



Dae ye ken tha' if ye keep a mindfoo journal jist lik' this wan ivry day, it can change yer life? An' dae ye ken tha' if tha' journal maks ye laff along the wiy, ye micht jist live furiver? Haw! Weel, ye dae noo!

Dinnae let yer clarty wee secrets an' yer mingin' wee thochts jangle 'roond yer napper lik' thae penny pieces yer Maw keeps in thon jam jar unner the sink. Park yer erse doon an' git a' tha' stramash richt oot o' yer heid, ontae thae pages. Wance ye start, ye willnae want tae stop. Soon, ye'll start tae feel as licht an' free as an empty crisp poke floatin' doon the Clyde. Pure deid brilliant, eh? Whit a treat ye're in fur!

'Ma Wee Book's a cracker! It clears ma heid an' maks me laff 'til ah'm bent double, an' tha's no easy as ma Zumba teacher wance telt me tha' ah'm no' tha' flexible!' Big Annie frae Rosyth

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