



# My 52 Lists Project

## Journaling Inspiration for KIDS!



Create 52 lists, one for every week of the year, in this fun and easy guided journal for kids 8-12 to express themselves, practice writing, and reap the mental health benefits of journaling—from the author of the best-selling 52 Lists series.

### Includes:

- 52 inspiring prompts
- Colorful photography and playful illustrations
- Sparkly metallic-foil accents
- And a sticker sheet!

Moorea Seal

SEPTEMBER 7, 2021

\$16.95 | Hardcover | 5½ x 8½ | 144 pgs

ISBN: 978-1-63217-394-2



**MOOREA SEAL** is a Seattle-based author, speaker, and designer, as well as an avid list maker with over one million books, journals, and stationery products in print. Her passion lies in giving voice to the wise mind and inner child that live within us all and providing resources for happiness, resilience, and self-expression. Join her community at [MooreaSeal.com](http://MooreaSeal.com).

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