

CONQUER
YOUR
FEARS
JOURNAL



The logo for 'Heart & Style' features the word 'heart' in white lowercase letters on a dark red rectangular background. To its right is a large, light gray ampersand '&'. Further right, the word 'style' is written in white lowercase letters on a light gray rectangular background.

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit
anxious
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- super
anxious

- _____
- _____
- _____
- _____
- _____



heart & style

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ super
anxious

- _____
- _____
- _____
- _____
- _____

The logo for 'heart & style' features the word 'heart' in white lowercase letters on a dark red rectangular background. To its right is a large, elegant, grey ampersand '&'. Further right, the word 'style' is written in grey lowercase letters on a light grey rectangular background.

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ super
anxious

- _____
- _____
- _____
- _____
- _____

The logo for 'heart & style' features the word 'heart' in white lowercase letters on a dark red rectangular background. To its right is a large, elegant, grey ampersand. Further right, the word 'style' is written in grey lowercase letters on a light grey rectangular background.

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit ○○○○○○○○○○ super
anxious anxious

- _____
- _____
- _____
- _____
- _____

The logo for 'heart & style' is located in the bottom right corner. It features the word 'heart' in white lowercase letters on a dark red rectangular background. To the right of 'heart' is a large, elegant, grey ampersand '&'. To the right of the ampersand is the word 'style' in white lowercase letters on a light grey rectangular background.

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit
anxious
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- super
anxious

- _____
- _____
- _____
- _____
- _____

The logo for 'heart & style' is located in the bottom right corner. It features the word 'heart' in white lowercase letters on a dark red rectangular background. To the right of 'heart' is a large, elegant, grey ampersand '&'. To the right of the ampersand is the word 'style' in white lowercase letters on a light grey rectangular background.

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ super
anxious

- _____
- _____
- _____
- _____
- _____

The logo for 'Heart & Style' is located in the bottom right corner. It features the word 'heart' in white lowercase letters on a dark red rectangular background. To the right of 'heart' is a large, stylized ampersand '&' in a light gray color. To the right of the ampersand is the word 'style' in white lowercase letters on a light gray rectangular background.

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit
anxious
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- super
anxious

- _____
- _____
- _____
- _____
- _____

heart & style

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit
anxious
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- super
anxious

- _____
- _____
- _____
- _____
- _____

The logo for 'heart & style' features the word 'heart' in white lowercase letters on a dark red rectangular background. To its right is a large, grey, stylized ampersand. Further right, the word 'style' is written in grey lowercase letters on a light grey rectangular background.

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit
anxious
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- super
anxious

- _____
- _____
- _____
- _____
- _____

heart & style

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit
anxious
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- super
anxious

- _____
- _____
- _____
- _____
- _____

heart & style

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit
anxious
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- super
anxious

- _____
- _____
- _____
- _____
- _____

heart & style

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit
anxious
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- super
anxious

- _____
- _____
- _____
- _____
- _____

heart & style

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit
anxious
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- super
anxious

- _____
- _____
- _____
- _____
- _____

heart & style

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____

- little bit
anxious
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- super
anxious

- _____
- _____
- _____
- _____
- _____
