

[illegible]

MON JOUR DE BONHEUR & CRÉATIVITÉ

Date : _____

TEMPS POUR SOI & PROJETS

6 AM _____

7 AM _____

8 AM _____

9 AM _____

10 AM _____

11 AM _____

12 PM _____

1 PM _____

2 PM _____

3 PM _____

4 PM _____

5 PM _____

6 PM _____

7 PM _____

8 PM _____

9 PM _____

PRIORITÉS JOYEUX

1. _____

2. _____

3. _____

**SUIVI DE BIEN-ÊTRE ALCHEMIQUE
ÉLIXIRS DE JOIE & HYDRATATION**

BOISSONS BIENFAISANTES

FAITES VOTRE MÉLANGE CRÉATIF

PETITES VICTOIRES DU JOUR

CHRONIQUES DE SAGESSE - INSTANTS CRÉATIFS & PETITS BONHEURS

**DÉCOUVERTES CLÉS
PETITES DÉCOUVERTES**

**OBJECTIFS D'APPRENTISSAGE
OBJECTIFS CRÉATIFS**

CALENDRIER D'ÉTUDE HEBDOMADAIRE

PLANNER DE LA SEMAINE

Victoires / Accomplissements

Notes

JARDIN DE L'ESPRIT

ARCHIVES DE LA BIBLIOTHÈQUE COSMIQUE

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The image shows a detailed, colorful journal page designed for children or young adults. The title at the top is "MON JOUR DE BONHEUR & CRÉATIVITÉ". Below the title is a space for the date. The left side features a vertical timeline from 6 AM to 9 PM. To the right of the timeline are three main activity columns. The first column, "PRIORITÉS JOYEUX", has three numbered slots with flower icons. The second column, "SUIVI DE BIEN-ÊTRE ALCHEMIQUE", focuses on "ÉLIXIRS DE JOIE & HYDRATATION" and "BOISSONS BIENFAISANTES", featuring illustrations of potion bottles and a mortar and pestle. The third column, "PETITES VICTOIRES DU JOUR", contains a checklist with heart and star icons, accompanied by drawings of a pencil, a measuring tape, and rolls of fabric. Below these columns is a section titled "CHRONIQUES DE SAGESSE - INSTANTS CRÉATIFS & PETITS BONHEURS". This section includes "DÉCOUVERTES CLÉS", "OBJECTIFS D'APPRENTISSAGE", and a "CALENDRIER D'ÉTUDE HEBDOMADAIRE" with days of the week labeled L through D. At the bottom, there are sections for "Victoires / Accomplissements", "Notes", and "JARDIN DE L'ESPRIT", which includes a drawing of a smiling sun character and a compass rose. The entire page is framed by decorative borders of flowers, stars, and leaves.

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