

Who are you?

**298**

What is one of the best decisions you have ever made?

**299**

What do you want to bring in from outside? More energy? More support?

**300**

What old hurts are you holding onto that you need to either share with someone or let go of?

**301**

What’s the difference between reacting and responding? Do you mostly react or respond?

**302**

What parts of yourself are you hiding from the world, and how would it feel to let those parts out?

**303**

What does it mean to be human?

# 365 journaling prompts

304

A soulmate isn't someone who...

A soulmate is someone who...

305

What are you afraid of?

306

How are you getting in your way of achieving your goals?

307

What does it mean to be authentic?

308

Write about one thing in your life that's not perfect but you're making the best of it.

309

When you speak to yourself, what tone of voice do you use? Is it kind?

310

What is hard to say "no" to? How does not saying "no" to that thing, person, or situation affect you?

311

If happiness was a currency, what kind of work would make you rich?

312

What stands between you and happiness?

313

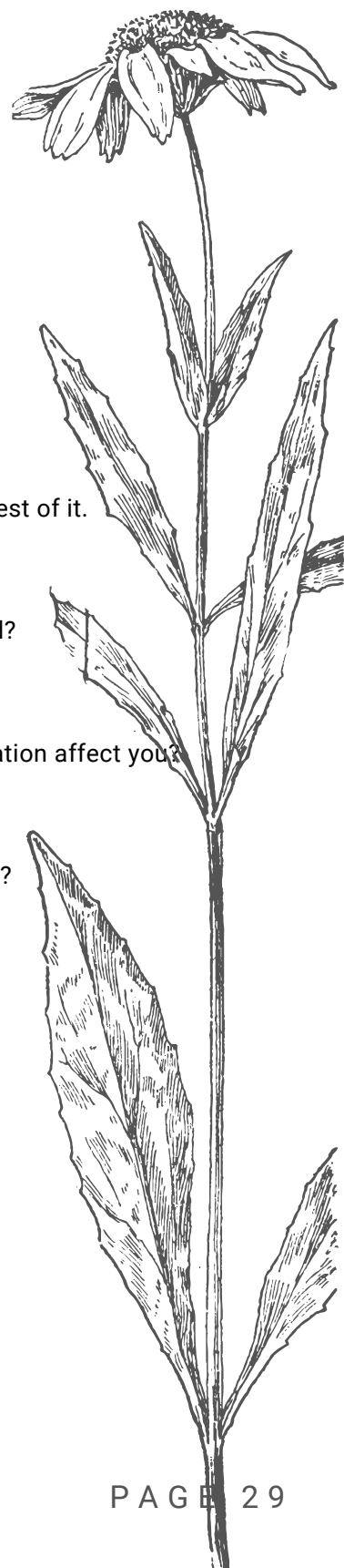
What's the biggest lie you used to believe was true?

314

In the rush of your daily life, what are you not seeing?

315

Sometimes we break our own hearts through expectations.



# 365 journaling prompts

316

What do you wish everyone had more of?

317

What is something about yourself that you have a hard time telling others about?

318

What makes you happy about your life right now?

319

What is your secret dream? Why is it a secret?

320

What words do you usually associate with yourself? Do they help you or hurt you?

321

What 'rules' have you been following even though they don't make sense to you?

322

What do you still feel guilty about? What would change if you let go of that?

323

What are you denying to yourself that you want?

324

Who do you want to be more like and why?

325

When was the last time you felt lucky to be you?

326

Which one of your parent's personality traits do you want to keep/let go of?

327

What's missing in your life? What can you do to get it?



# 365 journaling prompts

**328**

Which one is scarier: to fail or to succeed?

**329**

What is the one thing you can let go of today that isn't serving you anymore?

**330**

People who love deeply...

**331**

What does "prayer" mean to you? How do you pray?

**332**

How do you feel when you enforce your personal boundaries?

**333**

What was the place or event that transformed your ideas, thinking, perspective, or made you come alive in a new way? What changed?

**334**

What are you looking forward to in the upcoming months?

**335**

When people come to you for help or advice, what do they usually want help with?

**336**

How can you tell if something you do, want, or say is true? How does truth feel?

**337**

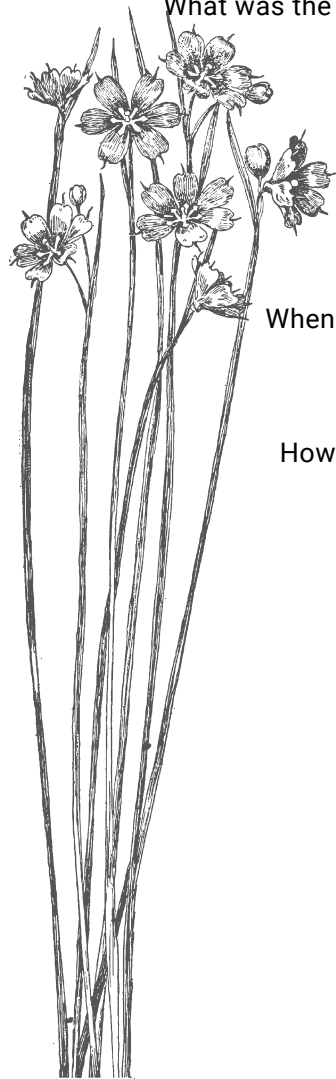
What does "living fearlessly" mean to you?

**338**

What are you proud of having achieved?

**339**

Write about people, places, or activities that bring out the best in you.





# 365 journaling prompts

**340**

If you were to live exactly like you're living right now for the next year (ten years, till you're ninety), would you be happy with it? If no, what would you want to be different?

**341**

Write a list of things you would like to control but you can't. How can you accept that these things are beyond your control?

**342**

I feel most whole when...

**343**

How embodied are you feeling? What tension are you holding?

**344**

What is that one mistake that you'll never do again?

**345**

What would be worth trying even if you failed?

**346**

Write down one belief that is limiting you in life. Then, answer these questions: 1) Is this true?  
2) How do you react, or what happens when you believe that thought?

**347**

In the book of your life, what chapters would you separate the biography into?

**348**

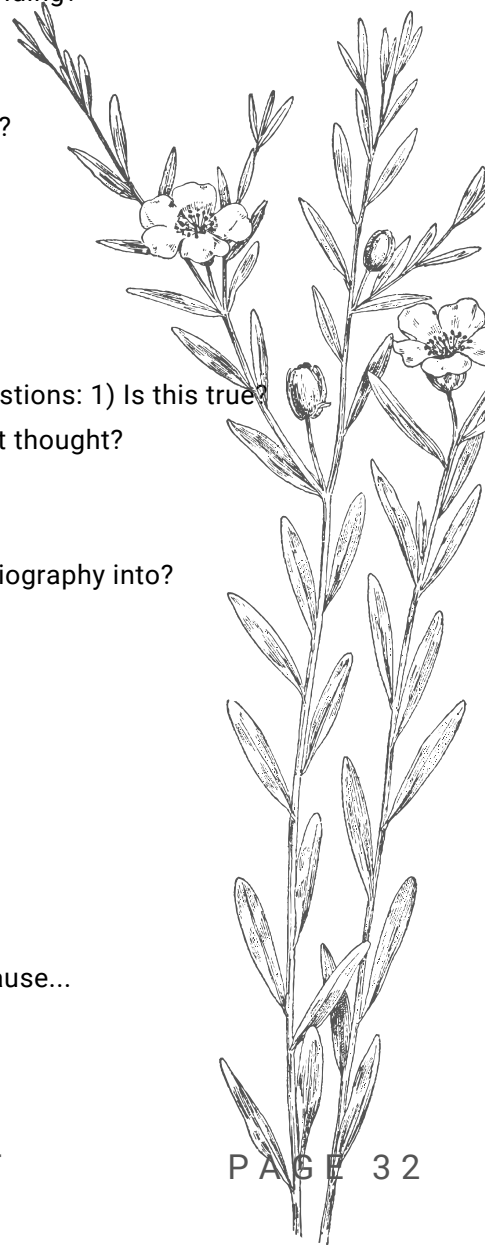
What are the sources of your unhappiness?

**349**

If I looked more carefully I would see...

**350**

When I eat despite not being physically hungry, it's because...



# 365 journaling prompts

351

I feel...

352

Which things in my life have been unbalanced?

353

What big lesson could people learn from your life?

354

An easy way to waste life is...

355

Success is...

356

What things have you forgotten that bring you enjoyment?

357

The things that my 'best self' would do that I'm currently not are...

358

I know my intuition speaks to me when...

359

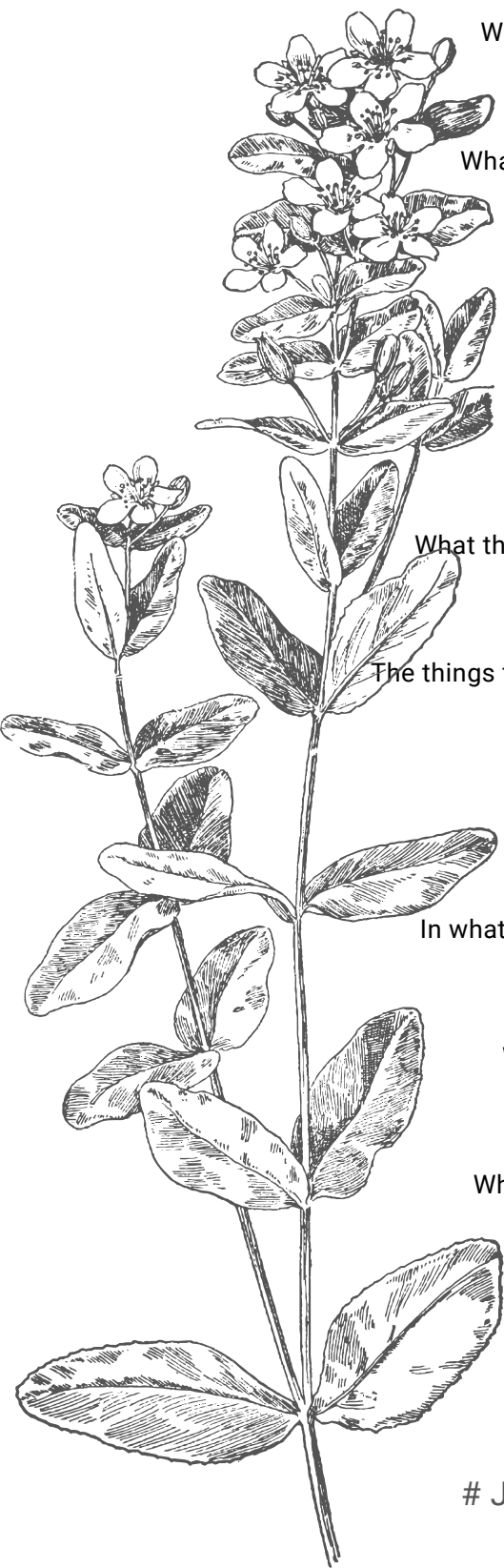
In what ways are you sometimes your own worst enemy?

360

What are you procrastinating on right now?

361

What impact do you want to leave on the world?



# 365 journaling prompts

**362**

Never settle for...

**363**

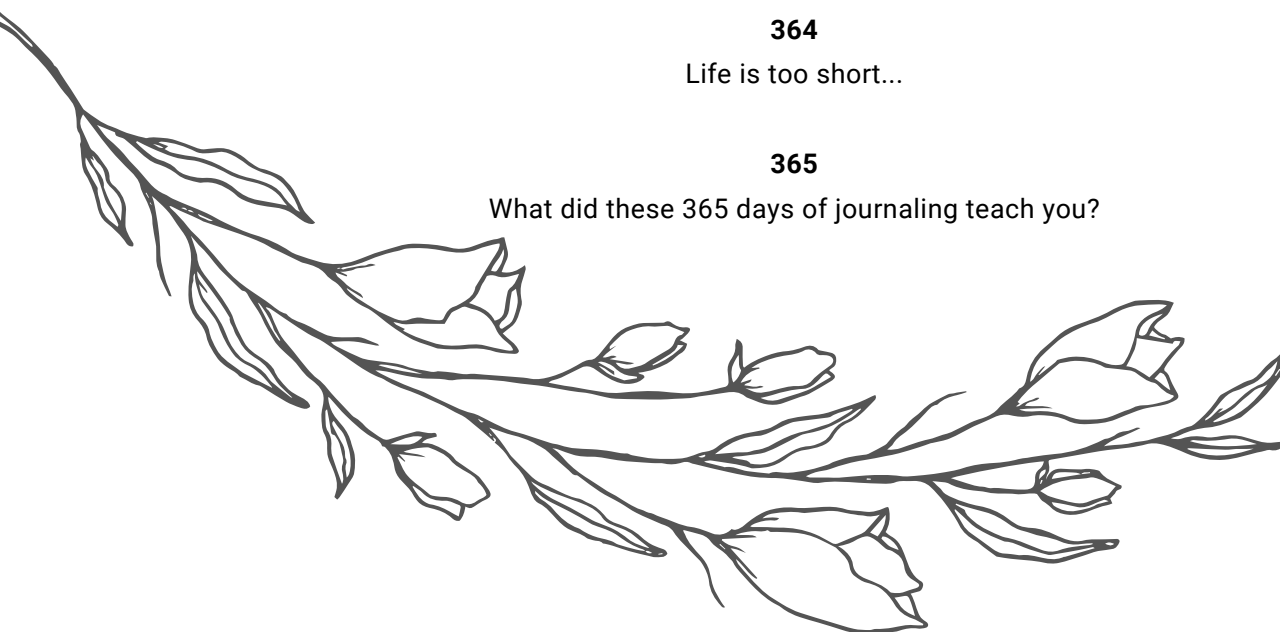
What would your future self tell you? What would she/he be thank you for? What will she/he ask you to do differently?

**364**

Life is too short...

**365**

What did these 365 days of journaling teach you?



Congratulations! You've made it all the way through the prompts! I hope they have showed you a way towards who you are, your truth. But remember, this is not the end! This is just the beginning of your ongoing journey of self discovery! And that's why I would like to tell you:

Keep journaling! Keep asking questions! Keep challenging your beliefs, changing your reality and growing into a person you've always wanted to be!

PS: Your words will inspire someone! Join the community and share what you wrote either publicly under **#journalyourheartout** or privately via DM to **@journalyourheartout** on Instagram.

# thank you...



## Tomáš Strnad

Thank you my love for capturing all the special moments as well as the cover picture of this ebook, for being on this journey with me and helping turn my dreams into reality.

@tomash\_strnad

## Lenka Mináriková

Thank you for always being a good and supportive friend, a great yogi nerd and a photographer, and for taking that beautiful portrait photo on the last page!

@zgung

## My family

Thank you for always being supportive, letting me be who I am and always being there for me. A special thank you to Oliver for helping me with the design.

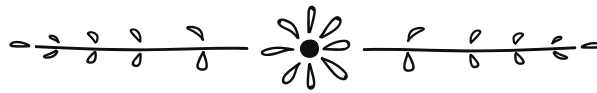
## Instagram Community

Thank you everyone who's been around over the years. I'm grateful that @sarahticha is community of supportive, smart, kind and compassionate people who inspire me every day. It's because of you that I wrote this ebook.

## You

And of course one big chubby thank you to YOU! Thank you for buying this ebook, joining the community and allowing me to share what I love.

# about the author



I am 26 years old, come from Slovakia, and to be honest I don't know exactly what I should use this section for. To talk about my job, education or accomplishments? I don't think I would enjoy reading a bio like that so here are some fun facts instead:

I love languages- especially the ones I don't understand. When traveling to new places I'm perfectly fine with skipping all the famous sights and would rather look for cute coffee shops. I love uneven numbers, and when I eat cookies or chips I always make sure to eat an uneven amount. I love a good company but to relax I need to be alone. Mornings are my favorite- I like the quiet hours before the world wakes up, the first sip of coffee and morning pastry. I'm always reading a book, or five, and my reading list has no end. I'm a dog person, but recently I started liking cats too. I've learned to never say never because somehow I always end up liking and doing things I would swear I'd never do, for instance learning german language and doing yoga! If you asked me to choose between the mountains and the ocean, I wouldn't be able to choose. I love chicken- not to eat (I'm a vegetarian), but to pet.