

issue one

The Global Journal

by *Jo Club*

written by
the JoClub Team
www.joclub.world

welcome

Welcome to The Global Journal, we are happy to have you!
Created by JoClub members, each issue will provide you with new
and exciting content to fulfil all of your journaling dreams.

We're covering journaling tips, astrology/tarot, entertainment,
anonymous journaling entries, and more!

This magazine is a place where members get a voice and can share
their entries and passions. You aren't a member yet? No worries,
you can purchase the new edition every month. If you ever want to
become a JoClub member, the magazine is included (and of course
we'll be super excited to have you!)

Enjoy browsing and happy journaling!

xx editors

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*letter from
the editor*

letter from the editor

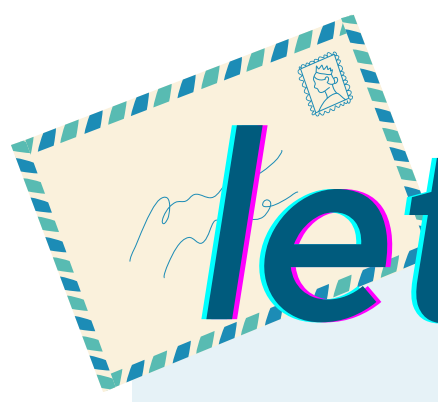
July 29, 2021 - Athens, Greece

My friends around the world, hello from broiling Athens. It's hot here, in more than just the temperature. I'm in love with the youthful bodies around me, aware that the coffees on terraces and drinks in squares could be cut short at any minute due to the Delta variant, so I'm enjoying moments in company a little bit more as if it's my last chance to experience this kind of joyful energy.



Oh how I missed energy.

I arrived in Greece a little over a week, on a one way ticket from Los Angeles. After a non days of eating and drinking and socializing way too much in LA, cries in credit card bill), I've finally settled into my new life and my old ways.



letter from the editor

It's like Europe suits me better; my happiness is more welcome here. I've been in a state of gratitude and awe both with the friends who came and met me, and the white houses decorating the green hills in the middle of the Mediterranean Sea. Thank you universe, God, and all the powers out there for giving us so much beauty. Like, damn.



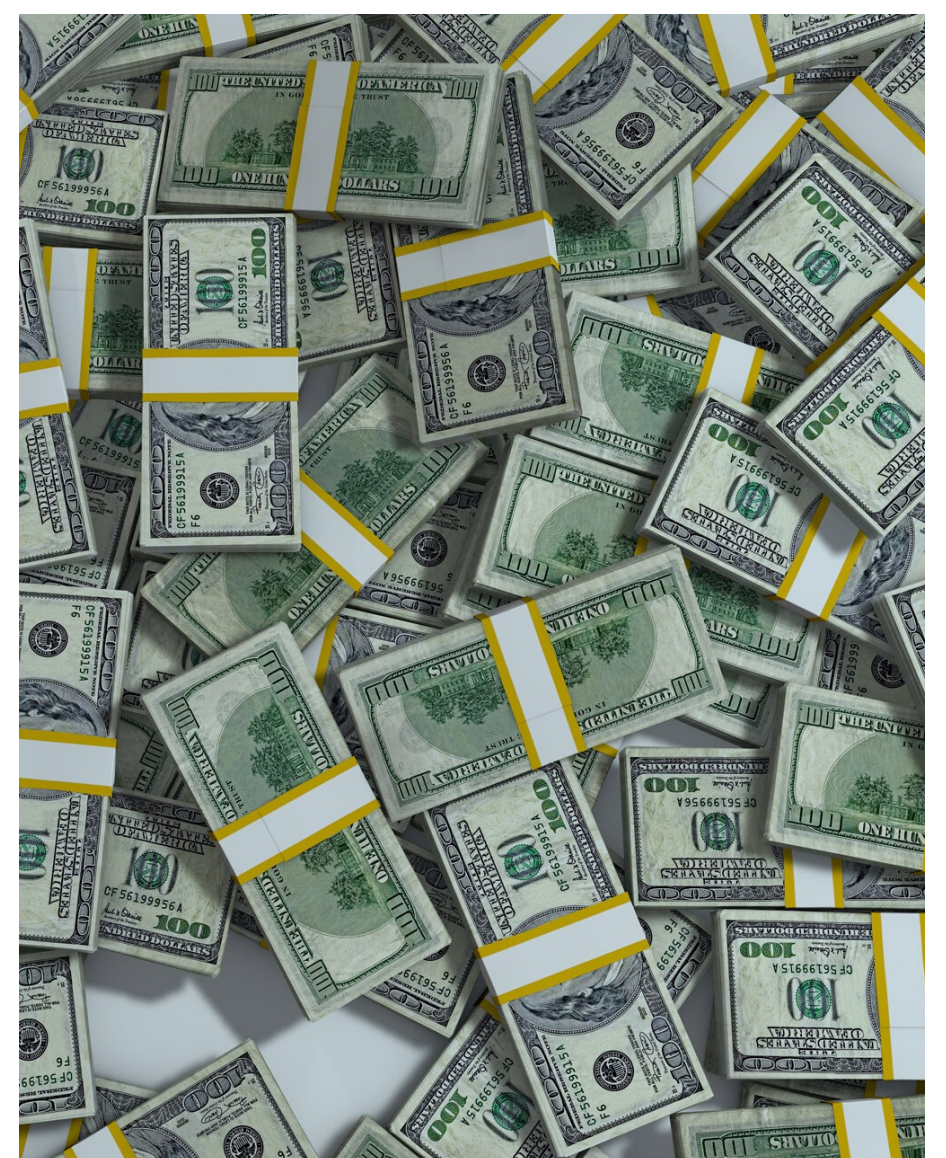
So yes, I'm back on my groove after a long, hard, and introspective winter. Which is why I'm over the moon to announce our first issue of The Global Journal - the JoClub member-led collective journal magazine this August first. There's only bigger and better things awaiting us, and you, and hopefully our magazine helps you channel it.

Enjoy the issue, and enjoy yourself!

Some questions I'd love to leave you with this month: How have you been navigating the world slowly opening up again? Who is on your priority list, and why? What is deserving of taking time away from your newfound hobbies? What value are you adding to your life? What's taking value away?

Reminder of the month:

There's an ancient Chinese proverb that states you never really lose anything, let's say a \$100 bill fell out of your wallet, it means it wasn't really yours to begin with.



"What is fated to be yours will always return to you." As I move forward into this new era of my life, I put energy into this thought and it proves to be true time and time again. Stay positive, and patient, because what's yours is simply waiting for you to be ready to claim it. But you have to know you're deserving of it for it to present itself. Stay focused, and keep moving forward.



Books I've been reading:

In addition to our book club book of the month, "The Perks of Being a Wallflower," I've been loving this book, All the Time in the World.

It's a time machine disguised as a coffee table book, with tidbits of history from around the world in all centuries.

It not only makes you appreciate the passing of time, but brings you back to scenes of ancient traditions, myths, and behaviors that have you not only honoring the past, but zooming out and remembering, this too shall pass.

Jo FRANCO



*monthly
prompts*



monthly check-in

EVERYTHING STARTS WITH GRATITUDE

Monthly re-cap:

What were you grateful for
in July?

Looking forward:

How will you bring a mindset
of gratitude into August?

Write a gratitude list for
August.

(Include things you do and don't yet have.)

journaling tip

MAKE JOURNALING A HABIT.

It's good to have some structure when it comes to habits, like journaling.

Journaling doesn't have to be a once-a-day thing. You can choose to journal every morning **AND** every evening. It's all about finding the style and routine that works best for you!



Example:

Fixed time: You can decide to journal at 7:30AM every morning, or during your lunch break, or even right before you go to bed.

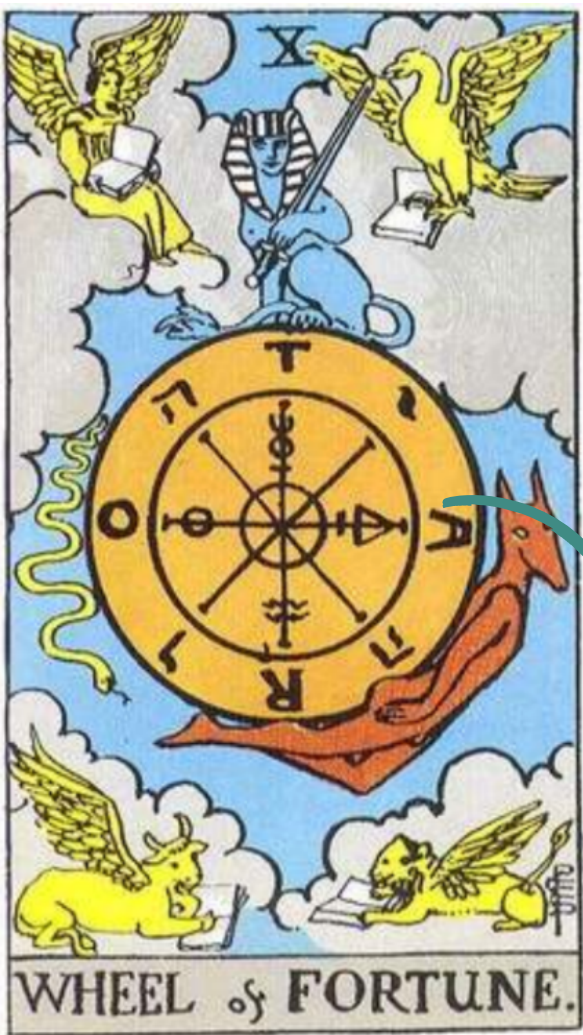
Fixed amount of time: If this isn't the best fit for you, dedicate a set amount of time each day to do this - 5 minutes or 15 minutes, for example.

There are other ways to go about this. Experiment and try as many as you need to until you find the one that just works!

prompts from the cards

Quick Start Guide: This is not-your-average astrology column. Here you'll find a combination of my two favorite topics: astrology and tarot! I use both astrology and tarot to help me better understand myself and my relationship to others. I pulled a card for each astrological sign and channeled a little message and journaling prompt for you. But here's where you can reflect more deeply with this section. You could do the prompts for your whole birth chart if you wanted to, or create your own interpretation of your cards.

Enjoy! - Maya <3



ARIES

(March 21 - April 19)

X WHEEL OF FORTUNE

The Wheel of Fortune is a card that tells us about the lessons that we learn in life. Sometimes this is something that you've been faced with multiple times. It also tells us about the different seasons or stages that we enter in life. This isn't as fast of an upheaval as say, The Tower card, but if you're feeling apprehensive, it's okay!

Prompt: Describe the stage you're currently at in your life. What seems to be changing? What is staying the same? Are you ready for what's next?



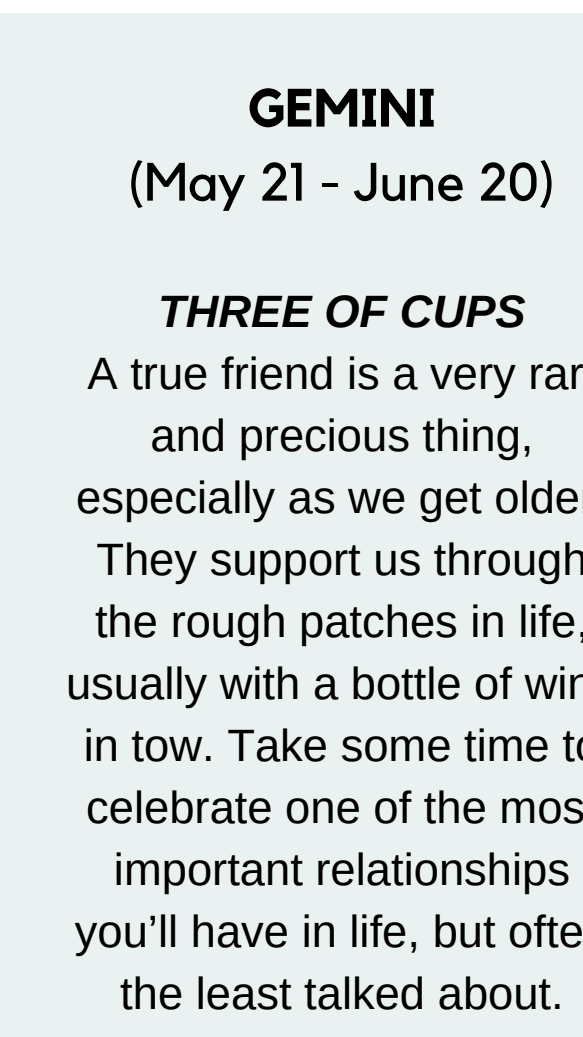
TAURUS

(April 20 - May 20)

KING OF CUPS

The King of Cups is someone who is caring and compassionate. They are also someone who is great at going with the flow and gently moving through life. This card could represent you, or a person in your life.

Prompt: Write about when you feel the most balanced emotionally.



GEMINI

(May 21 - June 20)

THREE OF CUPS

A true friend is a very rare and precious thing, especially as we get older. They support us through the rough patches in life, usually with a bottle of wine in tow. Take some time to celebrate one of the most important relationships you'll have in life, but often the least talked about.

Prompt: Write a letter of gratitude to your closest friends!



CANCER

(June 21 - July 22)

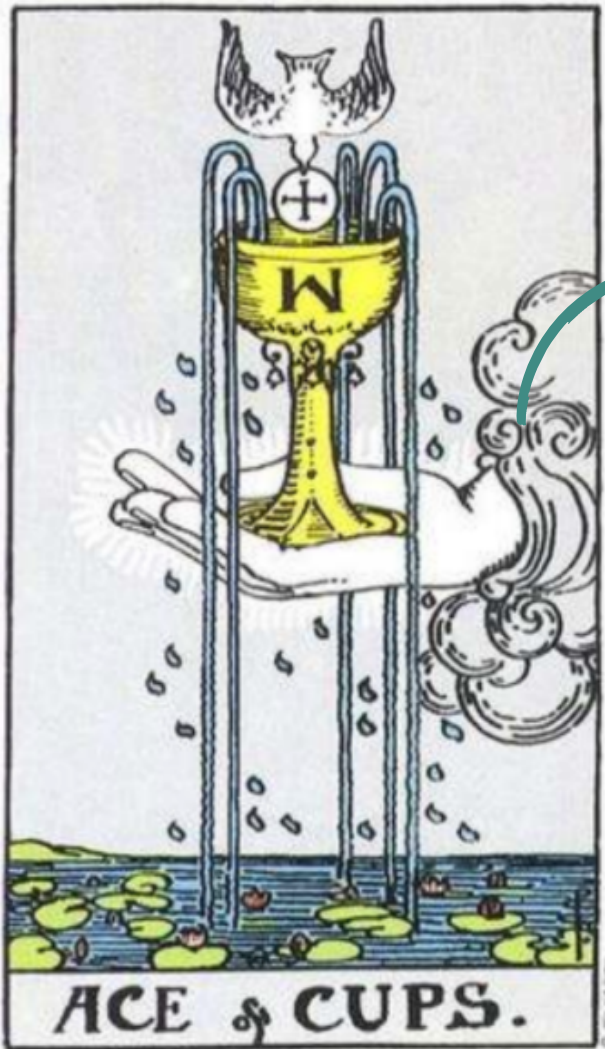
SIX OF WANDS

You are currently riding the high of a win in your life. I don't know how big or small it was, but it's a harbinger of many more victories to go. I always see a little bit of ego with this card, so don't forget to remain humble as you continue on your path.

Prompt: Write about three wins that you're proud of recently. Write about why you feel proud as well.



prompts from the cards



LEO
(July 23 - August 22)

ACE OF CUPS

This month your cup runneth over with love and joy. You may find yourself open to new relationships, experiences, or opportunities for vulnerability. Aces tend to symbolize the willingness to invite in that element's offering, but you still need to reach out and take it.

Prompt: What are you feeling ready to invite in this month?



VIRGO
(August 23 - September 22)

SIX OF CUPS

Feeling nostalgic? You might be yearning for the simple pleasures of being a child. It's important to nurture and honor your inner child, who is always with us. Let them take hold of your imagination again and be open to new perspectives.

Prompt: Write about what your world would look like from the perspective of a child.

LIBRA
(September 23 - October 22)

THE STAR

How do you feel when you look up at the stars at night? Personally, I feel a sense of hope, a reminder that the light will return soon. The Star tends to come up when we are about to emerge out of a dark period. Use this time to take the steps you need to heal.

Prompt: How do you want to begin feeling?



SCORPIO
(October 23 - November 21)

FOUR OF CUPS

Don't focus as much on what's missing in your life. When we do this, we close ourselves off from the abundance and inspiration that is right there, and ready to enter our lives.

Prompt: List four things that you're grateful for today.



prompts from the cards



SAGITTARIUS (November 22 - December 21)

FIVE OF SWORDS This is a card that can represent deception, self-sabotaging, and defeat. Sometimes it's best to cut your losses and walk away. In other cases, you ought to consider standing up for yourself. There are a lot of options in this card!

Prompt: What does standing in your truth mean to you?



CAPRICORN (December 22 - January 19)

ACE OF PENTACLES You're about to set out on a new endeavor that will be very positive for you. This card symbolizes both inspiration and positivity, but also material abundance that is on the way. Just like what I said for Leo's card, aces are about willingness and potential. Great things are coming, but you need to take steps to manifest it in your life.

Prompt: Free write: What are you manifesting for yourself right now?

AQUARIUS (January 21 - February 18)

NINE OF SWORDS Something had been hanging over you heavily lately. I'm sorry that you're dealing with that. Sometimes those feelings of excessive anxiety and stress take hold of us and it's difficult to shake. There are some obstacles that aren't as insurmountable as we think.

Prompt: What would happen if I let go of these negative thoughts?



PISCES (February 19 - March 20)

THE MOON Under the moonlight we release our wild selves. A whole different world of creatures emerge and live out their lives in the night outside of regular society. Take this time to explore the unknown and feel inspired by the strange energy moving through you.

Prompt: What makes you feel unique?





journal entry

How do I feel about my age right now?

Ok, so I'm thirty-years-old right now. Just shy of 30 days as a thirty-year-old. I've spoken about this but I have not written about it yet, here goes.

[At 30] I have a better sense of who I am as a person.

I never thought about my life as a thirty-year-old because I just didn't dream. My view was limited to what was in front of me. My childhood imagination only existed in the confines of my world, which was small, just Los Angeles.

As my thirty-year-old self I noticed I'm dreaming and wondering and imagining what my life could be.

*I think about how being an adult is a scam. *Low key* For real no one knows anything.*

*I do know that if I feel good,
I'm going to keep doing it.
Whatever it is.*

“being an adult
is a scam”

I feel solid in myself. I don't feel solid in where I'm going or what I'm doing but who I am and what I value is so solid & clear. Not jagged but smooth.

Before this age I felt like a flubber puddle walking in life leaving parts of me behind and now I feel solid. I'm solidified and can navigate all these same questions about my life however I do it much more freely.

- Mariah

A large, light green number '5' is positioned on the left side of the page, partially overlapping the text. The number is semi-transparent and has a soft shadow.

5 monthly prompts



featured country

SAINT LUCIA

My Feelings About My Home Country, Saint Lucia



I was born and raised in Saint Lucia. I moved to France last year as an English Language Assistant, and part of the job was to be a sort of ambassador for my home country- share the culture with my students, highlight

differences between the island and France, and as I've learned, be prepared to answer lots of questions from curious minds.

*How hard can this be?
I've lived here for 21 years right?*

Saint Lucia is definitely a paradise. There's no denying it. There are many reasons to want to visit and to learn more, you know?

It was the first sovereign nation to be named after a woman - Saint Lucy of Syracuse. The island is home to a pair of mountainous volcanic plugs, better known as The Pitons, hosting the world's only drive-in volcano. Saint Lucia is the 12-time recipient of the "World's Leading Honeymoon Destination" award and also the 12-time recipient of the "Caribbean's Leading Honeymoon Destination" between the years 1998 & 2020.

These are just a fraction of the "wows".



featured country

SAINT LUCIA

However, when people asked me about Saint Lucia, I often found myself back at the crossroads in my mind. I've always felt that Saint Lucia isn't the place for me. It's not where I'm meant to be for "the rest of my life". It doesn't feel like it's my "I'm gonna settle down here" place. And that's okay.

Aren't the beaches, the "fantastic weather" and the more relaxed pace of life amazing?!?! They are... for some people.

For me, however... here's the situation:

I don't frequent beaches, I prefer the colder weather, and the faster pace of life is more motivating for me, personally and professionally.

“Saint Lucia is definitely a paradise.”

I will admit that being out of the country for 8 months gave me the chance to miss things, but I doubt they're what you're thinking of now.

The two things that I missed aren't tied to Saint Lucia itself.

My family - If my family is placed in another country, we can strike off this point.

Coconut water - straight from the coconuts! - This can be found outside of Saint Lucia. Strike two.

This isn't to say that I don't like Saint Lucia.. But it's not that special place that gives me unexplainable belly butterflies. There's no "je ne sais quoi" for me.



featured country

SAINT LUCIA

Be that as it may, before ending, I will share my favourite thing about my home country: EXPERIENCES. This includes activities and tours.

In Saint Lucia, you can:

- Go hiking to/through many historical landmarks
- Climb the twin peaks - The Pitons
- Zip-line through the forests
- Swim with the fish / scuba dive
- Tour the island / the seas in cool vehicles - catamarans, yachts, helicopters - you name it
- Ride ATVs through nature trails with break-taking scenery
- Bathe under the waterfalls
- Take a sulphur bath at the Sulphur Springs



And much more!

It's definitely worth a trip, especially if you're coming from outside of the islands.

- Maryse

Next month, Lea takes us to:





polyglot journaling

Welcome to our polyglot journaling section!

Journaling it's like playing with a puzzle where the pieces are your words. We play with them, we try one and another until we find the ideal combination that fits so well that finally our most inner thoughts, ideas, worries and excitements form a shape and become a tangible extension of ourselves.

But, for language-lovers, the fun doesn't stop there, because they have the chance "to play" with many sets of pieces and putting together puzzles they never imagined.

For this reason, we're creating this section, a place where, as a writer, you can share your journaling entries -either in your native language or in your target language.

So if you're *en train d'apprendre le français*, *o forse se parli italiano*, *o tal vez español* send us your entry, we're already excited to read that polyglot version of you! :)



polyglot journaling

My Money Story

"So, what's your 'money story'?"
Jo asked at the Money Session
from JoClub.

What was my money story? It's not
that I'd never thought about it, but
there's something about writing it
down that made it hit differently.



I'm a very privileged European
white cis-woman born into a middle-class family, which means I never felt
real scarcity or lack in any way, enhanced by the fact that I'm also an only
child and granddaughter. That being said, my family's history before I
arrived in this world was quite different – they struggled to survive and
sometimes to have enough to eat, some had to emigrate and in general
went through a lot of sacrifice to get to where they are now. I grew up
with all those stories, albeit never having to experience them myself.

My money story is that I always had enough, but never felt like I
deserved it.

My dad, having worked in a bank for the majority of his life, started a
savings account for me when I was born. But did I feel worthy of it as a
young adult? Nope. You see, imprinted in my cells was the belief that you
should only receive money as a reward for sacrifice and struggle. When I
started working after getting my degree, I remember telling my mom "I
love doing this so much I feel bad being paid for it". Having spoken that
sentence out loud into the universe, what do you think I manifested?
Unemployment. Scarcity and struggle. I was not making enough money on
my own and I was dependent on my family's help. The inside narrative that
grew from there on was that even if money came to me and I always felt
financially secure, to an extent, it never came from me.



polyglot journaling

My Money Story



Four years ago, I chose to emigrate. I didn't have to, but the truth was I didn't know what I wanted to do with my life.

I was still living with my parents and had an intense calling to explore who I was away from that safety net. That opportunity came through my boyfriend – he wanted to go back to the country he'd been born in and lived in during the first half of his life. He took the leap first and one year later I joined him.

By the time I arrived, I'd already started working on my "abundance mindset". I no longer wanted to be dependent on anyone. I no longer wanted to feed into the idea that suffering, unhappiness and burnout were a sine qua non for financial success. What I didn't realize was the amount of pressure and expectations I was putting onto myself because of that - I'd gone from being financially dependent to rejecting any sort of help on that matter.



polyglot journaling

My Money Story

When you move to a new country where you know no one but your significant other, or when you take any sort of big leap of faith, you'd better accept whatever help you are lucky to have been given. Eventually there will come a time when you'll be on the giving end rather than receiving. Whatever help is available, take it. If it wasn't, odds are you'd be asking (or cursing) the universe for it. Welcome it gratefully. It's not a sign of weakness, but of humility. It takes a great deal of courage to say "I need help" and a well-established sense of self-worthiness to accept it. I know now this was one of the big lessons I embarked on this journey to learn.



It might seem odd, what I'm about to say, but in a world that expects women to be independent and empowered and leaders and successful entrepreneurs or CEOs and super fit and caring mothers and partners and absolutely perfect at absolutely everything they do, we're falling into the exact same trap we're trying to escape from. We rightfully abandon the socially-built idea of being dependent on the "husband" who is the "provider", to adopt the one where we have to do everything on our own and CAN'T accept or ask for help ever, especially if it's coming from a masculine figure.



polyglot journaling

My Money Story

We rightfully abandon the socially-built idea of being dependent on the "husband" who is the "provider", to adopt the one where we have to do everything on our own and CAN'T accept or ask for help ever, especially if it's coming from a masculine figure. Doing so makes you feel like a failure as a 21st-century feminist, or even worse, a fraud. Don't get me wrong, THANK GOD that old paradigm is finally shifting (and we still have such a long way to go), but we do have to be careful not to take it to the extreme where it can backfire and oppress us, rather than liberate us. Furthermore, isn't it a trait of a balanced feminine energy to be able to receive? Isn't it its superpower to embrace vulnerability?

“Isn't it its superpower to embrace vulnerability?”

Well, back to my money story.

It's clear to me that the narrative I'm working on is that I am able to be financial independent and make money on my own; that I am enough to generate true abundance and that means living a fulfilled life in every aspect, aligned with who I truly am and from which I can add value to the world.



polyglot journaling

My Money Story

Nonetheless, I'm still at a point where I need financial help. Not as much or as frequently as I needed before, but I still do. I'm still learning that this doesn't diminish my worth or the overall value of my life, whilst actively investing in myself, developing new skills, deconstructing limiting self-beliefs, learning about finances and entrepreneurship, establishing my business and working on my creative projects.

Nothing is permanent and you won't be where you are forever.

If where you are is not where you think you should be, think again. Right there is a blessing

in disguise. There's a lesson you're learning, an opportunity you're being given, an idea about to come to life. If the way you're looking at this moment isn't serving you, change perspectives. If you've encountered a blockage and are feeling stuck, know it means you've reached a doorway to your next level of expansion.

While you do this and take accountability for whatever you co-create for your life to get to wherever you want to go, don't rush the process. Remember that in co-creating you're not creating alone. You do your part as best as you can, but let the universe do his.

Hold your vision but trust the process.

“If the way you're looking at this moment isn't serving you, change perspectives.”

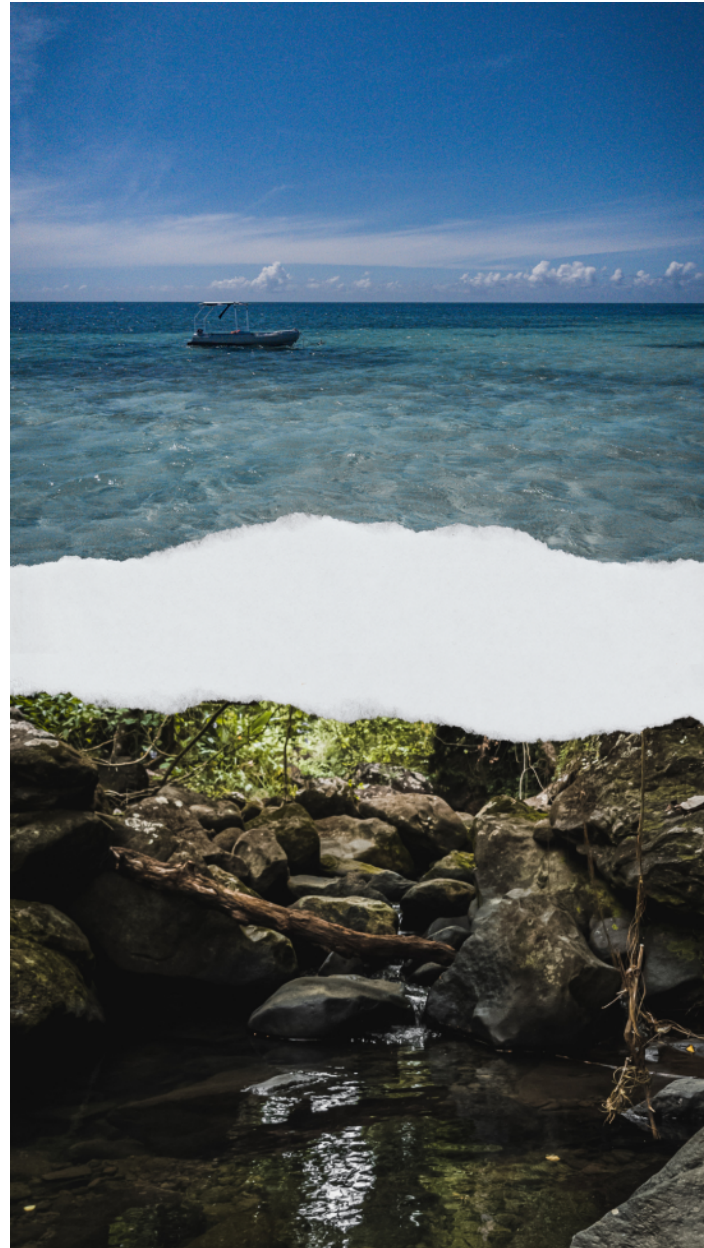


around the world

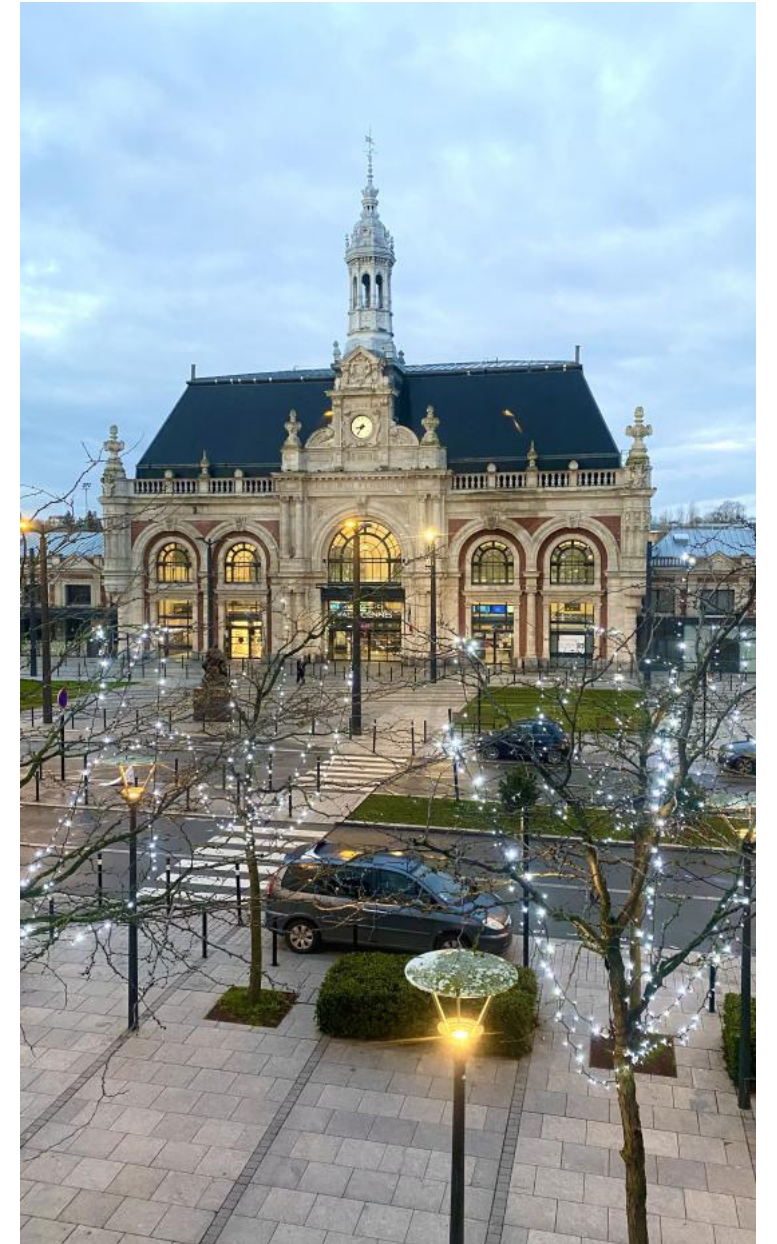
JoClub can't get any more global than this. Take a look at our photo submissions from members all over the world!



*A sunrise/sunset at 1:30am in Jakobstad, Finland.
[@hanna_wwesterlund](#)*



*Ce sont deux paysages complètement différents mais ils montrent la diversité de la Guadeloupe. Voici une rando en forêt et une sortie bateau. Effectivement malgré sa petite taille, la Guadeloupe regorge de jolies choses et de belles surprises.
Juin 2021.
[@mobile_the_explorer](#)*



*Gare de Valenciennes (Valenciennes, France).
Le 25 décembre, 2020.
[@MaryseSMarius](#)*



*This is a place in Haarlem, the Netherlands I have been lucky enough to call my home for the past 2 years. Or at least close to home.
[@Leansdayaddams](#)*



*Crater Lake (Tasmania, Australia).
21 January, 2020.
[@writingsbynoa](#)*

To submit your photo, send an email [here](#)



*mental
health*



testimonial

Hi I'm Noa! A 23 year old Australian with an endless list of hobbies and a fascination with random docuseries. Join me as I navigate my brain and its place in the world through journaling.

I used to think anxiety could be fixed and all it'd take was a couple therapy sessions and a good meditation app. I couldn't have been more wrong. Of course, those things help, but what really allowed me to be free of the burden I felt when experiencing anxiety was acknowledging that it wasn't something that needed to be fixed in the first place. (Okay yes, this was said by a therapist so technically it was true in some capacity). Nonetheless, knowing it was a part of me, and that was okay, was a game changer.



When I decided to start journaling for 30 days, I thought nothing of it apart from 'maybe it'll be cool to document what's happening during this time.' As I continued, I became determined to let myself listen to my thoughts fully, instead of trying to avoid their existence, like I did with anxiety. And when I came to the realisation that I couldn't and shouldn't ignore my anxiety, I began to think through everything by journaling. What I learnt about myself made me both terrified and excited for my future, proud and embarrassed of myself and overall, just grateful to be alive.



testimonial

Now, in times where I'm feeling overwhelmed with the feelings that I now actually let myself feel, I have my trusty notebook to help guide me through. Even describing what's happening in the moment has helped me. I've started using my journal entries as a means of writing to myself. It's a way for me to process what I'm thinking as if I'm talking to someone. It sounds strange but for someone like me who is just discovering how to communicate how I'm feeling, it really helps. The following entry is one of the first times I wrote about this mindset shift.

15th March 2021

"Dear Noa,

Your heart has been in a race with itself for the last few hours. Time seems to shrink and then dissolve, leaving you feeling overwhelmed and unable to focus on any one thing at a time... you're beginning to accept that your anxiety is a part of you that you cannot fix. And for the first time you're not letting it stop you from the things you want to do. You're also not letting yourself think about the future...the uncertainty that looms ahead."

I know I've still got a long way to go and even though sometimes the thought of the future still fills me with an anxious dread, I know that this skill of journaling can help me through all of the uncertainty.



doctor's note

Brenda

Journaling: an adventure that never ceases to amaze us - and take care of us.

Everyone starts journaling for a different reason: as part of a new routine, to express things that are going through our heads or maybe we just felt "the writing call."



Despite the reason, the truth is that we never imagined that we were embarking on a long and winding road of self-discovery, reflection and understanding of ourselves. To be honest, it took me a couple of years to fully understand the extent to which journaling was changing my life, but after filling up thousands of pages, I saw it.

Journaling has already become the space where I can unknot my thoughts, the place where I can see my essence face to face, where I can have access to my most genuine self, the one that knows the answers, refocused me and reminded of what is truly valuable to me.

Woah! Such a wonderful tool! But... as powerful as it is, what else could be possible? Which other benefits can we get from this magical tool?



doctor's note

Scientific suggestion: take your pen and start writing!



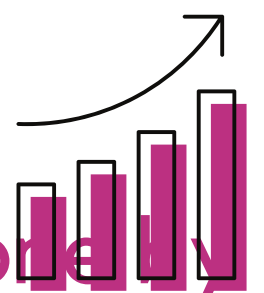
After years of research, experts had confirmed that journaling has a lot to offer! Not only does it help us reduce anxiety and depression, but it also offers us surprising benefits, such as:



Boosts Our Immune System

Different studies have reported that regular expressive writing (journaling for 15 to 20 minutes, three to five times a day in a period of four months) strengthens immune cells called T-lymphocytes which boosts your immunity and decreases your risk of illness –very useful in this COVID time. Don't you think?

Specifically, it has been shown that journaling lessens symptoms of asthma, improves liver and lung function and helps the wounded heal faster.



Increases Productivity

A study done by Harvard Business School found that journaling increases an individual's performance making them 25% more productive.

The experts suggest that this happens because journaling gives us the space to reflect on past experiences and to notice what we've learned from these experiences. Thereafter, we can start to incorporate the new wisdom into the future.



doctor's note



Makes vaccines more effective

More good news! Other research found that journaling could make vaccines more effective. In the experiment, some medical students wrote for four days in a row about their thoughts and feelings around some of the most traumatic experiences of their lives, while others simply wrote down their daily events and plans.

Then, everyone received the hepatitis B vaccine and two booster shots. According to blood tests, the group who journaled about upsetting experiences had higher antibodies right before the last dose and two months later.

To wrap up, as we can see, journaling has always new and incredible things to offer, and I think it's its own way to encourage us to keep walking along the path of improving our quality of life while we "fill our paper with the breathings of our heart."



anonymous entry

Discipline

12/06/21

The other day my friend asked me how I manage to maintain discipline and I didn't have an answer. He was unsure as to how I managed to get top grades in my exams while still maintaining the level of elite sport I'm at, and still keeping my mind and spirit healthy. I don't know where my discipline comes from but I know that it looks far more stable from the outside than it does from in here.



I've had many previous issues with maintaining discipline. Before the pandemic, I really struggled but when we first went into lockdown everything clicked for me and I was one of the most disciplined versions of me I have ever been. I was reading, training, running and meditating everyday, hardly going on my phone, and I have struggled a bit to get back to that point since.

One thing I'm noticing which interferes with my discipline is the 'id' or in other words the devil on my shoulder. Often times I commit to doing something which may not be pleasant in the short term, but that I know will enrich my life in the long term, and the devil on my shoulder, which wants me to give in to short term temptations, ends up winning the battles and convincing me to indulge in the pleasant, or avoid the unpleasant short term activities: (destructive short term pleasant things such as eating junk food [which I am very good on now], and unpleasant short term things which will benefit me, such as running, when I don't want to).



anonymous entry

Discipline

TI think that too often I forget about the bigger picture and let this 'id' mislead me into believing that avoiding/indulging in the short term activities will not be harmful to me. I let it deceive me into thinking that I am causing myself suffering by resisting temptation, when in reality, when I give in to these temptations, I am delaying a more severe form of suffering, not avoiding.

People on the outside, however, only see the disciplinary successes I have, which come from learning from these mistakes which I regularly make and using them as a propeller to speed up my progress, instead of a barrier to hinder it.

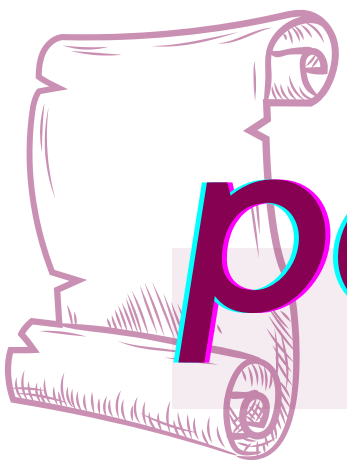
“When you have a strong enough 'why', you can tolerate almost any 'how.'”

The discipline that I have comes from work. I'm trying to apply discipline in all aspects of my life but have failed many times and learned from these failures. Someone who has tried to become disciplined, but has made mistakes and slipped up on their promise, and has let these slip ups hinder their growth as opposed to accelerate it, cannot expect to see positive results in their discipline.

Perspective shift is the first step in acquiring discipline; not seeing failures as losses but as learning opportunities. The last thing I will say that helped me gain discipline was realising why I wanted whatever I was becoming disciplined in in the first place. When you have a strong enough 'why', you can tolerate almost any 'how.' Reminding yourself of this 'why' when you're struggling with the 'how' can be very useful in maintaining discipline.

A large, solid purple number '5' is positioned on the left side of the page. The word 'entertainment' is written in a bold, italicized, purple font across the middle of the '5'.

entertainment



poem of the month

How Do You Grow A Flower

How do you grow a flower?

Do you sing it a lullaby?

How do you grow a flower?

*Caress it and whisper sweet
words?*

How do you grow a flower?

Let tears flow?

How do you grow a flower?

Shelter it from the rains of life?

Pray, it listens

And reaches for the light



recommendations

Hi, I am Lea and I have a passion for recommending things to my friends. No, really. I am constantly looking for new things and love sharing them. So I compiled a list of some of my favorites, for when you feel in need of some new inspiration or you need a quick distraction after an emotional journaling session. So here we go, enjoy!



music

I don't think this woman/band needs a shoutout, but just in case you're not familiar: Put Sade's discography on shuffle, enjoy the vibes, and start slow dancing with yourself. Trust me.

She makes me feel like nothing else does. The amount of relaxation and ease I get from her music is truly unmatched. Another fun fact: I have the title "Smooth Operator" tattooed on my arm, because that is how passionate I am.

Personal favorites: Paradise, Smooth Operator & Tar Baby

If you're living in Europe, this band probably is somewhat familiar to you since they won the biggest music competition in the world in May: the Eurovision Song Contest. If you're interested in some Italian rock to spice up your everyday life and to make you feel extra cool walking down the street, I highly recommend checking the band

Måneskin out! Fun fact: they got me to start learning Italian. I couldn't help it. Personal favorites: Zitti e buoni, Beggin' & Coraline





recommendations

movies/shows



I discovered the show "Russian Doll" on Netflix a couple of years ago and immediately fell in love with it. It has humor, mystery, interesting characters, and everything you could ask for to be hooked. Not enough people have seen it and they're shooting the second season. Go watch it now and be the cool friend later when all the others find it.



Happy (late) pride month!
If you're looking for a heartwarming animated movie "Luca" on Disney+ might be something for you. Bonus points if you manage to not cry on your bowl of pasta (that you're hopefully making to watch this movie).

I also want to recommend a special show on Netflix by no one other than Joanna Franco. The perfect comfort and good-vibes show. This show made me want to sell all my things and travel last week.



recommendations

*Because we all need more comedy in our lives
(A quote by me)*

quick laugh

In case you are not familiar with this monumental piece of pop culture, I present you with "Brooklyn 99". Especially, this cold open, which forever owns my heart.



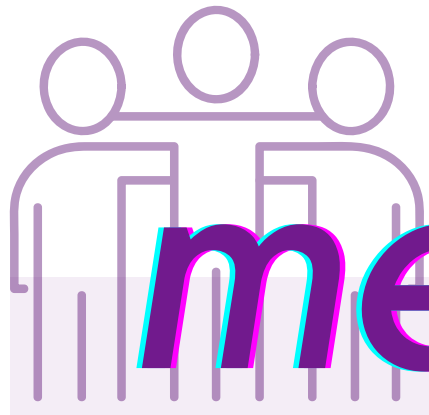
This classic SNL sketch

I hope I did my position as entertainment columnist justice and was able to entertain you for a bit. If you have anything to recommend or simply want to share how obsessed with Måneskin you are now, I am happy to hear from you!

You can reach me on Instagram [@Leansdayaddams](#).

-Lea





meet the team

Jo

Jo's a multilingual storyteller, travel chick on [Netflix](#), and a builder of online communities rooted in passion from traveling, to journaling, to self-improvement. Jo is the founder of [JoClub](#), journaling until the pen runs out of ink. Find Jo at [JoClub.world](#) and on [Instagram](#).

Maryse

[Maryse S. Marius](#) is a creative non-fiction writer documenting her life experiences in words. She loves all things art, business and languages.

Visit her website [here](#)

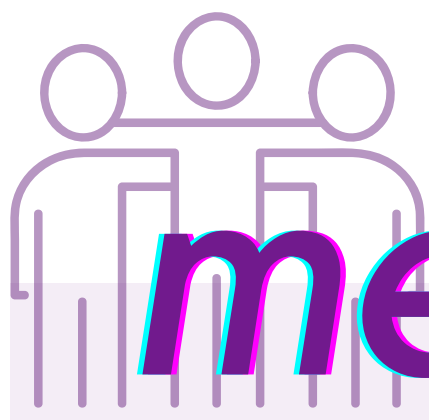
Connect with her on [Instagram](#)

Lea

[Lea Seeg](#) is a creative and comedy writer from Germany currently living in the Netherlands. On her [Instagram account](#) or in her meme/comedy newsletter, she does what she's most passionate about, entertaining people.

Sign up for her newsletter [here](#)

Or read more of her stuff [here](#)



meet the team

Maya

Maya is a transportation engineer, tarot reader, and notebook and pen enthusiast.

You can find their blog here: dreamingoffgrid.com eventually they'll document their off-the-grid house build as well!

Noa

Noa is a recent uni graduate trying to figure out what to do with her life. In her spare time she can be found starting new craft projects instead of finishing the ones she's already started, trying new recipes or writing.

Connect with Noa on [Instagram](#)

Brenda

Brenda is a medical writer and language learning enthusiast. She is madly in love with journaling, and she works on achieving her dream of becoming a polyglot content creator.

Connect with her on [Instagram](#) and find her blog [here](#)



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*with
love,*

Jo Club