

issue three

# The Global Journal

by *Jo Club*

written by  
the JoClub Team  
[www.joclub.world](http://www.joclub.world)

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*letter from  
the editor*

# *letter from the editor*

*It always surprises me that it's time for me to write another letter from the editor, the clock is really playing tricks on us these days, racing to wrap up the year.*

*Maybe it's the socializing spiral those of us who are lucky enough to be outside and around people again are experiencing - like we have to make up for all the solitude endured during lockdowns,*



*so we cram coffees, drinks, breakfasts, and dinners into what used to be reserved for quiet time and introspection.*

*I admit, I hadn't picked up my journal in four days after a weekend turned week in New York City. The feeling was equivalent to not doing a basic hygienic maintenance like not showering, or brushing my teeth - I feel mentally funky and not in the good way. I've been in a blur of bonding with people who I'd maintained closeness with via screens over the last few months. I love the in person hangouts, but I think it's time to go back into my shell and think about my intentions for the end of the year. Balance? Never heard of it.*

*Because, believe it or not, we're less than 95 days away from the end of the year. Sorry to be "that guy." I've been asking myself, what do I want to experience before 2022? What skills do I want to polish? How many more Arabic lessons can I squeeze in? And who do I want to make time for?*



*One thing that I'm also doing is looking back on the year and celebrating the habits I was able to maintain - journaling certainly is one of them. This group has kept me writing consistently, and engaged in our global*

*conversations in ways I never thought possible. It just fits into my life, my "true north," and in my opinion, that's the sign of a great healthy habit.*

*Season two of my show came out this month as well, which means I have no more tricks up my sleeve. I've started creating on YouTube again, spending long hours editing with my blue light glasses and back brace on. I've made my first ever visual journal video, inspired by JoClub. We're constantly on a creative evolution, but I definitely feel like this is my new direction. It's scary, because for once I'll really be exposing my inner thoughts on a platform as ruthless as YouTube, but since we're all able to find the courage to connect with strangers and be vulnerable online, I'm not as hesitant.*

*I can't help but think: is this the moment that will change everything for me? Is this the seed I'm planting for my next show, one that incorporates my writing, reflection, and journaling? And in the worst case, if no one buys the concept, I'll just make it myself. But now, here's written proof that visual journaling is my intention for this next chapter of my career.*

*Questions I'd love for you to ask yourself:*

- What are your intentions for the rest of the year?*
- What would you like to experience before 2022?*
- What can you celebrate from your 2021?*

*Other things to think about:*

- What chapter are you in right now?*
- Are you creatively fulfilled?*
- What are the things occupying your time? Does it make sense?*

*Cheers to your evolution, you've come along way and this is only just the beginning.*

*All the best,*

*Jo FRANCO*



*all things  
journaling*



# monthly check-in

Connection & Collaboration.

These words are open to an unending ocean  
of interpretation.

But what do they mean to you?

Do you think of friends?

Maybe your significant other?

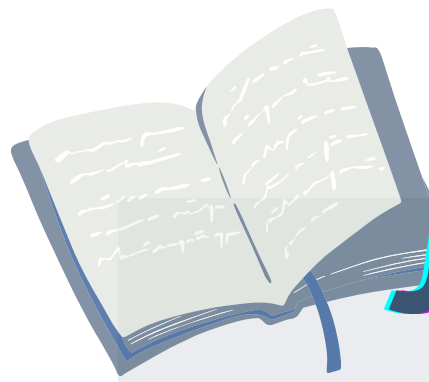
What about your colleagues at work?

“Only through our connectedness to others can  
we really know and enhance the self. And only  
through working on the self can we begin to  
enhance our connectedness to others.”

- Harriet Goldhor Lerner.

*For October's check in, let's work on  
connecting and collaborating with ourselves,  
with others and with the universe.*





# journaling tip

*We can only connect with others to the depth we've connected with ourselves. We're all just mirrors of each other. Often, what we see in others is a reflection or a projection, either of our insecurities or of our unacknowledged potentials.*

*We can only recognize in others what also exists inside*

**We can only recognize in others what also exists inside of us**

*of us - what do your closest and/or most challenging connections tell you about yourself?*

*Maybe they show you how much you're comfortable with your own emotions in the way others so freely share their vulnerabilities with you, maybe they mirror an unease with receiving love and abundance, or maybe there's always something to be worried about.*



# journaling tip

back to the future

*This month's tip is to pay attention to the most prevalent relationship dynamics going on in your life as a way to learn about your relationship with*



*yourself, both in the "shadow" and "light" aspects. Everyday, when you feel called to, take a couple minutes to journal about what you've learned about that.*

*Whatever it is that you observed, do so in a neutral, non-judgmental way. By bringing awareness to the external dynamics, you bring awareness to the internal ones. That's how your relationship with yourself deepens and, by (continually) doing the internal work, the deeper, more authentic and liberating your connection with others becomes too.*

Anais Nin said it best: We don't see things as they are.  
We see things as we are.

# prompts from the cards

Quick Start Guide: Happy spooky season, everyone! I hope that you have all taken some time to enjoy the changing leaves and cooler weather. I hope that you find these little bits of wisdom for the tarot helpful and fun for you as we gear up for my favorite witchy holiday at the end of the month! I pulled a card for each astrological sign and channeled a little message and journaling prompt for you. Enjoy! --Maya <3



**ARIES**  
(March 21 - April 19)

**JUSTICE**  
Justice is the card of fairness, balance, and consequences. It invites us to reflect on our values and our beliefs as well as our past actions. This card is a reminder that even in the face of the messy and confusing situations you might be in currently, you always have a choice!

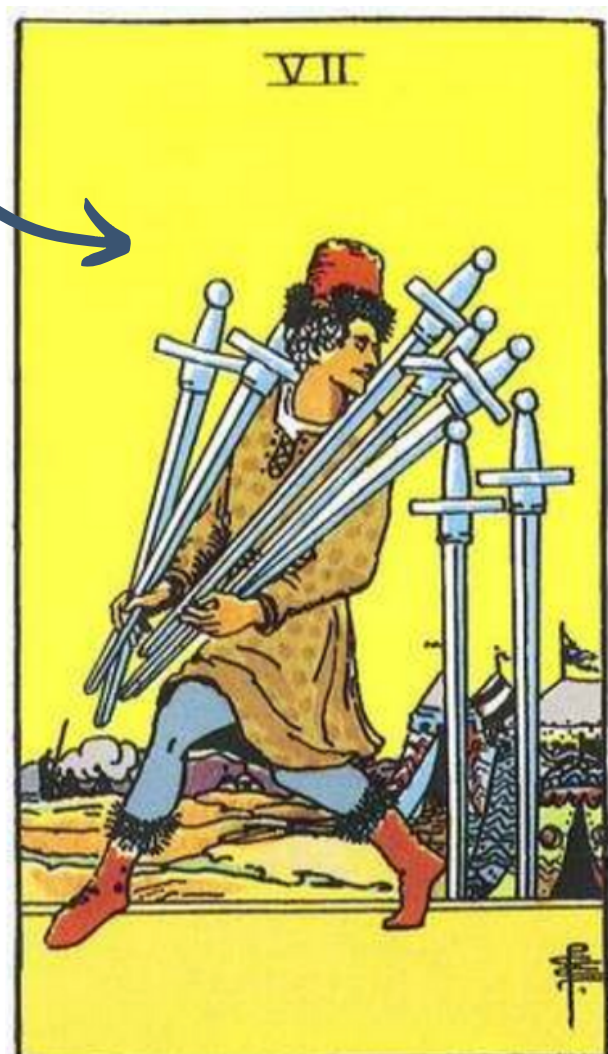
*Prompt: What is unbalancing you right now?*



**TAURUS**  
(April 20 - May 20)

**QUEEN OF CUPS**  
You are someone who is very intuitive and self-reflective, and probably in an especially introspective headspace currently. Because of this deep self-knowledge that you have, it helps you be more compassionate and nurturing to the people around you.

*Prompt: What is your intuition telling you? Free write about it.*



**GEMINI**  
(May 21 - June 20)

**SEVEN OF SWORDS**  
Trick or Treat, I was hoping I would get to sprinkle some Halloween spirit in this month's edition! The Seven of Swords is the card of tricksters and games. It's not always the most desirable trait, as this card is usually pointing at some form of dishonesty on our part. It's not something you should beat yourself up about, we often lie and hide the truth because we want to protect ourselves. Now is a good time, however, to examine if it's helping you or harming you?

*Prompt: What truths have you been hiding and why?*

**CANCER**  
(June 21 - July 22)

**THE DEVIL**  
The Devil makes me think of unhealthy attachments. Sometimes our favorite comforts and passions can become a bit of a crutch and prevent us from progressing. This card is a reminder to stay mindful of how you are comforting yourself and if you can make a different choice that is more healthy for you. I think this is especially important to pay attention to as the seasons change.

*Prompt: What is a habit that you are trying to break? What is making this difficult for you?*



# prompts from the cards



**LEO**  
(July 23 - August 22)

**TWO OF SWORDS**

This month you may be facing a difficult decision, or at least one that you can't make lightly. Sometimes both options can be so radically different from each other that it puts us in a stalemate, unable to see the path forward anymore. Don't fret when this happens, though. Look at the picture. What if she took off her blindfold?

*Prompt: What options are you weighing and what is your most desired outcome?*



**VIRGO**  
(August 23 - September 22)

**TEN OF WANDS**

Tens in the tarot signify a completion of the cycle represented by that suit's element. Wands, the suit of fire teach us about our creative and professional projects in life. You're coming up to the end of a massive project and you probably feel as though you've been doing a lot of it on your own. This is an invitation to set down your heavy burden because you don't have to carry it alone anymore.

*Prompt: Do you ever find it hard to ask for help? Why?*

**LIBRA**  
(September 23 - October 22)

**FIVE OF WANDS**

At first glance, this card to me looked like some kind of a terrible conflict. But the longer I work with this card and learn about the tarot, I see what's happening in this image as more of a friendly competition that has the potential to become unfriendly.

*Prompt: What are your views on competition? Do you feel like you have a healthy relationship with competition?*



**SCORPIO**  
(October 23 - November 21)

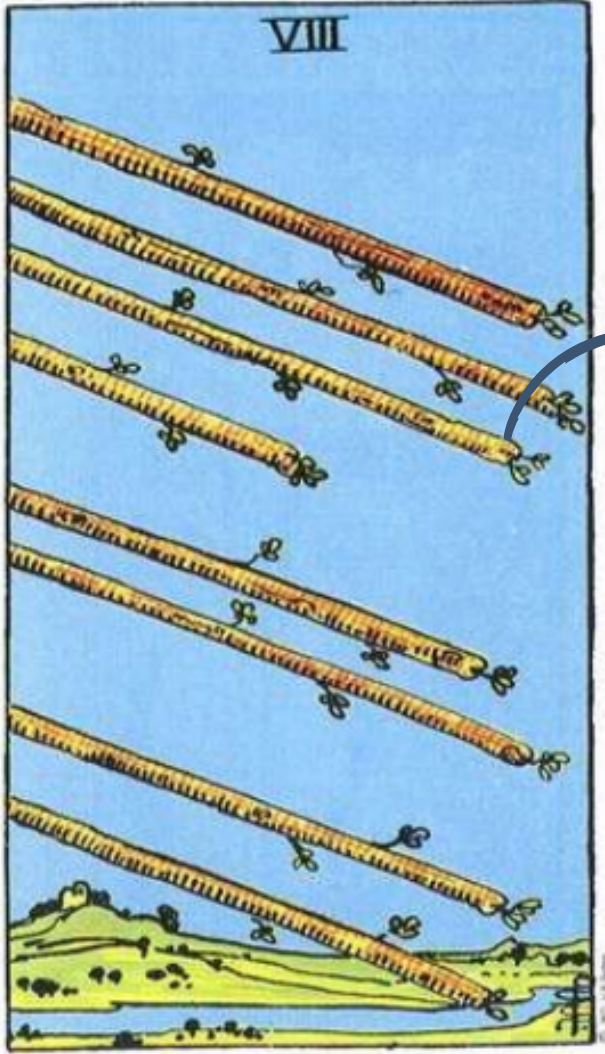
**JUDGEMENT**

This is the card that we see right before we reach the end of a major spiritual (for lack of a better word) cycle. After learning so many life lessons, experiences, and growth moments we turn inwards and reflect on how far we've come. Often the changes that we see in ourselves (even if they're subtle) may surprise us.

*Prompt: How have you changed in the last year? Do you feel better or worse?*



# prompts from the cards



## SAGITTARIUS

(November 22 - December 21)

### EIGHT OF WANDS

Have you been feeling a second wind lately? Maybe that sudden burst of energy or inspiration that you've been waiting for is finally here. I would take advantage of this moment of clarity if I were you, and find out what you can accomplish this month! This is also JoClub after all, this is also a sign that travel may be in your future, friend.

*Prompt: What/who motivates and inspires you? Why?*



## CAPRICORN

(December 22 - January 19)

### THE CHARIOT

This is your invitation to embark on that journey. This could be an internal journey of the spirit, or it could literally be about potential future travels. Whatever this is for you, Capricorn, The Chariot invites you to start moving forward even though you know there may be obstacles and pitfalls on the way. Learning to navigate the world and stay true to ourselves is what life is made of, right?

*Prompt: What does adventure mean to you?*

## AQUARIUS

(January 21 - February 18)

### THE EMPEROR

The Emperor is here to teach us about the importance of structure and control. He is a born leader and understands his power. This is true for you as well! Even when life gets messy I feel like we can find a lot of comfort when we remember what we can control in a situation and to always strive for what's best for us.

*Prompt: What foundations are you currently setting for your future?*



## PISCES

(February 19 - March 20)

### THREE OF PENTACLES

Teamwork makes the dream work! This is one of my favorite cards in the deck. The outfits. The strange darkness surrounding this group of artists' stone work. It's clear that all three of them play a pivotal role in finishing their project in their own ways. Take some time to appreciate yours and your teammates contributions this month.

*Prompt: Who do you have on your team? Write about how you all complement each other.*



*3*  
*joclub*  
*global*



# featured country

## FINLAND

- Hanna

What's the first thing that comes to mind when you think about Finland? Maybe it's forests, snow and lakes. Maybe it's our current prime minister Sanna Marin, ski jumping, the band Lordi, the Moomins or the most saunas per capita. Maybe it's polar bears and

glaciers, in which case your perception is a bit off. Maybe it's "the world's happiest country". Or maybe it's our higher than average suicide rates and problems with



domestic violence and racism. Good and bad, it's all part of the whole that is Finland today.

Speaking about your country is always a bit terrifying, not because there's anything inherently scary about it but because I'm often the first or only Finnish person in the room. And if by some chance I'm not, I'm most certainly the first Swedish-speaking Finn. With an experience of what it means to be Finnish that doesn't necessarily match the majority. The scary part is feeling like I'll misrepresent my country that I'm both incredibly proud of but also frustrated with in many ways.

I grew up in two different small towns along the west coast of Finland in a Swedish-speaking area of the country where a majority of the people speak a wide range of Swedish dialects.



# featured country

## FINLAND

After I finished high school I moved southwest to Turku/Åbo, which happens to be both the oldest and fifth-biggest city in the country. It's a beautiful city with a lot of history and it has a certain almost buzzing energy to it when it wakes up in late spring. In the darkness of winter it's hard to tell how big the city is but when we celebrate Valborg on the last day of April the people spill out on the streets, the river banks and the parks until it's almost impossible to find an empty space to sit.

Just because everything slows down a bit in winter it doesn't mean there's not people out and about. No matter how cold it gets there will always be people skiing, skating or walking outside on the many winter days. In Swedish there is an expression that says: "Det finns inget dåligt väder, bara dåliga kläder." (There is no such thing as bad weather, only bad clothes.") and it shows how people take time to go out in nature no matter the season.

“There is no such thing as bad weather, only bad clothes”

“To be a Swedish-speaking Finn is being a bit in between.”

As for me and my relationship with Finland, I definitely identify myself with being Finnish. I wouldn't say I'm a Finn though. Nor a Swede for that matter. To be a Swedish-speaking Finn is being a bit in between. Not Finnish enough to be considered a Finn since there is a language barrier.





# featured country

## FINLAND

At the same time definitely not a Swede just because I speak the language. Barely anyone outside of Finland knows that the linguistic minority even exists so there is always a layer of confusion.

I can't communicate in my native language everywhere which makes me feel incredibly stupid at times. For example: last year, I couldn't, in any way, explain to a nurse what the problem was in Finnish because it was a stressful situation and she didn't know Swedish. I was crying in frustration. Navigating Finnish-speaking spaces can be challenging and it sometimes makes me feel a bit "fake-finnish" despite never having lived anywhere else.

Apart from the linguistic challenges, I feel at home in Finland. It is where I grew up and where I want to grow old. Finland to me is endless forests, lakes and untouched nature. It is winter and summer, the extremes of darkness and light, cold and warm. It's free healthcare and education, as well as a great but bureaucratic social security system. It's mixing languages in the middle of sentences. It's having the most somber independence day celebrations in the dead of winter.



It's staying up through the night in summer desperately holding on to the warmth and sun. It's waking up in the dark for months and trying to catch a moment of daylight. It's Salmiakki, rye bread and berries. It's community, familiarity, places that take my breath away and people I love.



# featured country

## FINLAND

What's the first thing I think of when I think about Finland? *It's home.*

Finland might not be the first country that comes to mind when you think of really touristic experiences but it has a lot to offer if you go beyond the first impression. There are a lot of smaller places to explore and many cities outside of Helsinki have hidden gems if you're willing to look for them.



Things to do in my hometowns:

- Visit the Turku Cathedrale
- Visit Turku Castle
- Walk in the old towns
- Visit The Moominworld
- Travel in the Turku Archipelago

Things to do/places to visit in Finland in general:

- Visit one of the 40 national parks
- Santa Claus village in Rovaniemi
- Suomenlinna in Helsinki
- The old town of Porvoo
- Roadtrips in Finnish Lakeland
- Kvarken archipelago
- Experience midnight sun/kaamos
- Winter swimming
- A Finnish sauna experience





# *polyglot journaling*

*La conexión humana y lenguas extranjeras*

*He observado que existe una relación entre la conexión humana, el perfeccionismo social y el aprendizaje de lenguas extranjeras.*

*La única manera de lograr una conexión humana es siendo quien realmente eres. Si llevas una máscara, se forma una barrera entre ti y la otra persona, y eso evita que os conectéis. Esto es un problema*



*para la mayoría de nosotros porque queremos presentar versiones perfectas de nosotros mismos, versiones que no son reales.*

*Personalmente, me comporto como creo que la gente quiere que me comporte. Digo solo lo que creo que les va a gustar. Hago lo que me hace ver como una persona divertida pero no demasiado energética, lista pero modesta, segura de mí misma pero no arrogante, simpática pero no débil. Nunca comparto lo malo o lo vergonzoso de mí y, por ello, me resulta difícil establecer conexiones con otras personas.*



# *polyglot journaling*

*Este perfeccionismo social contradice mi deseo de hablar lenguas extranjeras, específicamente español. Es mi carrera y dominarlo es mi objetivo principal, pero eso es imposible de conseguir manteniendo "la imagen perfecta" que mencioné previamente. Antes de dominar un idioma, tienes que hablarlo mal y entenderlo mal - enfrente de personas. Es la única manera de aprender y, para el perfeccionista social, esto puede ser insoportable. Quiero compartir algunas de las situaciones más vergonzosas que me han pasado en mi vida como ejemplo de ello:*

*Este verano me quedé dos meses con una familia en Girona. La hija me hablaba de su madre y dijo: "Su superpoder es ser hermosa". Yo entendí "tu superpoder es ser hermosa", le agradecí efusivamente y, cuando me di cuenta del malentendio, quise esconderme en una cueva para siempre.*

*En el primer año de la universidad, un profe mío me preguntó: ¿a cuándo se remonta la influencia del árabe en el español moderno? Yo contesté: "Arroz", porque pensé que me había pedido dar un ejemplo de dicha influencia. Como era de esperarse, quedó perplejo. De pronto, me di cuenta de lo que había preguntado realmente, y en efecto, quise esconderme en una cueva para siempre.*



# *polyglot journaling*

*En estos momentos, estas personas y yo nos conectamos. Vieron un lado de mí que normalmente consigo ocultar cuando hablo en inglés. Sin querer, estaba siendo yo misma - la chica torpe que se equivoca y que puede ser un poco estúpida en algunos aspectos. Hablando un idioma que no sea inglés, no puedo ser esa versión perfecta de mí, pero, por mucho que quiera serla, mi anhelo por dominar el español es mucho mayor.*

***Hablando un idioma que no sea inglés, no puedo ser esa versión perfecta de mí, pero, por mucho que quiera serla, mi anhelo por dominar el español es mucho mayor.***

*Gracias a Dios que estoy dispuesta a renunciar esa apariencia para conseguir mi objetivo. Si no lo estuviera, no tendría estos momentos de conexión.*

**- Madeleine Tierney**



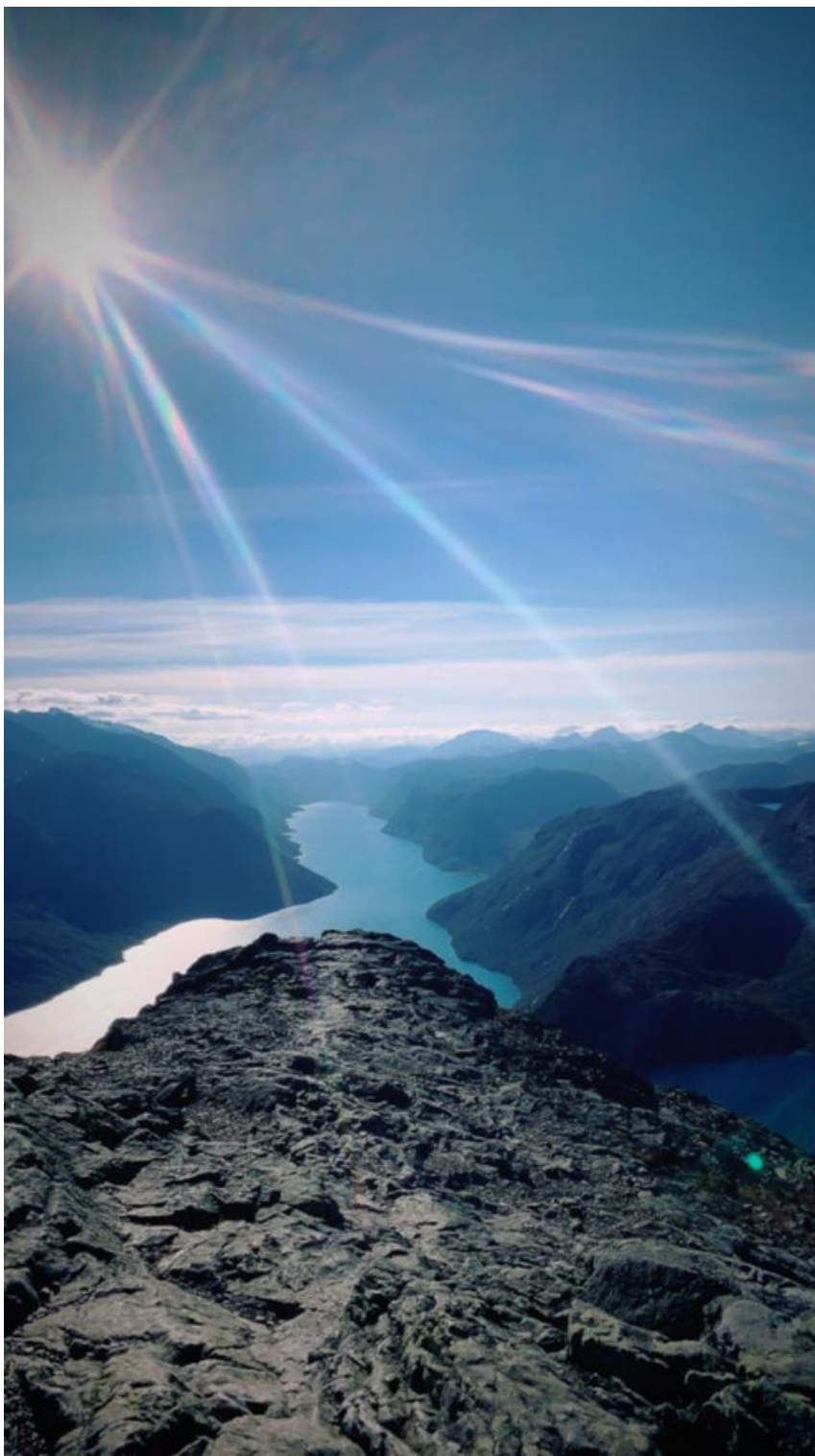
# around the world

*This picture was taken during a 9 hour long hike that taught me how strong I actually am.*

*Besseggen, Norway,  
@Leansdayaddams*



*Big Sur, CA  
Maya ([dreamingoffgrid.com](https://www.dreamingoffgrid.com))*



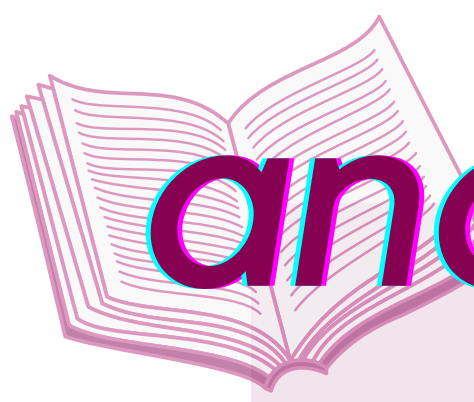
*Canal Saint-Martin. Paris, France.  
January 2019. @Marysesmarius*



*Cafe in Overtoom, Amsterdam  
Rita, (@\_ritabarata)*



*mental  
health*



# anonymous entry

Write about your childhood friends

26/09/21

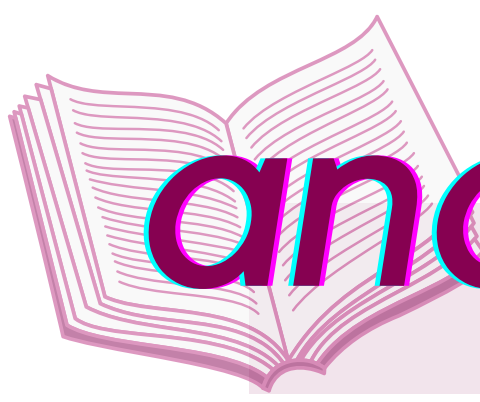
*My childhood best friend has auburn curls as wide as her smile. She's one of those people that are so nice you can barely believe they're human. Now, she has a small human of her own and sometimes I wonder how we ended up in such different places in our lives when we spent so much of it together.*

*My childhood best friend and I met before I even knew I was a person. I remember playing house in her bedroom, building towns out of Duplo and getting beaten at Mario Kart every time since I could never fully figure out how to use the controller (I still have no idea).*



*We would spend long afternoons together every weekend. Since we were neighbours, we'd walk each other halfway home before running towards our respective houses, our laughter our bid goodnight.*





# anonymous entry

*My childhood best friend is one of the most kind-hearted people I know. Despite having known her for almost all my life I've never heard her speak badly about anyone. If she hears anything remotely gossipy, she'll change the subject. She's always first to lend a helping hand, her smile as strong as her resolve to make the world a better place. Next to her I feel like a shit human, because she's so unequivocally nice but I'd give anything for that feeling right now, because it would mean that we're together.*

*My childhood best friend lives halfway across the world without a smartphone and we don't speak more often than we do. She doesn't know who I am anymore. Sometimes I wonder if she ever did. Looking back, our conversations feel surface level and it seems like such a wasted opportunity.*

*I'm the friend that always listens, gives advice and validates feelings, but over the last few years I've realised that I wasn't giving any of my friends the chance to do the same.*

*“She doesn't know who I am anymore. Sometimes I wonder if she ever did.”*

# anonymous entry

*They're wonderful and supportive and I had been putting up this façade that I wasn't struggling with anything and that was far from the truth.*

*I still don't know how to navigate these deeply honest conversations. Sometimes I'll be talking to friends and suddenly feel like this invisible screen is between us and I can't share anything too personal.*

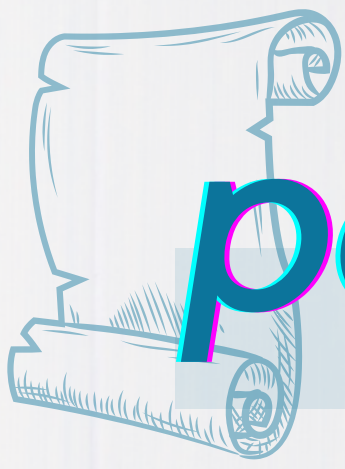
*Maybe it's because I still haven't come out to some of them, so it just feels like they're not talking to me but to a different version of me. Or maybe I'm still too self-conscious to admit any kind of serious vulnerability because I'm*



*scared they'll judge me for it. I don't know why though. The moments where I've let myself be truly open are always the best conversations and I leave them feeling energised and understood.*

*I think it's something I'll need to consciously work on for a while. I know they'll support me, I just need to give them the chance.*

*entertainment*



# poem of the month

## Self-Love

*Sometimes I feel fragmented  
As if only small parts of me can exist at the same time  
So sometimes I'm an Orthodox Jew, but sometimes I'm white  
Sometimes I'm not straight, and sometimes  
I am the perfect daughter  
Sometimes I'm Australian, and sometimes  
I am the granddaughter of immigrants from all over the world*

*Sometimes I am countless apologies rolling off my tongue  
as if my identity is an inconvenience  
Sometimes I am picking the parts of me I want to show and  
then hiding those I don't under a veil of fear and shame  
Sometimes I am a jigsaw puzzle of identities  
And in trying to fit all the pieces of me together  
Sometimes I forget that I am already whole*

*Sometimes I catch a glimpse of my reflection and wonder who  
I'm looking at  
And sometimes I stare into her eyes and whisper  
Whoever you are  
You are worthy  
You are enough  
Because even though sometimes  
those you meet will not accept you  
You will always have yourself to come back to.*

**One of the most important connections we have is the connection with ourselves. This poem is about mine.**

**- Noa**



# recommendations



## music

Sam Fender has been one of my favorite artists for years now. I discovered him over the song 'Dead Boys'. A song talking about male suicide that shakes you to the core.

Sam Fender manages to make indie pop/rock music that already feels nostalgic even though it was just released. He isn't afraid to talk about political issues in his songs and oh baby he's also about to release his second album. Get on the train now, you still have enough time to catch up on his first album 'Hypersonic missiles' before the second one is out.

[Hypersonic missiles](#)

[Dead Boys](#)

Because I love international artists, may I introduce 'Lary'. Again, an artist with a breathtaking aesthetic that translates into her music, art, Instagram account, and so on. When I grow up I want to be like Lary, a strong voice. A strong voice in music, art, social issues. She's definitely one of my all time favorite German musicians.

Even if you don't understand German, let her raspy vocals.

+ [Her instagram](#) you are welcome!

[Mond](#)

[Taxi](#)



# recommendations



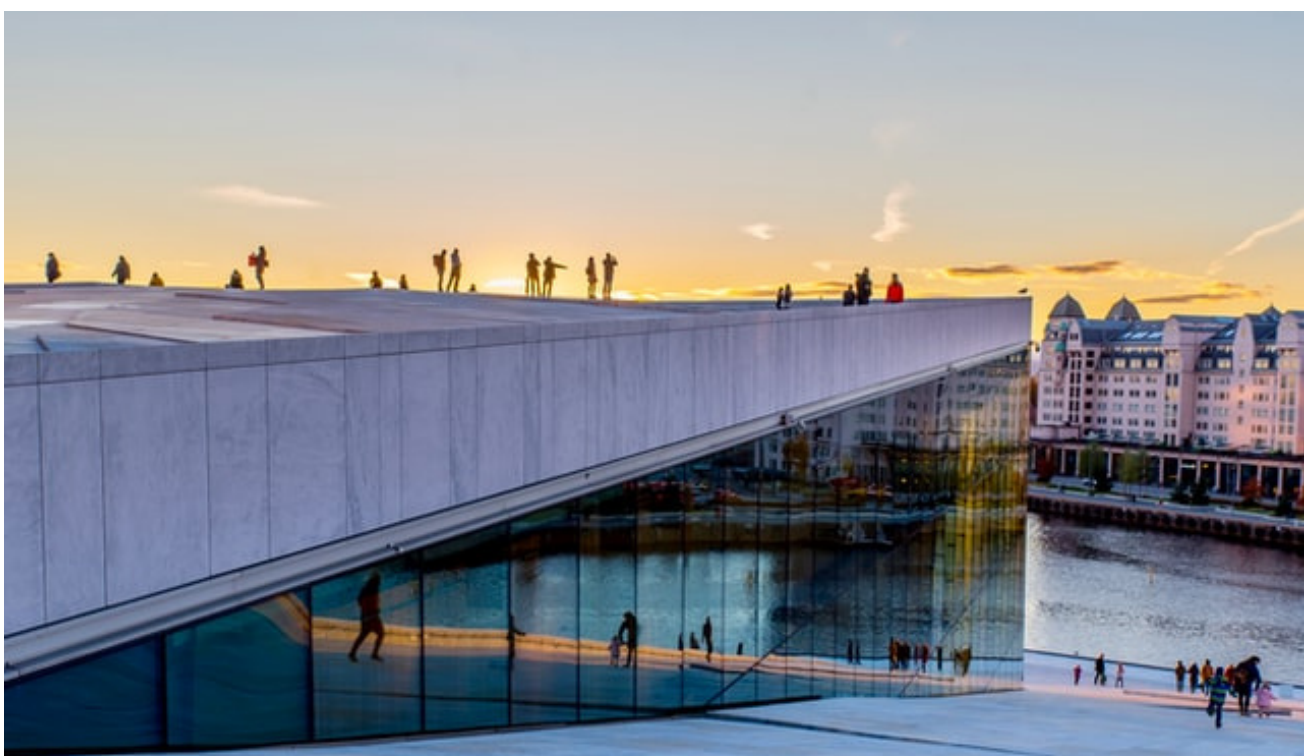
## movies/shows

### Only murders in the building

I just started this show yesterday night but I feel like mentioning it here. It's about three people living in the same building. They're all obsessed with the same true-crime podcast and suddenly someone in their building gets murdered. Of course they start investigating and let me say it's the weirdest trio I have seen in a hot minute.

The full show isn't yet available (at least here in Europe) but the first couple of episodes are looking extremely promising. Especially in the production of the show and the use of different elements like drawings or animations. From what I've seen so far I'd say it's a murder comedy? Yes, a murder comedy. We love that.

## Skam



A classic amongst 2014-16 Tumblr kids and maybe a hidden gem to everyone else. This Norwegian series has been on my mind ever since I first started watching it in 2015.

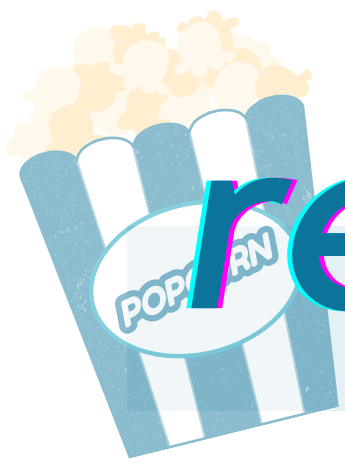
Without subtitles. Barely speaking Norwegian.

To this day I have rewatched it multiple times and I can still proudly say I get addicted and binge it every time I start again.

If you haven't heard of the Norwegian show 'Skam', give it a try! Even though it's only available in Norwegian with English subtitles. I promise it's worth it.

Teenage angst, social issues, and scandinavian aesthetic. What else would you want?

**[You can watch it here](#)**



# recommendations

## quick laugh

*I recently moved to Norway and I remembered a Norwegian comedy duo that I used to watch a lot when I was in my early teens. You may be familiar with them through their viral hit 'What does the fox say' back in 2013.*

*The brothers Vegard and Bård form the comedy duo 'Ylvis' and they have been producing comedy skits, shows, and other formats for Norwegian television for years. If you're in for a quick laugh or your new favorite comedy song I got you.*

*Intolerant song (I relate to this on a personal level)*

*Intelelevator*

*A very random song about the state of Massachusetts*

*I hope this section managed to bring some joy, entertainment, and new inspiration to your day!*

*Until next time. <3*

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

*-Lea*





# *shout-outs*



*Kimberly B.*

*Annie W.*

*Marianne*

*Aileen*



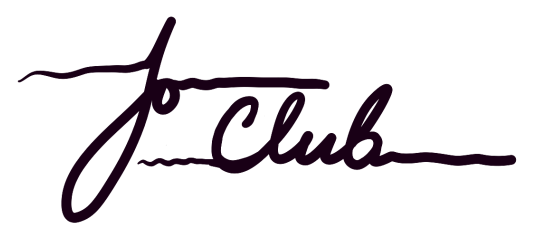
# *all things joclub*

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Take a look at our journal  
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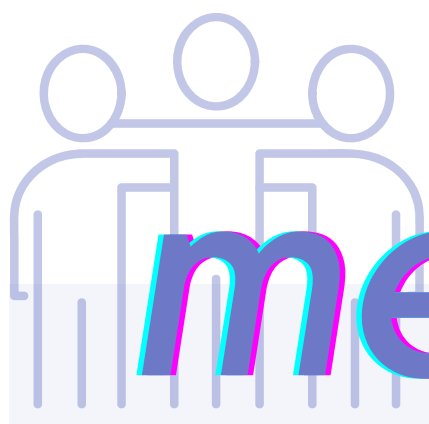


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# meet the team

## 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](#)

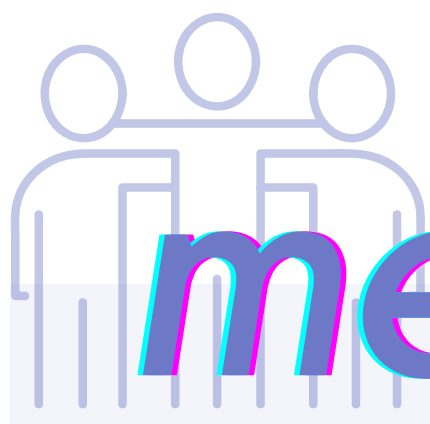
Connect with her on [Instagram](#)

## 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](#)



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## Maya

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

You can find their blog here: [dreamingoffgrid.com](http://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](#)

## Rita

Rita is a Portuguese (soon-to-be published) writer, artist and therapist living abroad. She quit trying to define her life purpose and is now simply committed to following what lights her up, which usually is everything self-knowledge, spirituality, journaling, aligned businesses and creative expression.

Connect with her on [Instagram](#) and listen to her songs on [Spotify](#) and [YouTube](#).

*with  
love,*

*Jo Club*