



21

**DAY
JOURNO
CHALLENGE**

WRITING EXERCISE

By the Journo Team



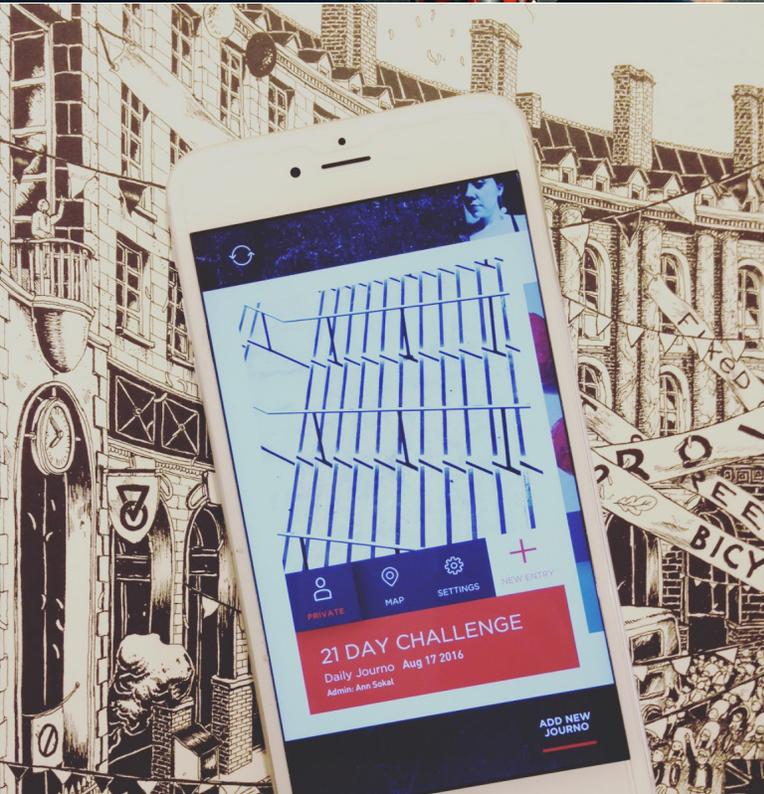
GUIDELINES:

1. Set a reminder at the same time each day for 21 days.
2. At your selected time, open Journo and write something in response to the words or image provided for that day. It can be anything—try out new formats, borrow ideas from others, take risks!

The goal is simply to write and begin to build this habit.

Do this each day for 21 days and you win the challenge!

3. Resist the urge to peek at the next day's challenge!



JOURNO

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□ DAY 1

Early Morning

□ DAY 2



□ DAY 3

Faces in a crowd

□ DAY 4



□ DAY 5

Apology

□ DAY 6



□ DAY 7

Coffee & Cigarettes

□ DAY 8



□ DAY 9

Gift

□ DAY 10



□ DAY 11

The Stranger

□ DAY 12



□ DAY 13

Goodbye

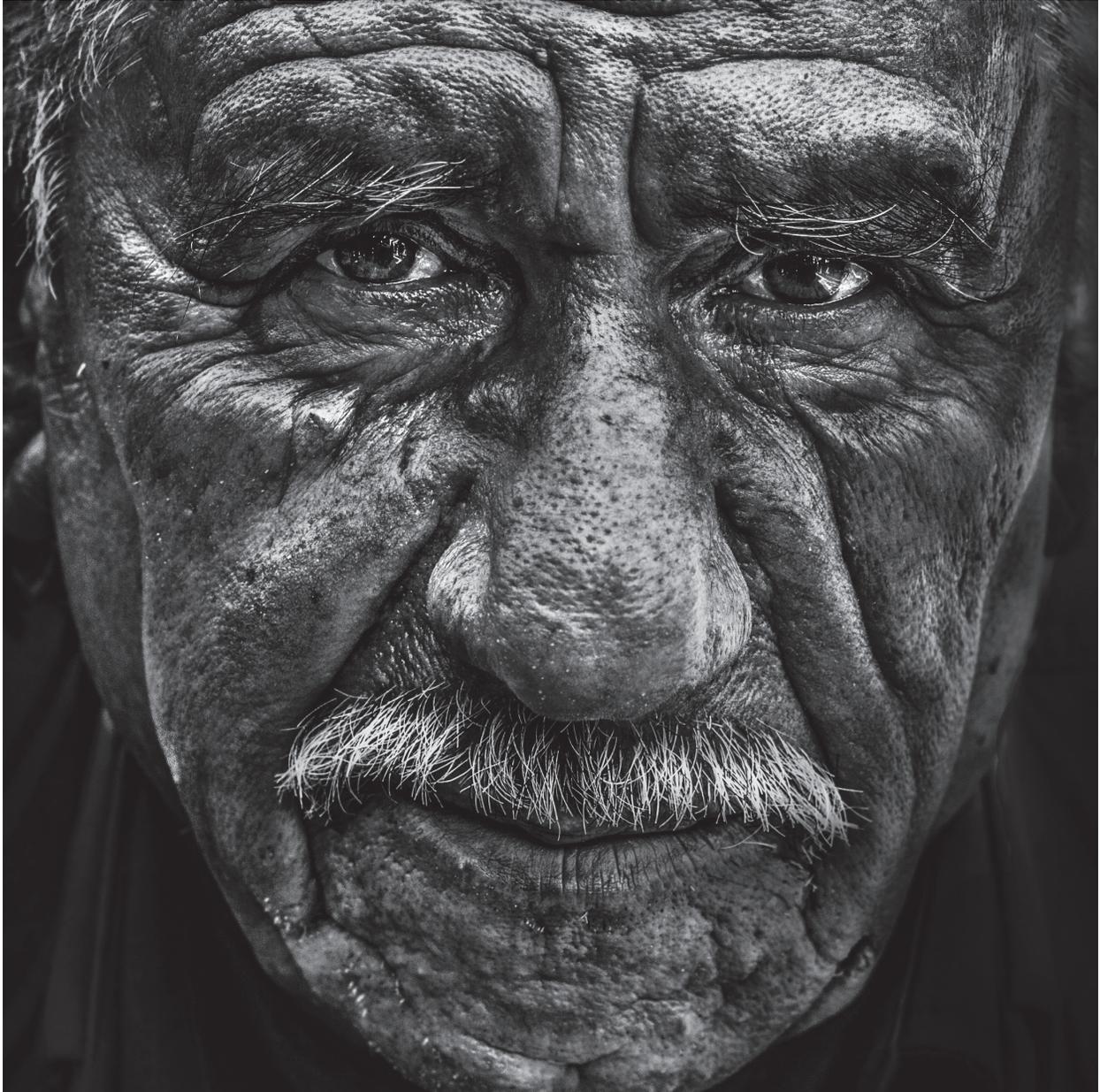
□ DAY 14



□ DAY 15

What I take with me

□ DAY 16



□ DAY 17

Thank You

□ DAY 18



□ DAY 19

The color red

□ DAY 20



□ DAY 21

The Neighborhood



CONGRATS!

You made it!

Thanks for taking this journey. We hope you stuck with it and are on your way to writing everyday.

Want to share some of your creativity with us and the community? We'd LOVE to hear from you! Send us a line anytime:

support@journohq.com

Dane Homenick

Founder & Chief Coffee Getter

JOURNO

What's Your Story?
JOURNOhq.com