**Story of My Life Journal**

**Affiliate Information Pack**

**Story of My Life Journal media channels**

* **Most important:**
  + **** <https://www.storyofmylifejournal.com/>
  + [@soml\_journal](https://www.instagram.com/soml_journal/)



* **Secondary:**
  + **** [@soml.journal](https://www.facebook.com/soml.journal)
* **Nice-to-have:**
  +  [@story-of-my-life-journal](https://www.linkedin.com/company/story-of-my-life-journal/)
  + **** [@SOML\_Journal](https://twitter.com/SOML_Journal)

**In five sentences**

* **Story of My Life Journal is a daily journaling system developed using only evidence-based psychology tools and strategies, wellbeing practices, and goalsetting approaches, with almost 600 full-colour pages that include pre-work exercises, and daily, weekly, monthly, quarterly, and annual check-ins.**
* **It is a daily journal system that focuses on wellbeing, mindset, and goalsetting.**
* **Story of My Life Journal was developed by Glen Foreman from Western Australia over three years in response to his own journey of personal identity, meaning and purpose following the passing of his father when he was 22, and through mental health and wellbeing challenges that stemmed from a late (30) diagnosis of ADHD.**
* **The unique system is built on the concepts of Narrative Psychology (hence: *Story* of My Life Journal) and is designed to support users in developing a deeper understanding of themselves and the significant role their subconscious life stories – commonly formed during childhood – have on their lives.**
* **The journal launched in December 2021, is printed in Australia by Ligare and available via storyofmylifejournal.com.**

**Journal features**

* **All tools and exercises lean on evidence-based psychotherapeutic tools and strategies, proven wellbeing practices, and goalsetting approaches that work.**
* **More than 100 references provided (back of journal) for users’ peace of mind.**
* **Undated, so users can start their journey when they choose.**
* **Section-sewn binding, for lay-flat writing**
* **A full year’s worth of journal (because we don’t believe in charging $50+ for just a quarter).**
* **Suitable for anyone looking to begin or advance their personal development journey.**
* **A set of deep-dive exercises prior to daily pages, to ensure users are not just on a journey, but on the right journey.**
* **Daily, weekly, monthly, and quarterly planners, previews, reviews, tools, and exercises.**
* **Big enough to do what you need, and small enough to carry around, with a subtle design for privacy.**
* **12 x monthly calendar pages.**
* **Day-to-a-page view.**
* **Each week consists of six daily pages, divided into morning and evening check-ins, plus a weekly review and preview component, to support users in staying organised and in control.**

**Details**

* **Imprint: FFPress**
* **On sale: Available now (launched 13 Dec 2021)**
* **Available via: storyofmylifejournal.com**
* **Price: $79.95**
* **Pages: 592**
* **Size: 240x170mm (~B5)**
* **Paper: 90GSM**
* **Printed: Ligare Australia (NSW)**

|  |  |
| --- | --- |
| World outline<https://www.storyofmylifejournal.com/> | Envelope outline[support@ffpress.com.au](mailto:support@ffpress.com.au) |