



**KNOCK  
KNOCK**  
AUTUMN 2024

**NEW!**

## Chonky Pads

**SPECS:** 500 sheets; scalloped edges; printing on all sides | **SIZE:** 3.5 x 3.5 x 2.75 inches; 0 x 0 x 7 cm | **PKG:** Shrinkwrap  
**INNER:** 4 | **PRICE:** £13.95

AVAILABLE  
**JUNE**



**NEW! No. 9781683494744**  
Chonky Note £13.95



**NEW! No. 9781683494751**  
Keep on Chonkin' £13.95



**NEW! No. 9781683494768**  
Chonky Checklist £13.95



**NEW! No. 9781683494775**  
Chonky Shopping List £13.95



**NEW!**

## Bookmark Corners

**SPECS:** Sturdy laminated cardstock bookmarks, 3 per packet | **SIZE:** Bookmarks: 2 x 2 x 2.75 inches; 5.1 x 5.1 x 7 cm each; Backer: 2.75 x 9 inches; 7 x 22.9 cm | **PKG:** Resealable polybag | **INNER:** 6 | **PRICE:** £4.95

AVAILABLE  
**JUNE**



**NEW! No. 9781683494652**  
Cookbook Lovers **£4.95**



**NEW! No. 9781683494669**  
Romance Lovers **£4.95**



**NEW! No. 9781683494676**  
Fantasy Lovers **£4.95**

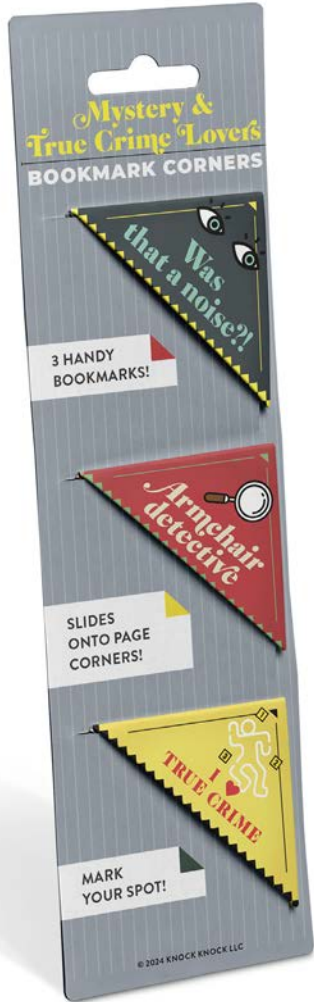


**NEW!**

## Bookmark Corners

**SPECS:** Sturdy laminated cardstock bookmarks, 3 per packet | **SIZE:** Bookmarks: 2 x 2 x 2.75 inches; 5.1 x 5.1 x 7 cm each; Backer: 2.75 x 9 inches; 7 x 22.9 cm | **PKG:** Resealable polybag | **INNER:** 6 | **PRICE:** £4.95

AVAILABLE  
**JUNE**



**NEW! No. 9781683494683**  
Mystery & True Crime Lovers **£4.95**



**NEW! No. 9781683494690**  
Classics Lovers **£4.95**



**NEW! No. 9781683494706**  
Book Lovers **£4.95**



**NEW!**

## Little Oracle Message Tubs

**SPECS:** Paper-over-board box with acetate window in lid; 75 full-color laminated diecut shapes | **SIZE:** Box: 4 inch diam x 2.75 inch; 10.2 cm diam x 7 cm; Shapes: approx.: 1.25 x 0.75 inches; 3.2 x 1.9 cm | **PKG:** 2 wafer seals | **INNER:** 3 | **PRICE:** £13.95

AVAILABLE  
**JUNE**



**NEW! No. 9781683494522**  
Compliments, Hugs & High Fives **£13.95**



**NEW! No. 9781683494539**  
Comfort, Calm & Stress-Soothers **£13.95**

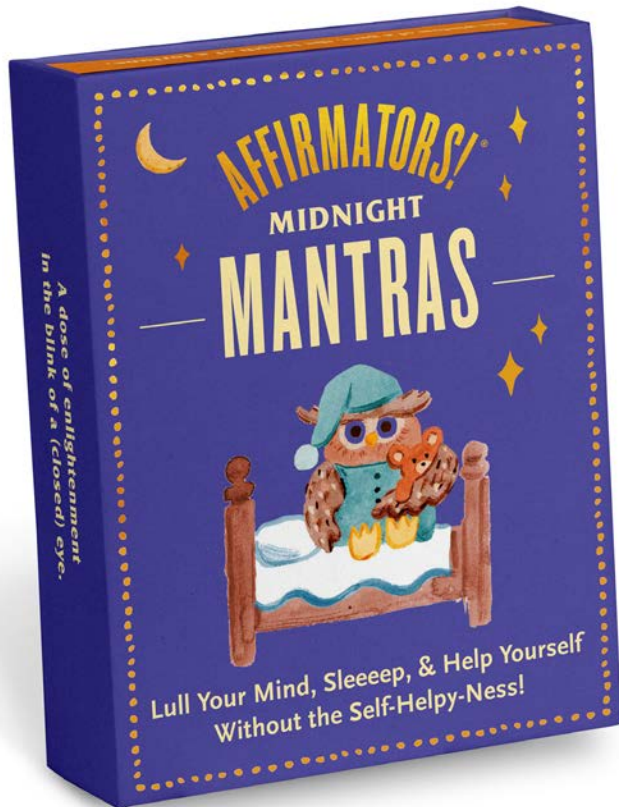


**NEW!**

## Affirmators! Midnight Mantras by Suzi Barrett

**SPECS:** portfolio with pocket, liner, and magnetic closure; 30 cards, plus how-to card | **SIZE:** 3.25 x 4 inches; 8.3 x 10.1 cm  
**PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £8.95

AVAILABLE  
**JUNE**



**NEW!** No. 9781683494461  
Midnight Mantras **£8.95**



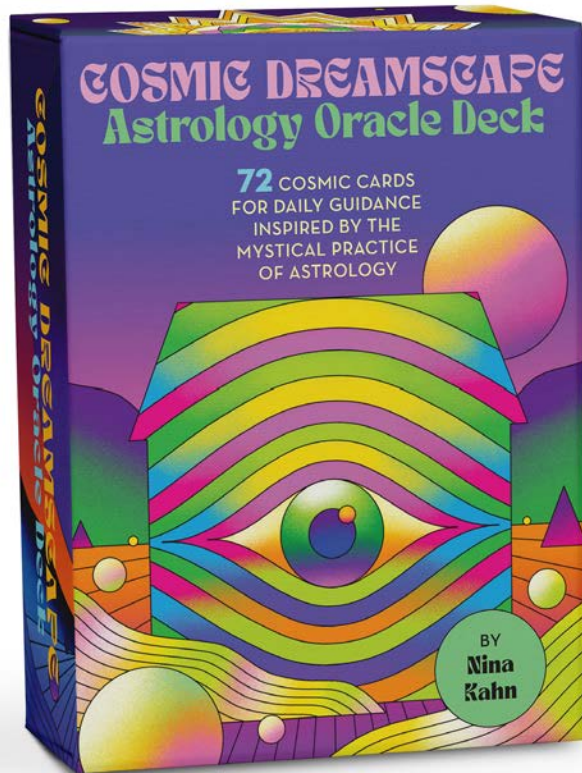
[Click here for more Affirmators! Mantras](#)

**NEW!**

## Cosmic Dreamscape Astrology Oracle Deck by Nina Kahn

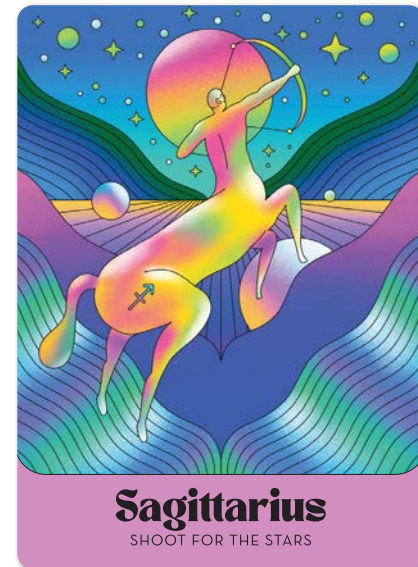
**SPECS:** Portfolio style box with tray & magnetic closure; 72 cards with rounded corners; 72-page booklet  
**SIZE:** 3.75 x 5 x 1.5 inches; 9.5 x 12.7 x 3.8 cm | **PKG:** Shrinkwrap | **INNER:** 3 | **PRICE:** £22.95

AVAILABLE  
**AUGUST**



**NEW! No. 9781683494515**

Cosmic Dreamscape Astrology Oracle Deck **£22.95**

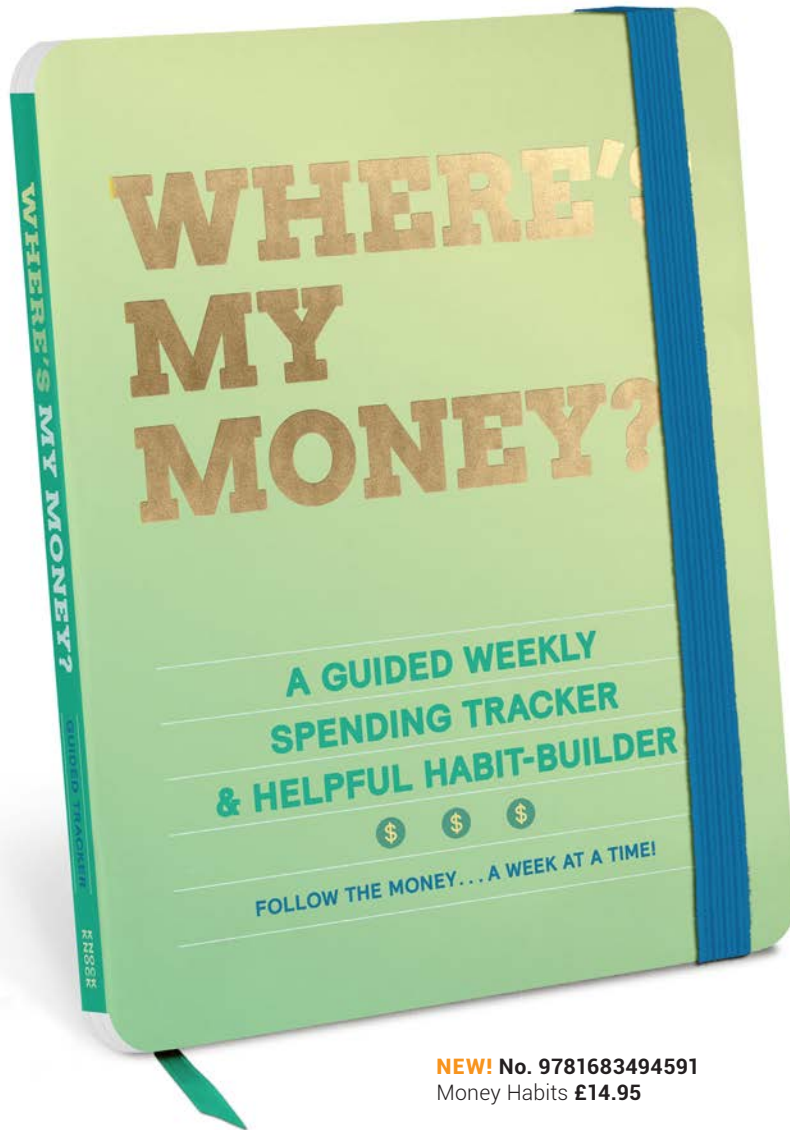


**NEW!**

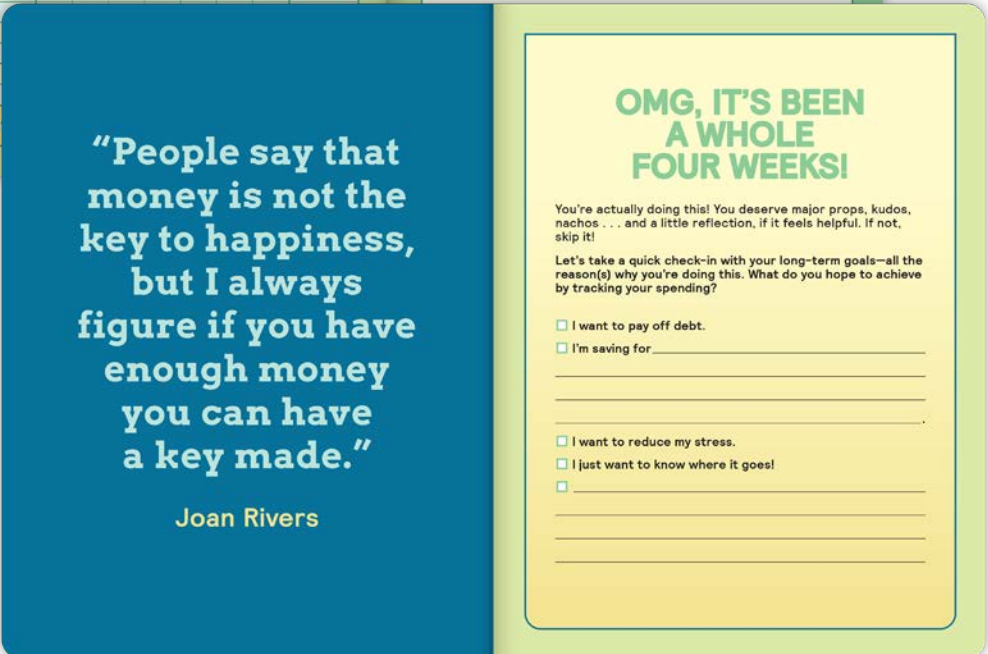
# Habit Trackers: Where's My Money?

**SPECS:** Paperback with layflat binding, rounded corners, foil stamping on cover; 128 pages; elastic closure  
**SIZE:** 6 x 8 inches; 15.2 x 20.3 cm | **INNER:** 3 | **PRICE:** £14.95

AVAILABLE  
**JUNE**



**NEW! No. 9781683494591**  
Money Habits **£14.95**



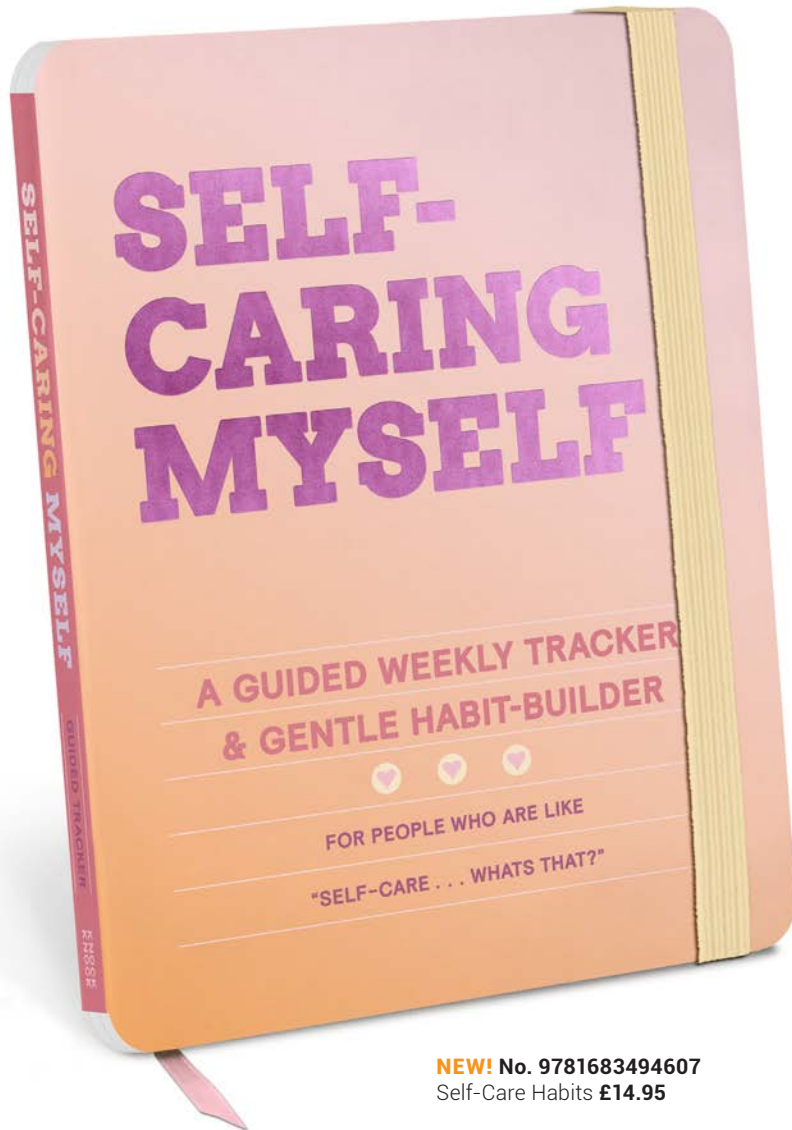


**NEW!**

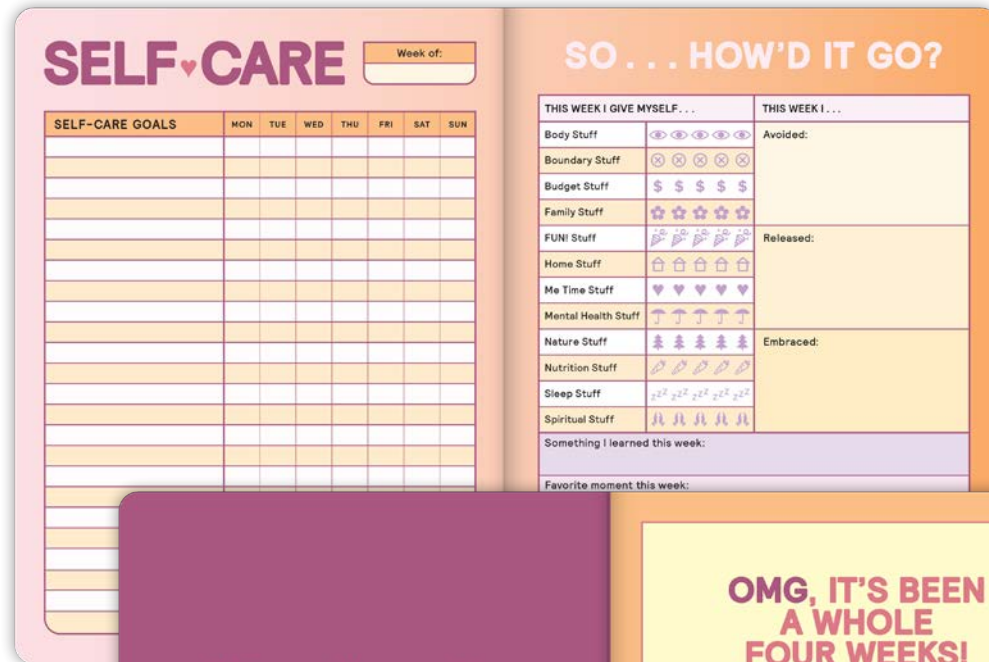
# Habit Trackers: Self-Caring Myself

**SPECS:** Paperback with layflat binding, rounded corners, foil stamping on cover; 128 pages; elastic closure  
**SIZE:** 6 x 8 inches; 15.2 x 20.3 cm | **INNER:** 3 | **PRICE:** £14.95

AVAILABLE  
**JUNE**



**NEW! No. 9781683494607**  
Self-Care Habits **£14.95**



**"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."**

Etty Hillesum

**OMG, IT'S BEEN A WHOLE FOUR WEEKS!**

To be clear, you're already doing enough. High fives! However, if you feel like digging a bit deeper, here are a couple reflection questions to think about.

What are you doing when you feel really relaxed and in your personal flow zone? Any pattern(s) you can see?

As of today, what's your main self-care intention/wish for yourself going forward?

NOTES: \_\_\_\_\_

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**NEW!**

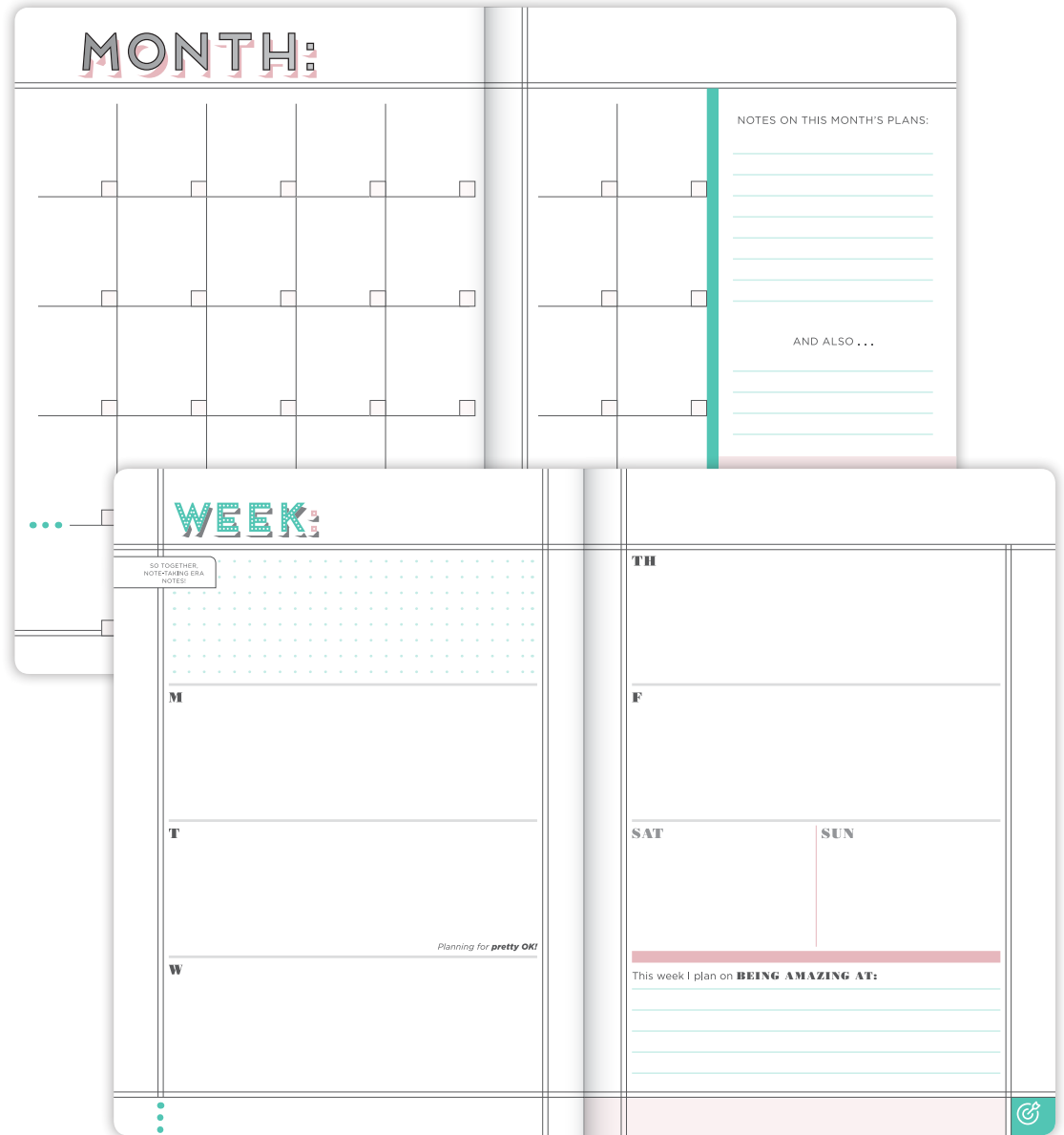
## Undated Planners: In My Planning Era

**SPECS:** Hardcover, PU-wrapped with foil stamping and deboss, 160 pages; lay-flat binding; 2 ribbon page markers; elastic closure; interior pocket; 237 stickers | **SIZE:** 5.625 x 8 inches; 14.3 x 20.3 cm | **INNER:** 3 | **PRICE:** £19.95

AVAILABLE  
**JUNE**



**NEW! No. 9781683494911**  
In My Planning Era **£19.95**



**NEW!**

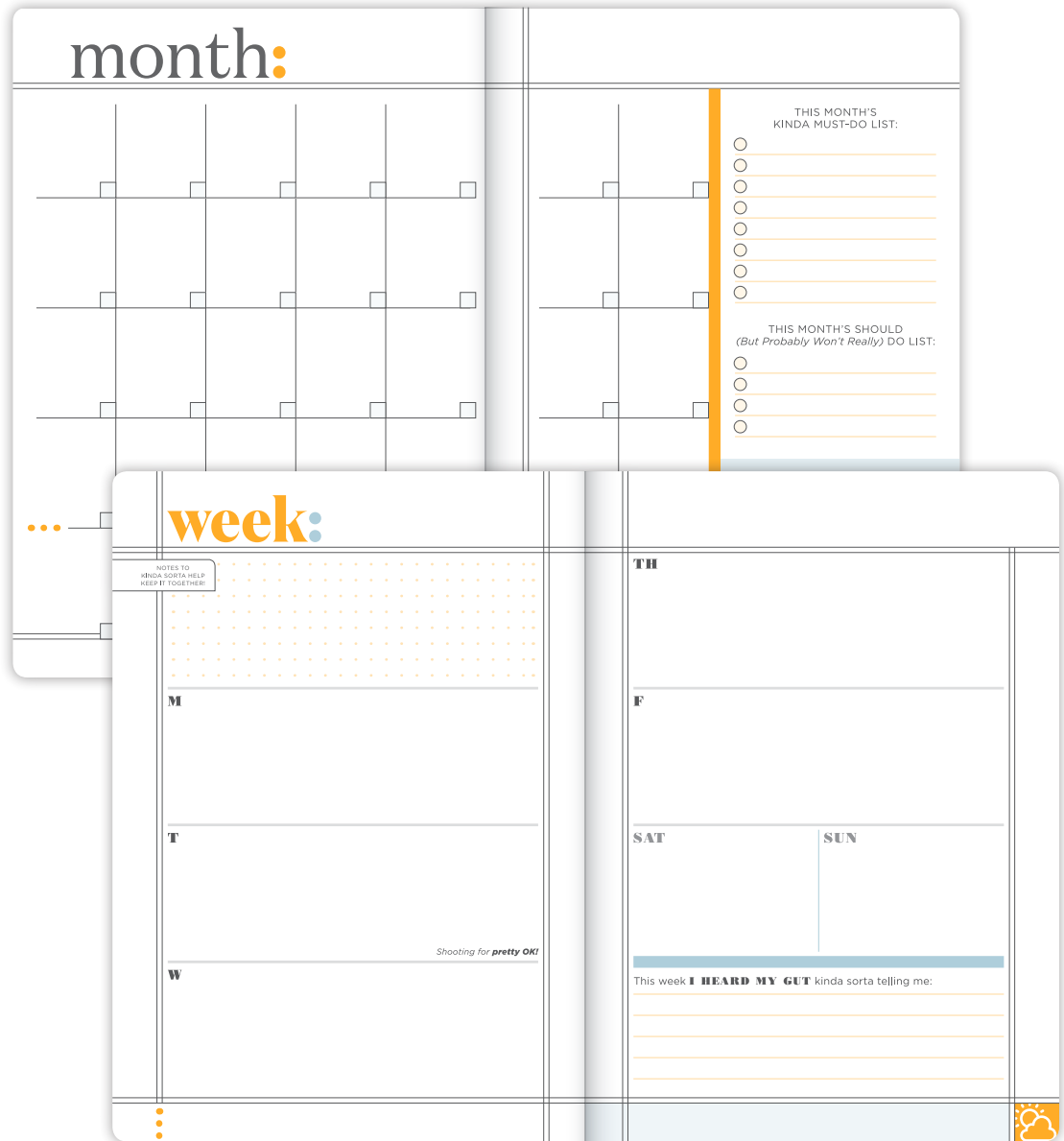
## Undated Planners: Keepin' It Kinda, Sorta Together

**SPECS:** Hardcover, PU-wrapped with foil stamping and deboss, 160 pages; lay-flat binding; 2 ribbon page markers; elastic closure; interior pocket; 237 stickers | **SIZE:** 5.625 x 8 inches; 14.3 x 20.3 cm | **INNER:** 3 | **PRICE:** £19.95

AVAILABLE  
**JUNE**



**NEW! No. 9781683494928**  
Keepin' It Kinda, Sorta Together **£19.95**



**NEW!**

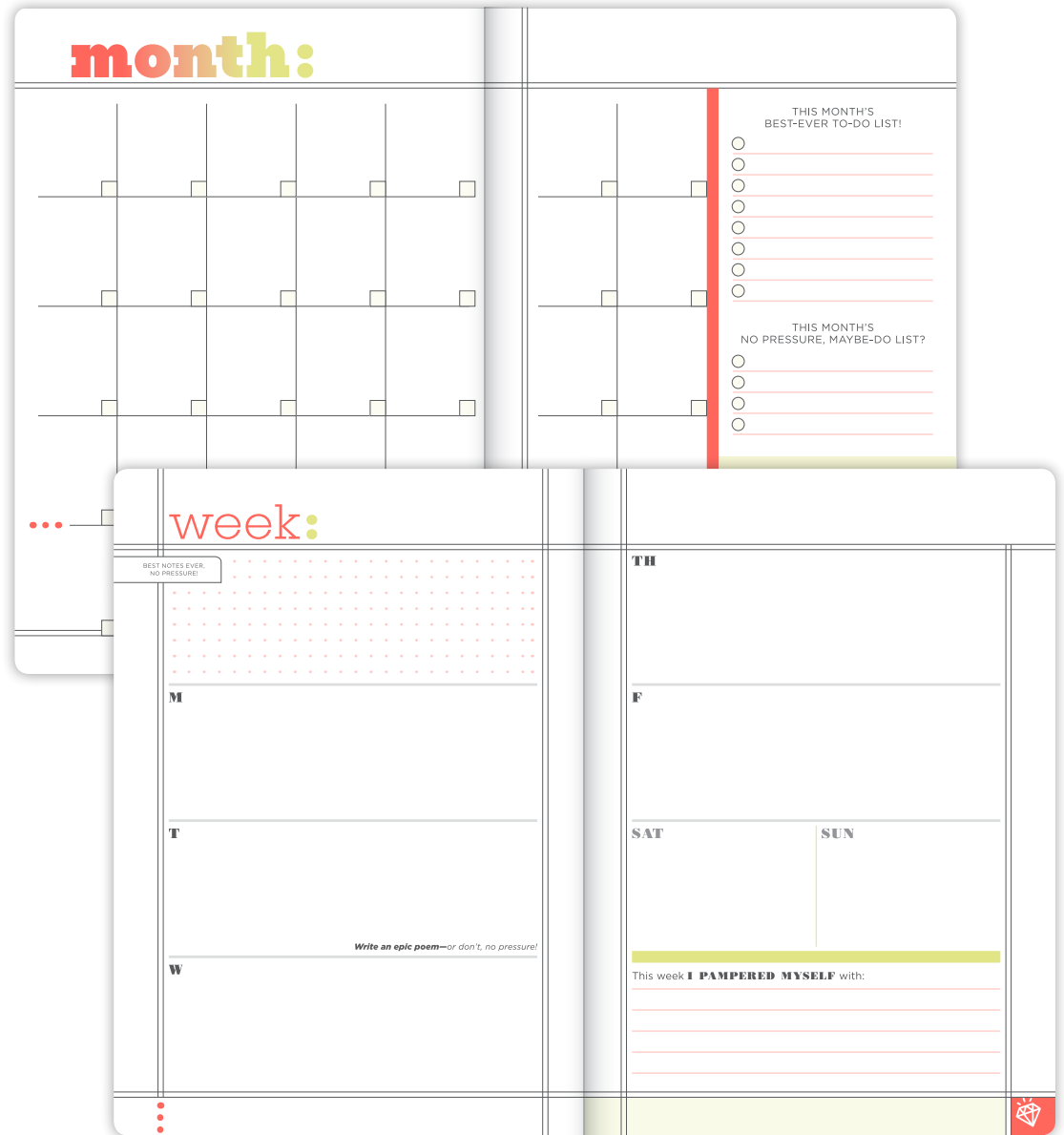
# Undated Planners: Best Year Ever (But No Pressure)

**SPECS:** Hardcover, PU-wrapped with foil stamping and deboss, 160 pages; lay-flat binding; 2 ribbon page markers; elastic closure; interior pocket; 237 stickers | **SIZE:** 5.625 x 8 inches; 14.3 x 20.3 cm | **INNER:** 3 | **PRICE:** £19.95

AVAILABLE  
**JUNE**



**NEW! No. 9781683494935**  
Best Year Ever **£19.95**



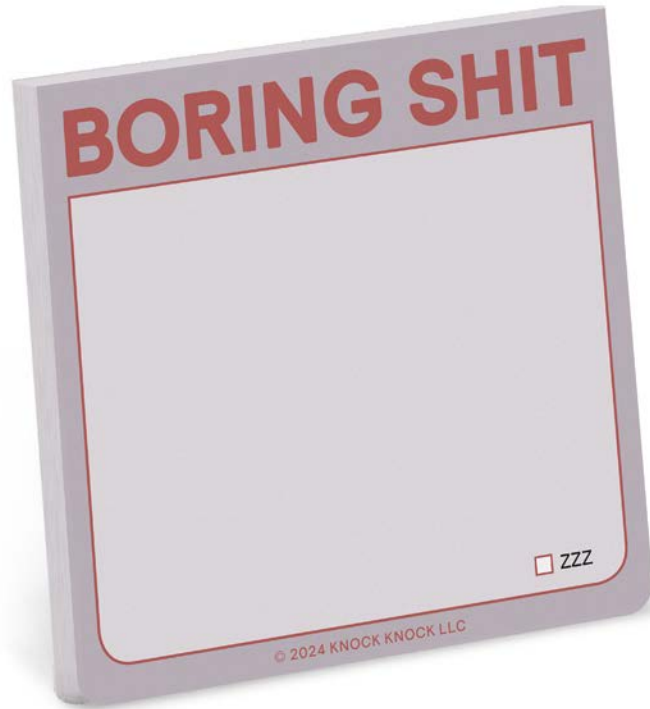
[Click here for more Undated Planners](#)

**NEW!**

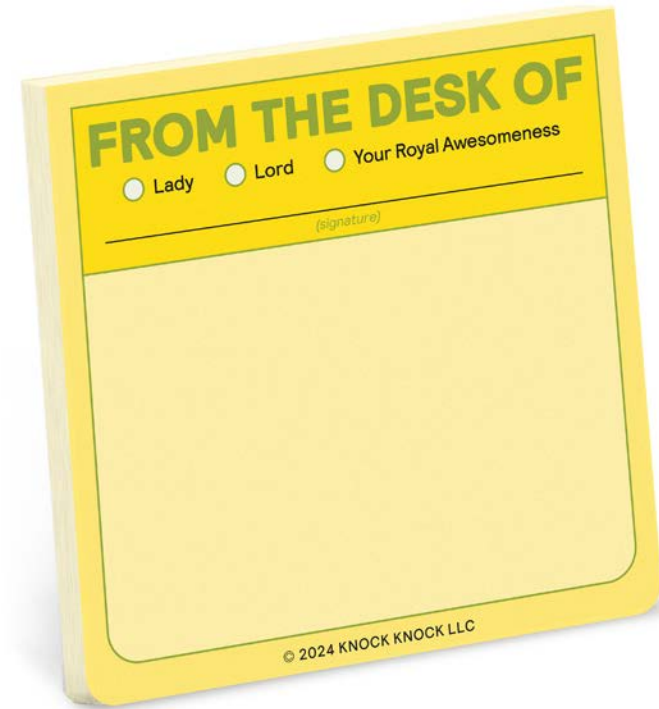
## Sticky Notes—Fresh Look!

**SPECS:** 100 sheets; repositionable adhesive | **SIZE:** 3 x 3 inches 7.6 x 7.6 cm | **PKG:** Shrinkwrapped | **INNER:** 8 | **PRICE:** £3.50

AVAILABLE  
**JUNE**



**NEW! No. 9781683494495**  
Boring Shit **£3.50**



**NEW! No. 9781683494508**  
From the Desk Of **£3.50**



[Click here for more Sticky Notes](#)

**NEW!**

## Classic Pads—Fresh Look!

**SPECS:** 60 sheets; adhesive binding | **SIZE:** 6 x 9 inches; 15.2 x 22.9 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £7.95

AVAILABLE  
**JUNE**



**NEW! No. 9781683494577**  
What (Not) to Overthink **£7.95**



**NEW! No. 9781683494584**  
Weekly Shop-Hop (with magnet) **£7.95**



**NEW CLASSIC PAD DISPLAY**  
[CLICK HERE FOR DETAILS](#)  
No. 9781683494904

[Click here for more Classic Pads](#)

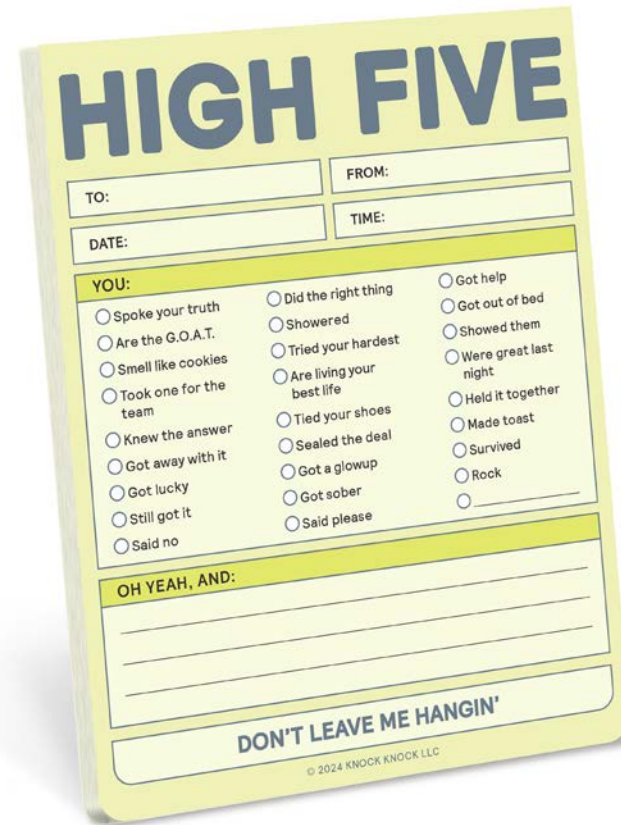
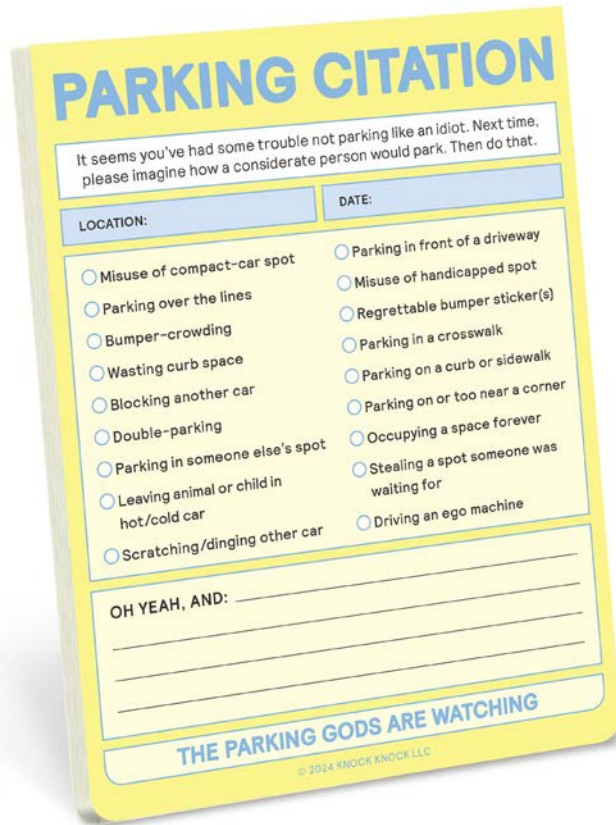
**NEW!**

## Nifty Notes—Fresh Look!

**SPECS:** 50 sheets; adhesive binding | **SIZE:** 4 x 5.25 inches; 10.2 x 13.3 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £4.95

AVAILABLE  
**JUNE**

**Classic Nifty Vibes. Snazzy New Design!**



**NEW! No. 978168349**  
Parking Citation (Refresh) **£4.95**



**NEW! No. 978168349**  
High Five **£4.95**



[Click here for more Nifty Notes](#)

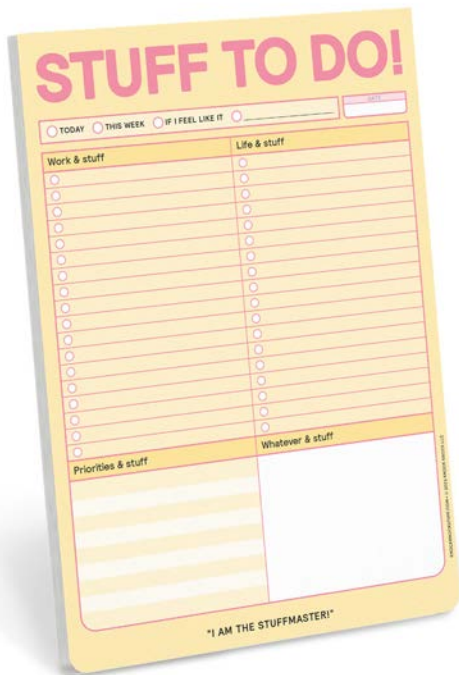
**NEW!**

# Big & Sticky Notepads

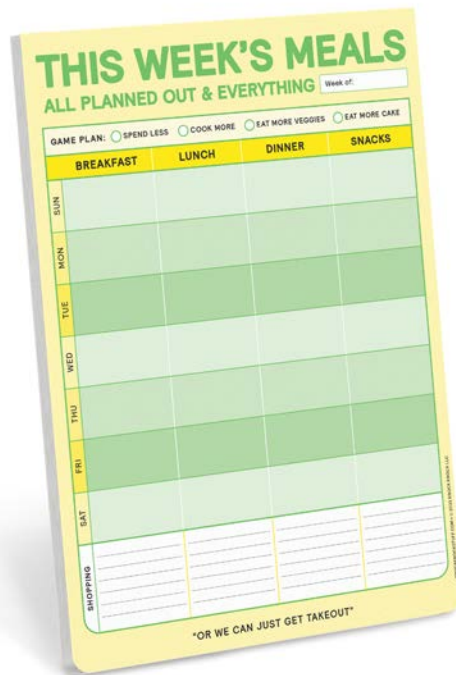
**SPECS:** 40 sheets; repositionable adhesive | **SIZE:** 7 x 9.75 inches; 17.8 x 24.8 cm | **PKG:** Shrinkwrapped | **INNER:** 4  
**PRICE:** £9.95

AVAILABLE  
**APRIL**

*Generously sized + oh-so sticky  
(not to mention fun & functional too)!*



**NEW! No. 9781683494171**  
Stuff To Do **£9.95**



**NEW! No. 9781683494188**  
This Week's Meals **£9.95**



**NEW! No. 9781683494195**  
Movement & Exercise Tracker **£9.95**



**NEW! No. 9781683494201**  
Chore Chart **£9.95**

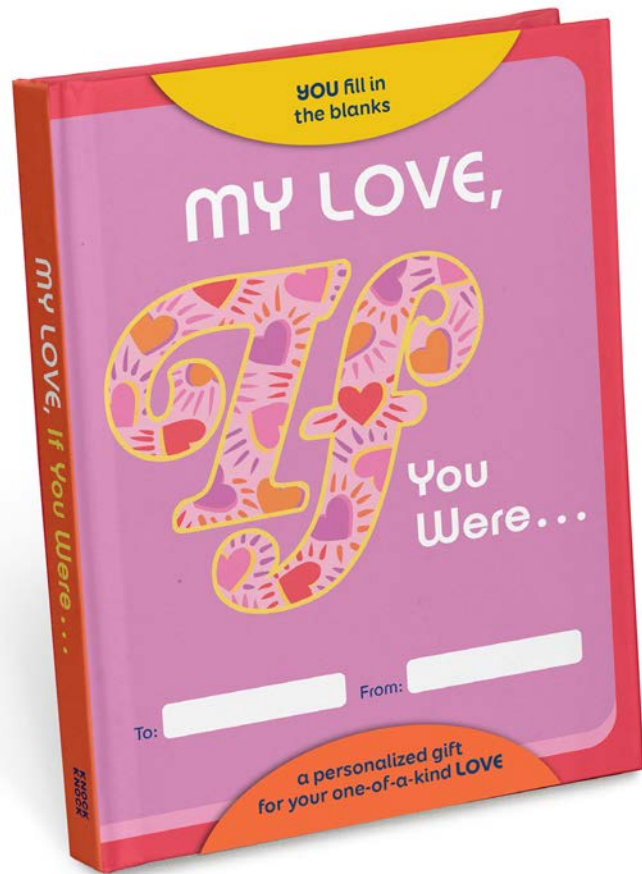




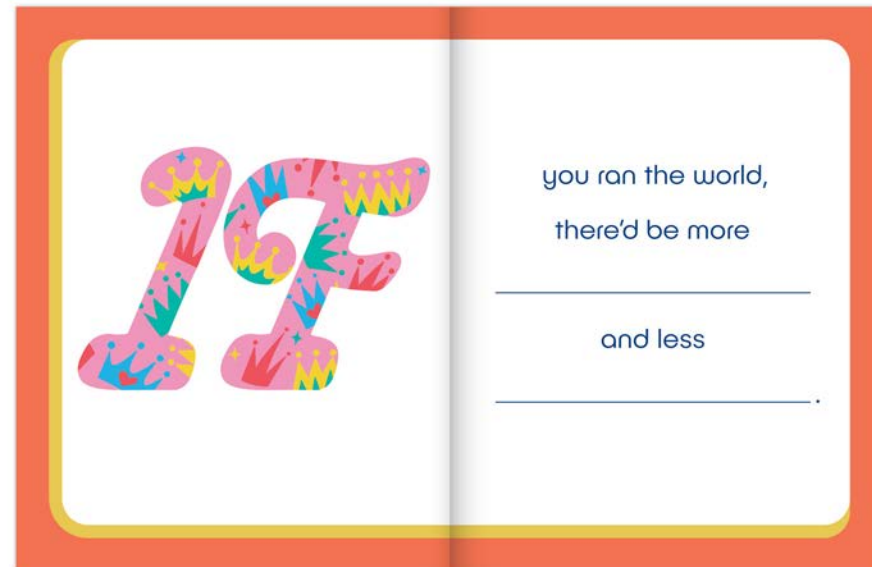
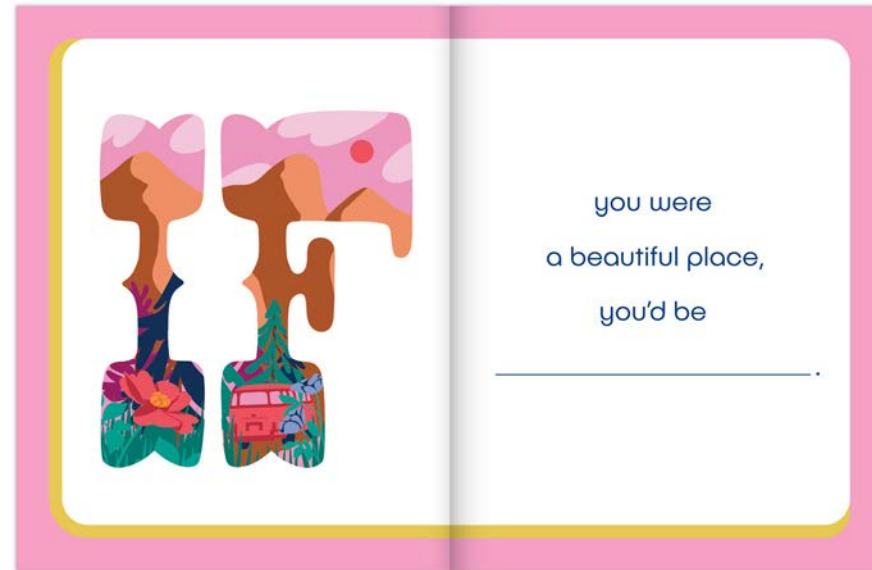
## IF YOU WERE BOOKS: MY LOVE

**SPECS:** Hardcover, 64 pages; full-color throughout; PLA compostable sleeve | **SIZE:** 4.25 x 5.75 inches; 10.8 x 14.6 cm  
**INNER:** 4 | **PRICE:** £9.95

AVAILABLE  
**NOW**



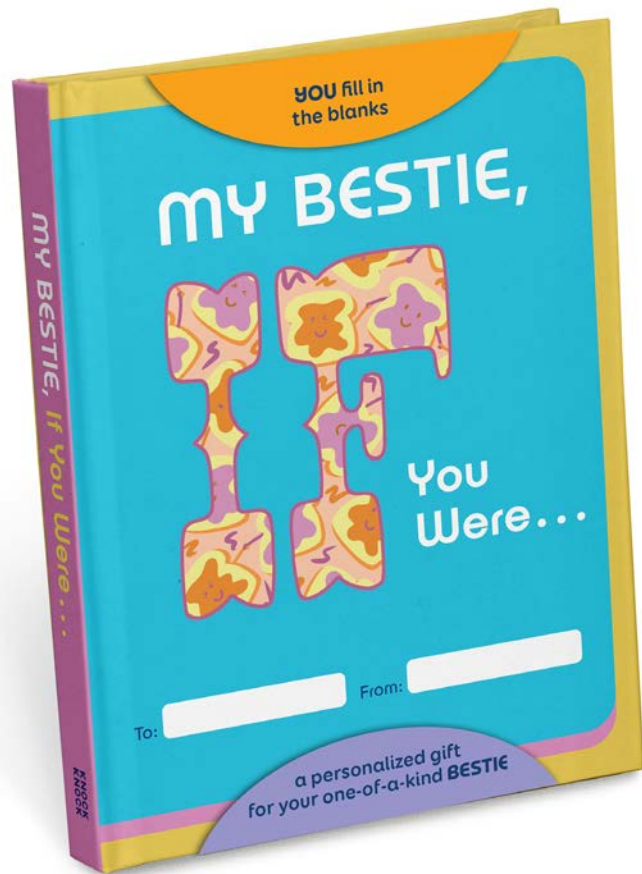
**NEW!** No. 9781683494331  
If You Were My Love £9.95



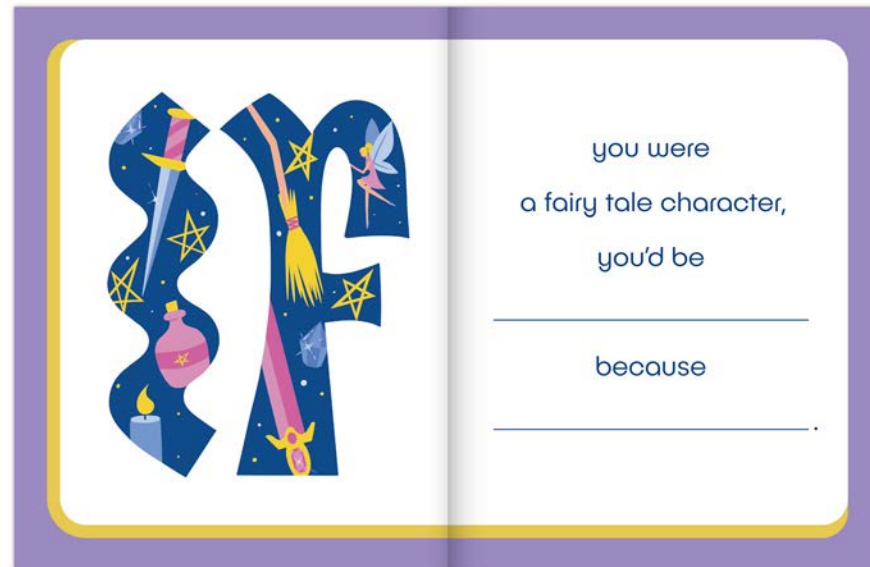
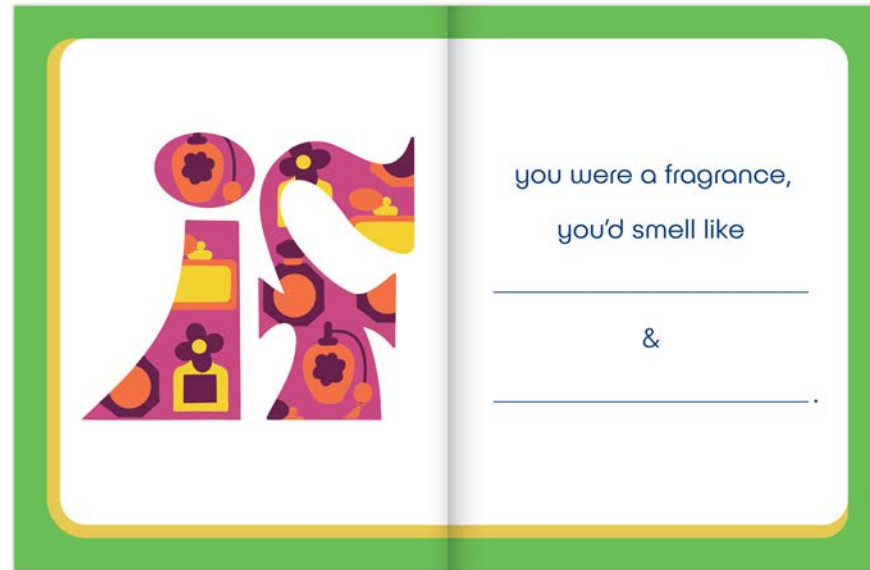
## IF YOU WERE BOOKS: MY BESTIE

**SPECS:** Hardcover, 64 pages; full-color throughout; PLA compostable sleeve | **SIZE:** 4.25 x 5.75 inches; 10.8 x 14.6 cm  
**INNER:** 4 | **PRICE:** £9.95

AVAILABLE  
**NOW**



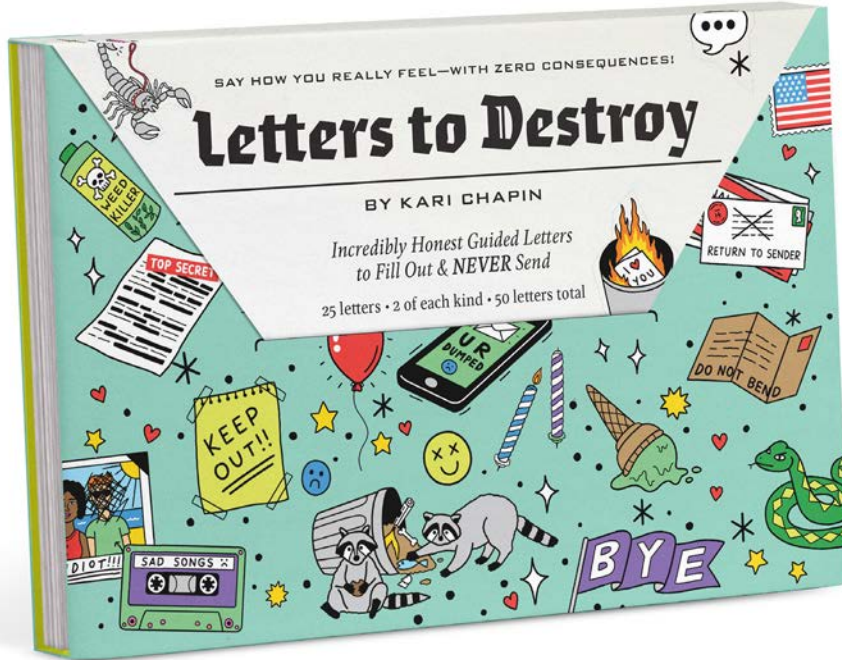
**NEW! No. 9781683494348**  
If You Were My Bestie **£9.95**



**LETTERS TO DESTROY BY KARI CHAPIN**

**SPECS:** 50 letters (2 of each 25 design); sturdy paperback cover with diecut tuck; 50 perforated tear-out sheets (104 pages); full-color throughout | **SIZE:** 7 x 10 inches; 17.8 x 25.4 cm | **INNER:** 4 | **PRICE:** £11.95

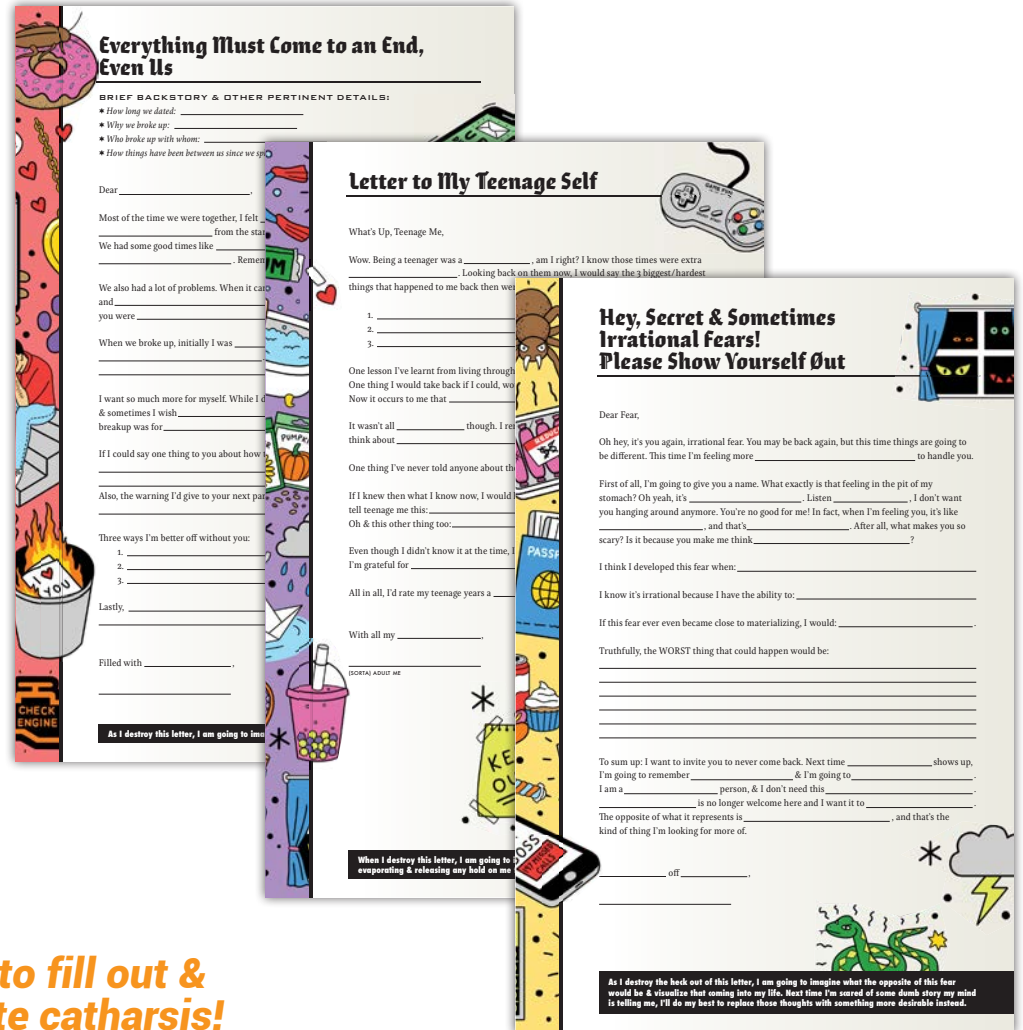
**AVAILABLE NOW**



**NEW! No. 9781683494294**  
Letters to Destroy £11.95



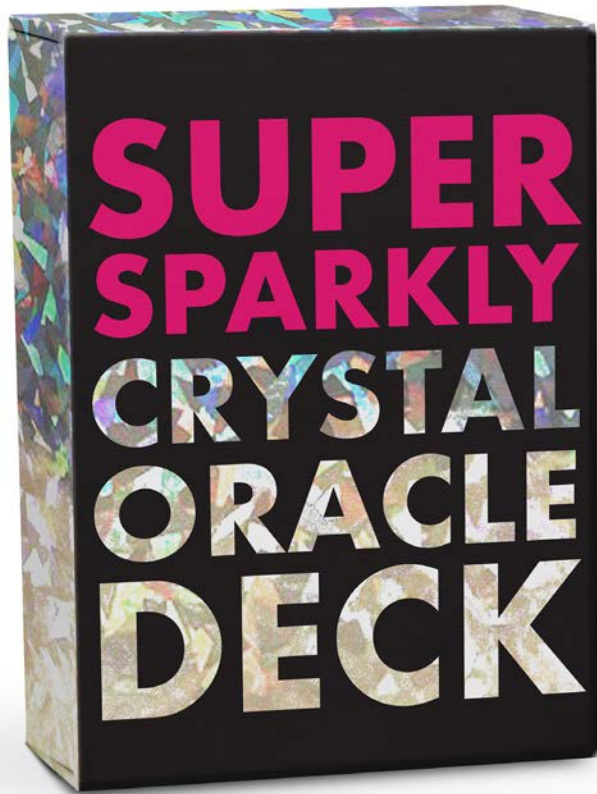
**50 guided letters to fill out & destroy for absolute catharsis!**



**SUPER-SPARKLY CRYSTAL ORACLE DECK BY NINA KAHN**

**SPECS:** Portfolio-style box with tray, magnetic closure, and holographic foil wrapping; 50 cards, with 48 pp guidebook;  
full-color throughout | **SIZE:** 3.75 x 5 x 1.25 inches; 9.5 x 12.7 x 3.2 cm | **PKG:** Shrinkwrap | **INNER:** 6 | **PRICE:** £23.95

AVAILABLE  
**NOW**



**NEW!** No. 9781683494218

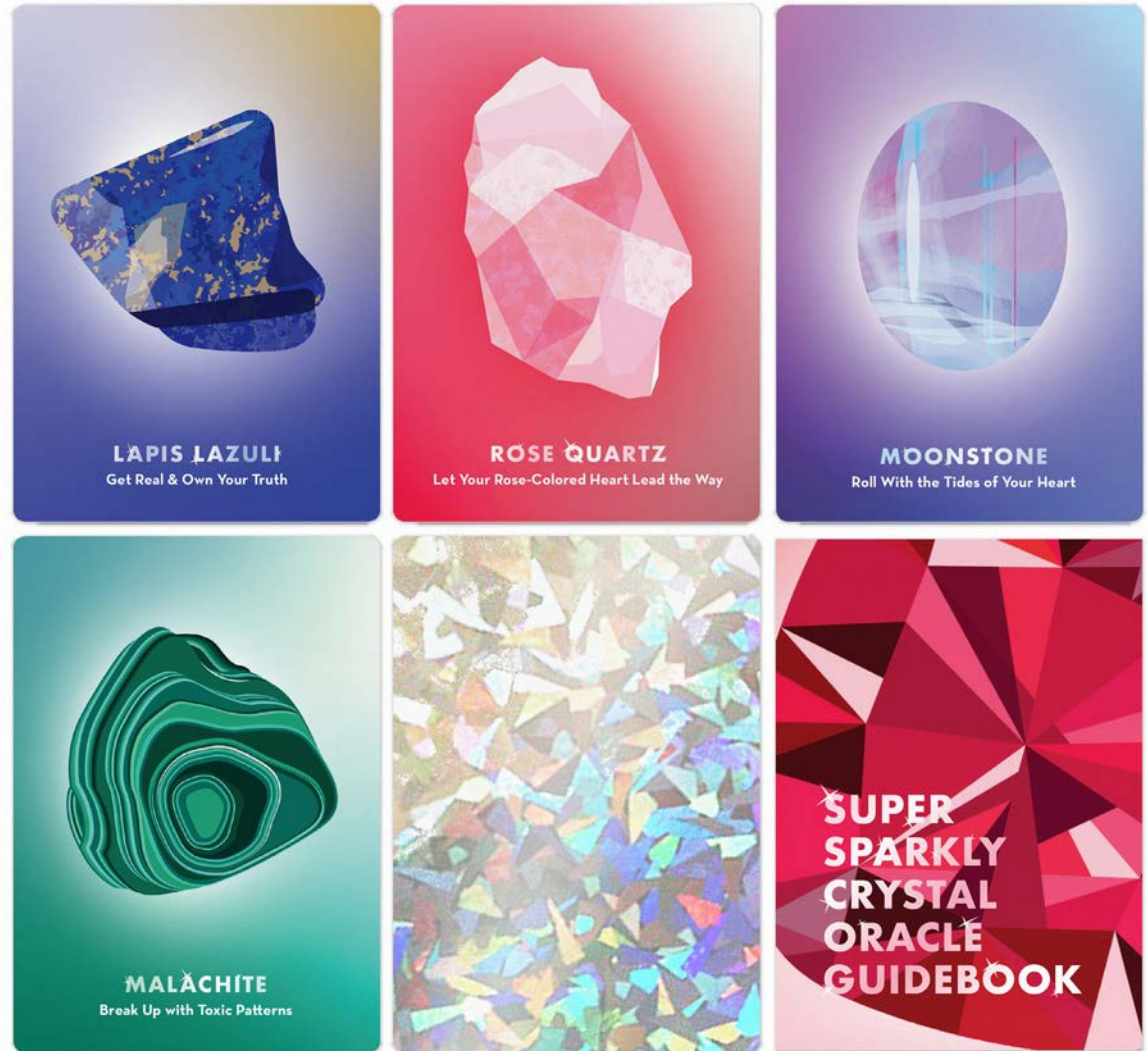
Super-Sparkly Crystal Oracle Deck **£23.95**



9 781683 494218



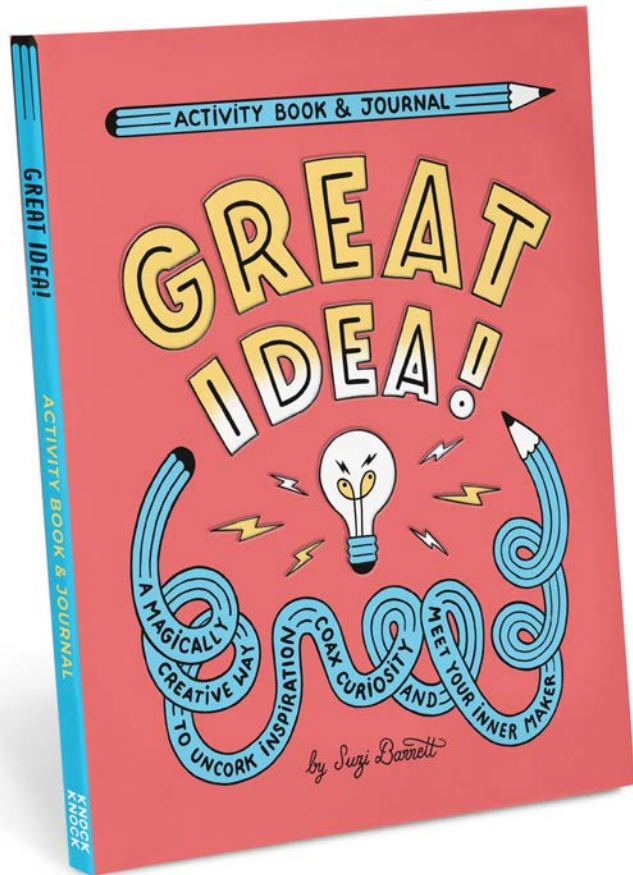
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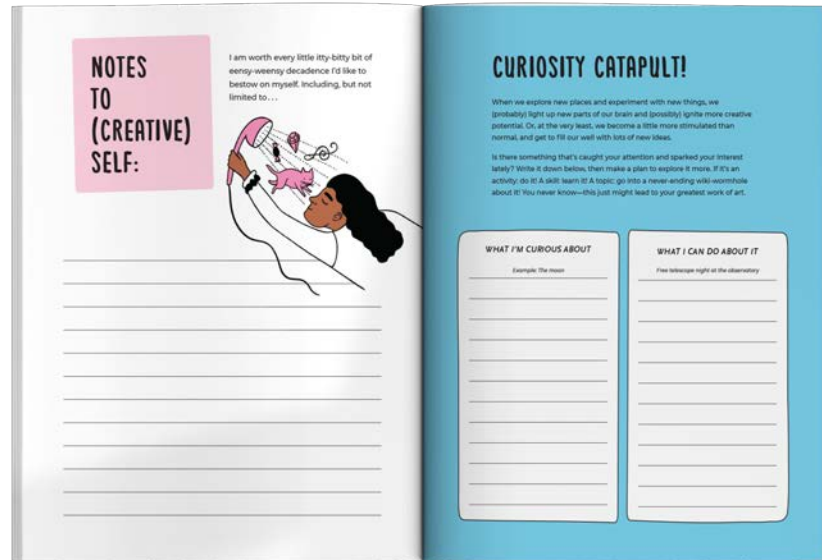
**GREAT IDEA! ACTIVITY BOOK & JOURNAL BY SUZI BARRETT**

**SPECS:** Paperback with spot UV and embossing, 112 pages; full-color throughout; lay-flat binding  
**SIZE:** 7.25 x 9 inches; 18.4 x 22.9 cm | **INNER:** 3 | **PRICE:** £14.95

**AVAILABLE  
NOW**



**NEW! No. 9781683494300**  
 Great Idea! Activity Book & Journal **£14.95**



## STICKY NOTES

**SPECS:** 100 sheets with repositionable adhesive | **SIZE:** 3 x 3 inches; 7.6 x 7.6 cm | **PKG:** Shrinkwrapped  
**INNER:** 8 | **PRICE:** £3.50

AVAILABLE  
**NOW**



**NEW! No. 9781683494270**  
I Love This **£3.50**



**NEW! No. 9781683494287**  
Don't Forget to Remember **£3.50**



[Click here for more Sticky Notes](#)

**CLASSIC PADS**

**SPECS:** 60 sheets; adhesive binding | **SIZE:** 6 x 9 inches; 15.2 x 22.9 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £7.95

**AVAILABLE  
NOW**



**NEW! No. 9781683494119**  
Doing Today £7.95



**NEW! No. 9781683494126**  
Magical Week £7.95

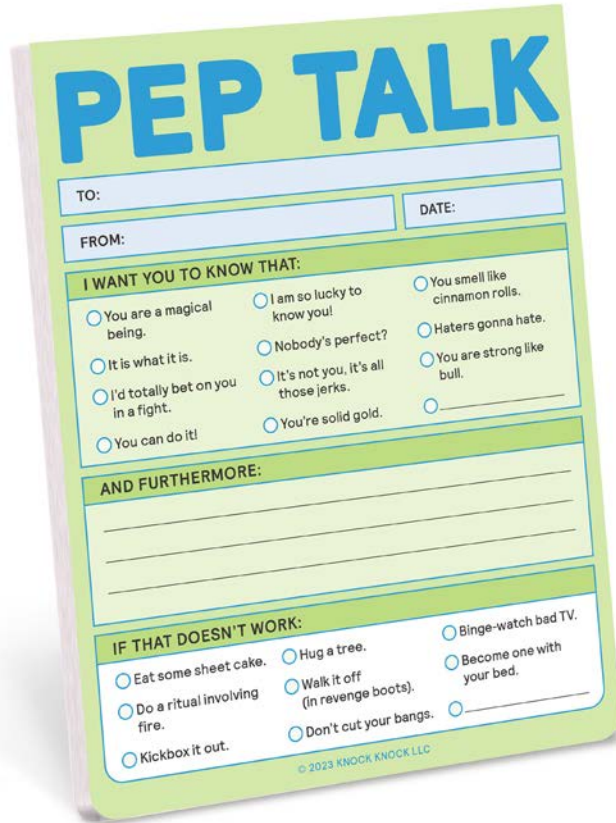


[Click here for more Classic Pads](#)

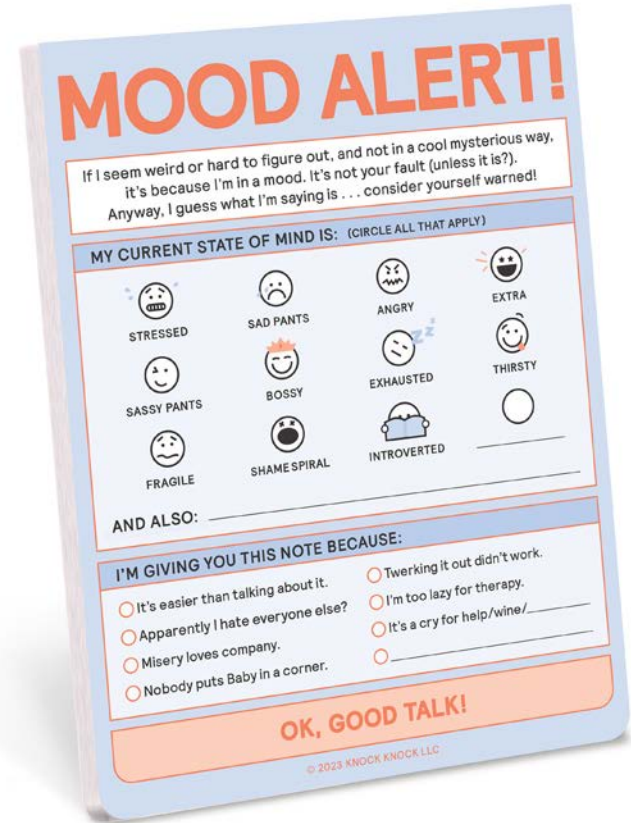
**NIFTY NOTES**

**SPECS:** 50 sheets; adhesive binding | **SIZE:** 4 x 5.25 inches; 10.2 x 13.3 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £4.95

**AVAILABLE  
NOW**



**NEW! No. 9781683494232**  
Pep Talk (Refresh) **£4.95**



**NEW! No. 9781683494249**  
Mood Alert **£4.95**

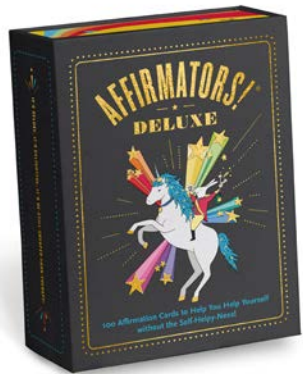


[Click here for more Nifty Notes](#)

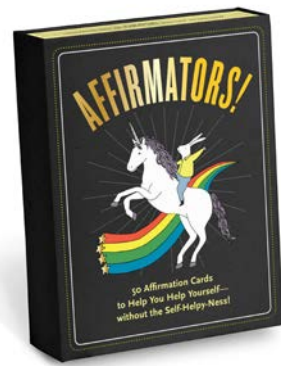


**AFFIRMATORS!® DECKS BY SUZI BARRETT**

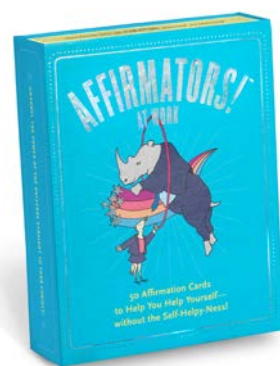
**AFFIRMATORS!® MANTRAS SPECS:** portfolio with pocket, liner, and magnetic closure; 30 cards, plus how-to card | **SIZE:** 3.25 x 4 inches; 8.3 x 10.1 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £8.95  
**AFFIRMATORS!® TAROT SPECS:** Clamshell box with foil stamping; 78 cards with foil stamping; 48-page guidebook | **SIZE:** 3.80 x 5.5 x 1.95 inches; 9.7 x 14 x 4.5 cm | **INNER:** 3 | **PRICE:** £23.95  
**AFFIRMATORS!® DECKS SPECS:** Box with tray and lifting ribbon; 51 cards; with instruction card | **SIZE:** 3.75 x 5 x 1.25 inches; 9.5 x 12.7 x 3.2 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £13.95  
**AFFIRMATORS!® DELUXE SPECS:** Box with flap + magnetic closure; 100 cards; gold-foil stamping | **SIZE:** 4 x 5.5 x 1.25 inches; 10.2 x 14 x 3.2 cm | **PKG:** Shrinkwrapped | **INNER:** 3 | **PRICE:** £23.95



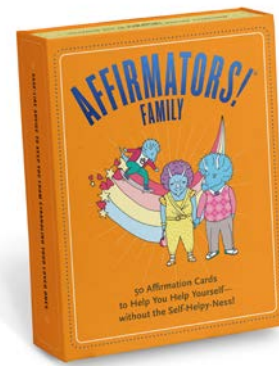
No. 9781683493594  
Affirmators!® Deluxe £23.95



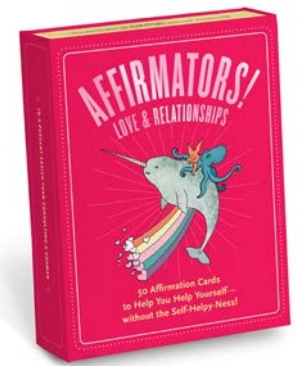
No. 9781601067111  
Affirmators! £13.95



No. 9781683490555  
Affirmators! at Work £13.95



No. 9781683490999  
Affirmators! Family £13.95



No. 9781683490050  
Affirmators! Love & Relationships £13.95



No. 9781683492818  
Affirmators! Creativity £13.95



No. 9781683491873  
Affirmators! Tarot £23.95



No. 9781683493204  
Affirmators!® Mantras (Morning) £8.95

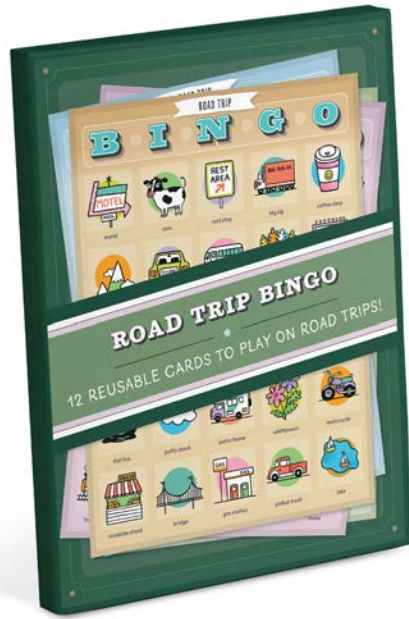


No. 9781683493211  
Affirmators!® Mantras (Evening) £8.95



# BINGO

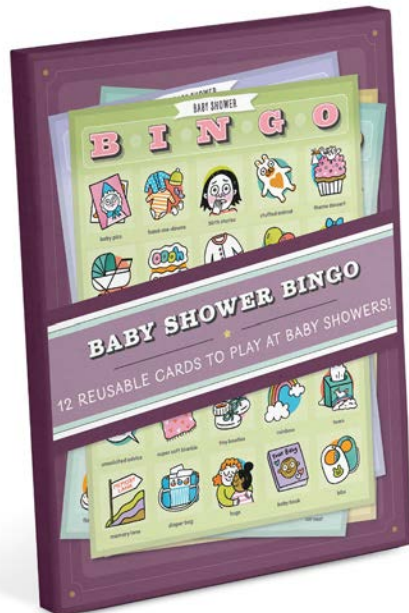
**SPECS:** Cardboard box, 12 reusable cardboard bingo cards | **SIZE:** 6.5 x 8.5 inches; 16.5 x 21.6 cm | **INNER:** 6 | **PRICE:** £8.95



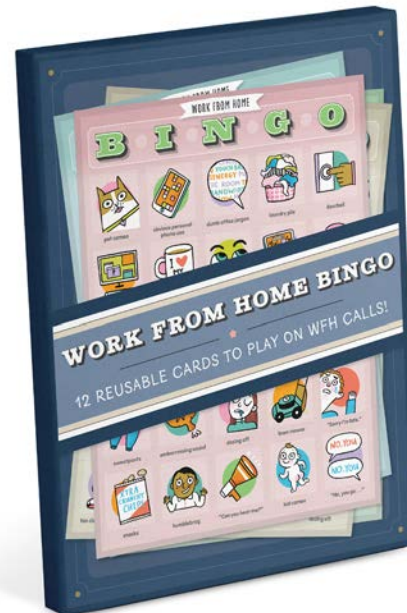
No. 9781683493808  
Roadtrip Bingo £8.95



**BEND-BACK  
SQUARES!  
EASY-PEASY &  
REUSABLE**



No. 9781683493815  
Baby Shower Bingo £8.95



No. 9781683493822  
Work From Home Bingo £8.95

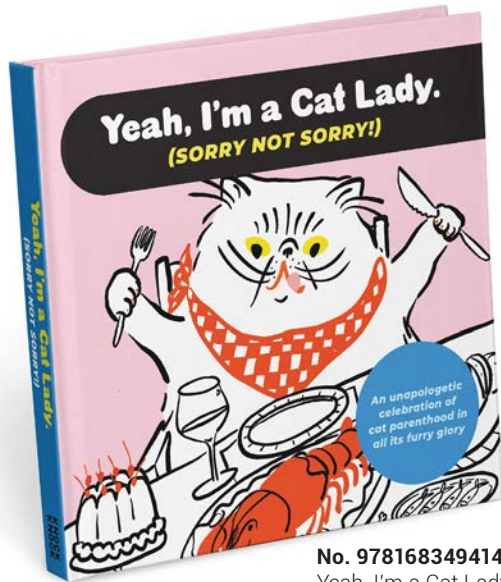


**SORRY NOT SORRY BOOKS**

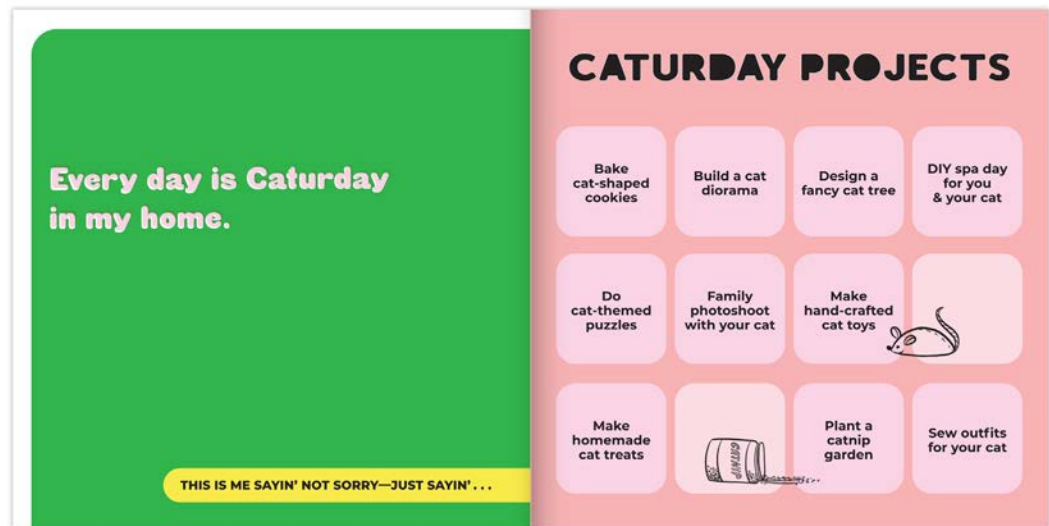
**SPECS:** Hardcover, 96 pages; colored head & tail bands | **SIZE:** 5.25 x 5.25 inches; 13.3 x 13.3 cm | **INNER:** 4 | **PRICE:** £9.95



**No. 9781683494133**  
Yeah, I'm a Plant Lady Sorry Not Sorry **£9.95**

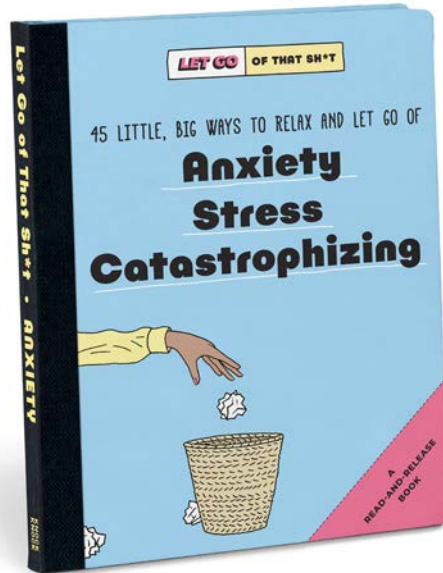


**No. 9781683494140**  
Yeah, I'm a Cat Lady Sorry Not Sorry **£9.95**



**LET GO OF THAT SH\*T BOOKS**

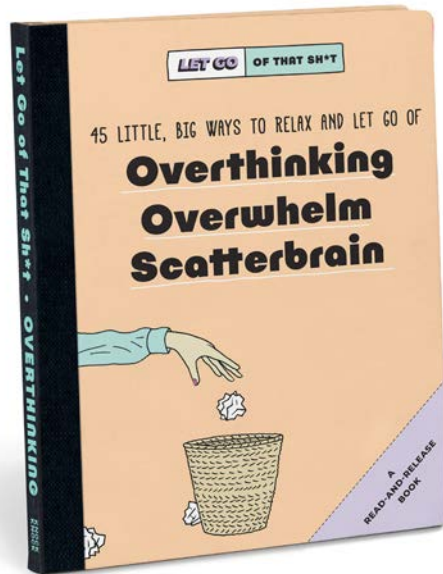
**SPECS:** Hardcover, 96 pages; full-color throughout, 15 illustrations | **SIZE:** 4.25 x 5.75 inches; 10.8 x 14.6 cm | **INNER:** 4 | **PRICE:** £9.95



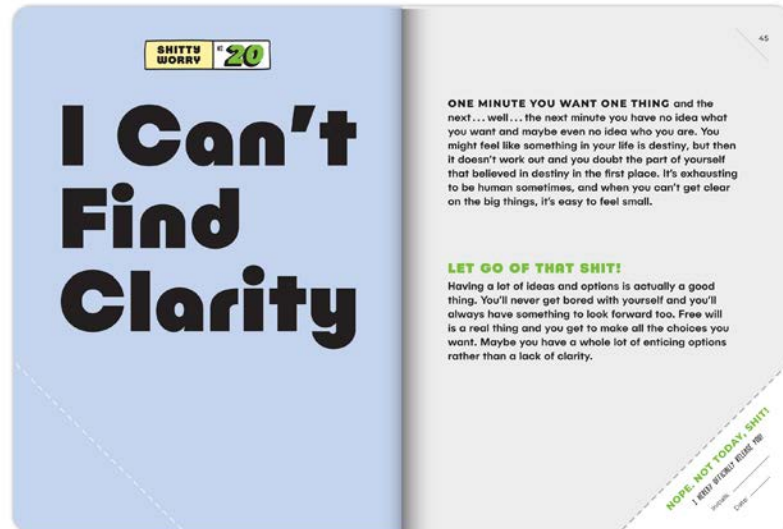
No. 9781683493785  
Let Go of That Sh\*t: Anxiety £9.95



45 PERFORATED  
TEAR-OUT SLIPS  
TO WRITE ON  
& RELEASE—  
LITERALLY!

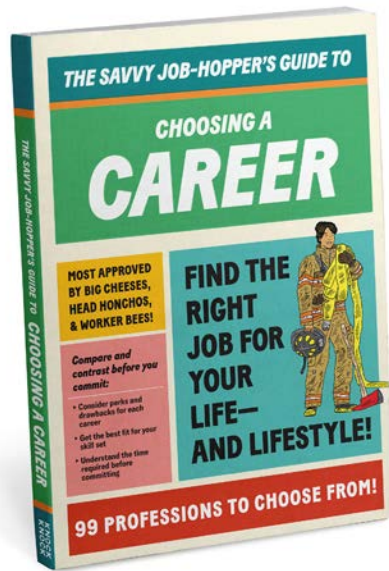


No. 9781683493792  
Let Go of That Sh\*t: Overthinking £9.95

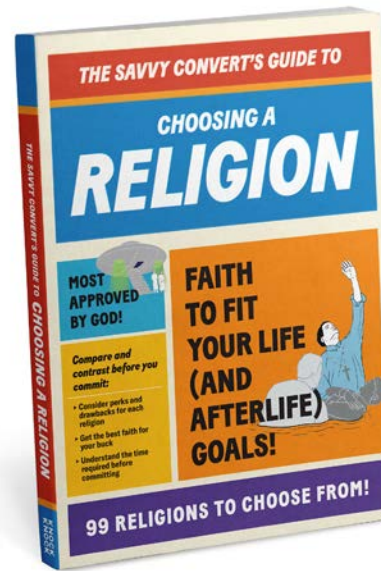


## THE SAVVY GUIDES

**SPECS:** Paperback, 176 pages; full-color throughout; 55 illustrations | **SIZE:** 6.5 x 9 inches; 16.5 x 22.9 cm | **INNER:** 4 | **PRICE:** £12.95



No. 9781683493662  
Savvy Job-Hopper's Career £12.95

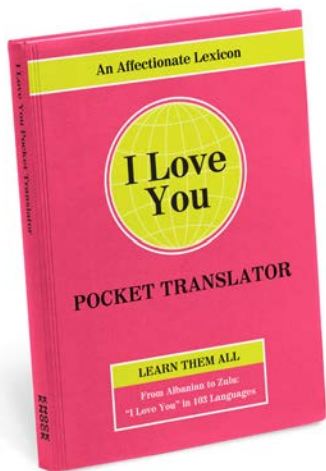


No. 9781683493501  
Savvy Convert's Religion (New) £12.95



## POCKET TRANSLATORS

**SPECS:** PVC cover, 128 pages | **SIZE:** 3.85 x 5.25 inches; 9.8 x 13.2 cm | **INNER:** 4  
**PRICE:** £6.95



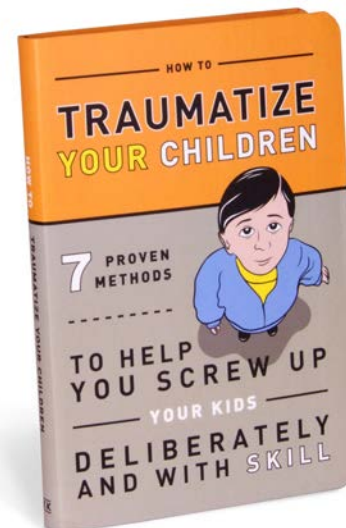
*Express your amour—or outrage—from Dubai to Shanghai.*

No. 9781683491248  
I Love You Pocket Translator £6.95



## HOW TO TRAUMATIZE YOUR CHILDREN

**SPECS:** Paperback, 144 pages; full-color throughout; 10 illustrations | **SIZE:** 4.5 x 6.5 inches;  
11.4 x 16.5 cm | **INNER:** 4 | **PRICE:** £9.95

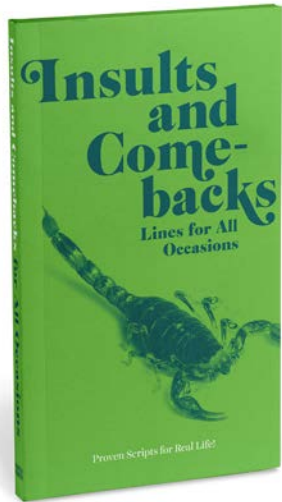


No. 9781601063090  
How to Traumatize Your Children £9.95



## LINES FOR ALL OCCASIONS PAPERBACK EDITIONS

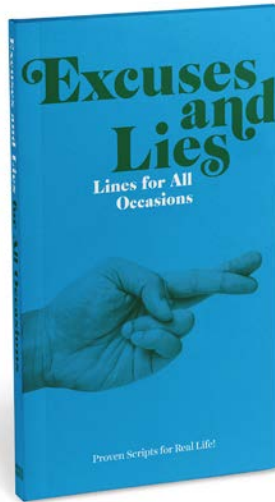
**SPECS:** High-quality softcover with flaps, 112 pages | **SIZE:** 4 x 6.75 inches; 10.1 x 17.1 cm | **INNER:** 3 | **PRICE:** £7.95



**No. 9781683492597**  
Insults Paperback  
**£7.95**



8 25703 50123 0



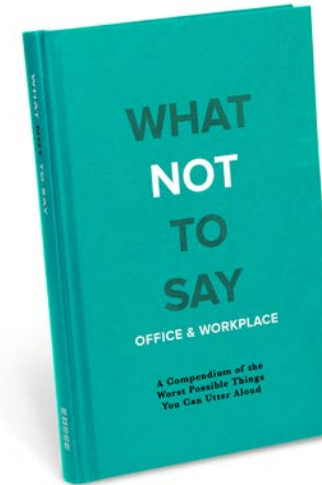
**No. 9781683492610**  
Excuses Paperback  
**£7.95**



8 25703 50125 4

## WHAT NOT TO SAY: OFFICE

**SPECS:** Hardcover with clear foil stamping, 128 pages; illustrations  
**SIZE:** 4.25 x 6.25 inches; 10.8 x 15.9 cm | **INNER:** 4 | **PRICE:** £8.95



**No. 9781683491774**  
What Not to Say:  
Office **£8.95**



8 25703 50303 6

## DESKTOP PEGBOARDS

**SPECS:** Hardboard in cardstock tray; 5 colored-wood pegs; 2-dowel removable stand; hanging hook; shrinkwrapped | **SIZE:** Box: 6.25 x 10.6 x 1.5 inches; 0 x 0 cm; Pegboard: 6 x 9 x 0.25 inches; 15.2 x 22.9 x 0.6 cm | **INNER:** 4 | **PRICE:** £14.95



**No. 9781683492269**  
Mood Alert  
**£14.95**



8 25703 15035 3



**No. 9781683492276**  
Do Your Chores  
**£14.95**

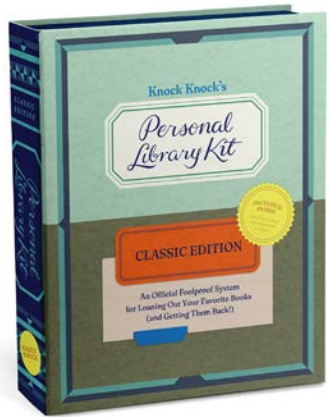


8 25703 15036 0

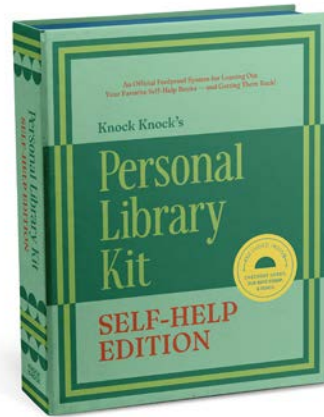


## PERSONAL LIBRARY KITS: THEMED EDITIONS

**SPECS:** 20 self-adhesive pockets and checkout cards; date stamp and ink pad; pencil; paper-over-board box with magnetic closure; removable acetate lid on inner tray | **SIZE:** 6 x 7.5 x 1.25 inches; 15.9 x 19.4 x 3.6 cm | **PKG:** Shrinkwrapped | **INNER:** 3 | **PRICE:** £19.95



**No. 9781683493129**  
Personal Library Kit: Classic Set **£19.95**



**No. 9781683492580**  
Personal Library Kit: Self-Help Book **£19.95**



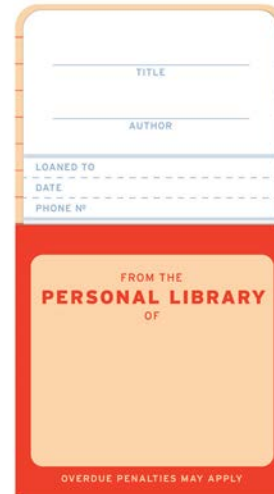
## PERSONAL LIBRARY KIT

**SPECS:** 20 self-adhesive pockets and checkout cards; date stamp and ink pad; pencil; paper-over-board box with acetate lid | **SIZE:** 6 x 7.5 x 1.25 inches; 15.9 x 19.4 x 3.6 cm | **PKG:** Shrinkwrapped | **INNER:** 4 | **PRICE:** £19.95

**REFILL SPECS:** 15 self-adhesive pockets and checkout cards | **SIZE:** 3 x 5 x 0.75 inches; 7.6 x 12.7 x 1.9 cm | **PKG:** Cello bag | **INNER:** 8 | **PRICE:** £4.95



**No. 9781601060723**  
Personal Library Kit **£19.95**



**No. 9781601061430**  
Personal Library Kit Refill **£4.95**



**FILL IN THE LOVE® READ ME WHEN BOXES**

**SPECS:** 9 paper sheets; 9 envelopes; foil-stamped box with magnetic lid; cotton ribbon; cardstock sleeve | **SIZE:** 7.25 x 4 x 1.5 inches; 18.4 x 10.1 x 3.8 cm | **INNER:** 3 | **PRICE:** £13.95



**No. 9781601068682**  
Letters to the Love of My Life **£13.95**



**No. 9781601068699**  
Letters to My Wonderful Mom **£13.95**



**No. 9781683490302**  
Letters to My Incredible Dad **£13.95**

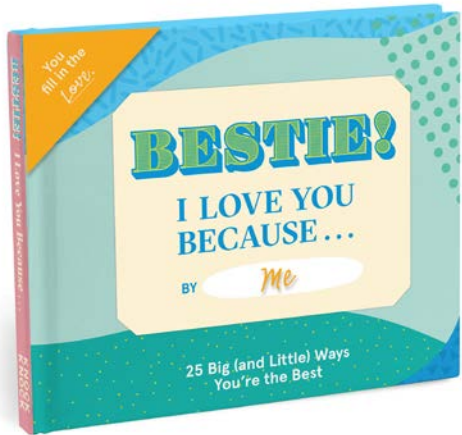


**No. 9781683490319**  
Letters to You Before Our Wedding **£13.95**





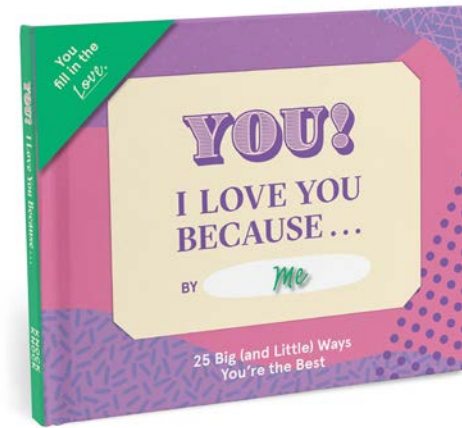
**SPECS:** Hardcover, 64 pages; acetate jacket; emboss; foil stamping | **SIZE:** 5.75 x 5 inches; 14.6 x 12.7 cm | **INNER:** 4 | **PRICE:** £9.95



No. 9781683493518  
Bestie Because... £9.95



No. 9781683493525  
Us Because... £9.95



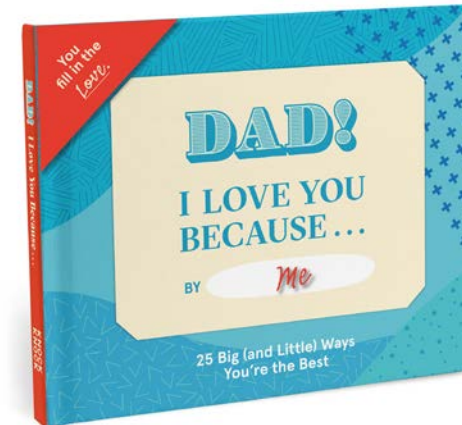
No. 9781683492627  
You Because... £9.95



No. 9781683492634  
Mom Because... £9.95



No. 9781683492641  
Awesome Because... £9.95



No. 9781683492658  
Dad Because... £9.95



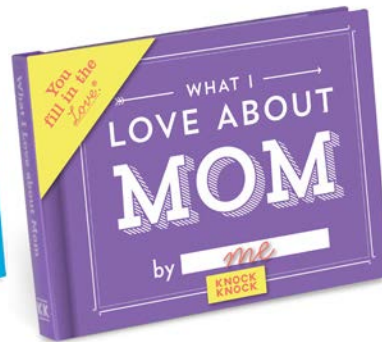
SPECS: Hardcover, 112 pages; acetate jacket | SIZE: 4.5 x 3.25 inches; 11.4 x 8.3 cm | INNER: 4 | PRICE: £9.95



No. 9781601064936  
Love About You £9.95



No. 9781601065476  
Awesome £9.95



No. 9781601065650  
Love About Mom £9.95



No. 9781601066893  
Love About Dad £9.95



**FILL IN THE LOVE DISPLAY**

[CLICK HERE FOR DETAILS](#)  
No. 9781601068989



No. 9781601066909  
Bestie £9.95



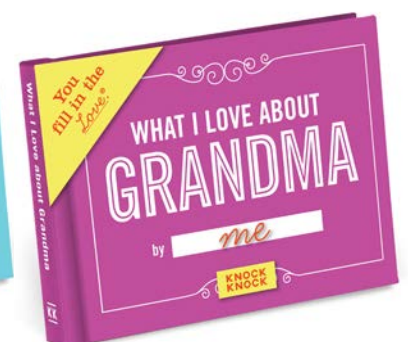
No. 9781683490487  
Miss You £9.95



No. 9781683490494  
Love About Grandpa £9.95



No. 9781601067586  
Love About Us £9.95



No. 9781601067029  
Love About Grandma £9.95

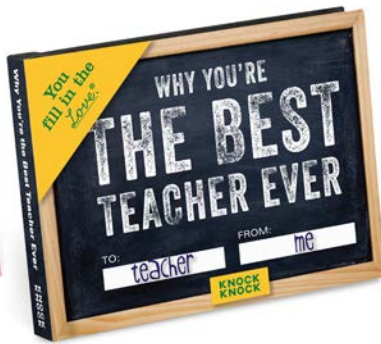


## FILL IN THE LOVE® JOURNALS

**SPECS:** Hardcover, 112 pages; acetate jacket | **SIZE:** 4.5 x 3.25 inches; 11.4 x 8.3 cm | **INNER:** 4 | **PRICE:** £9.95



**No. 9781601067593**  
Love About Sis **£9.95**



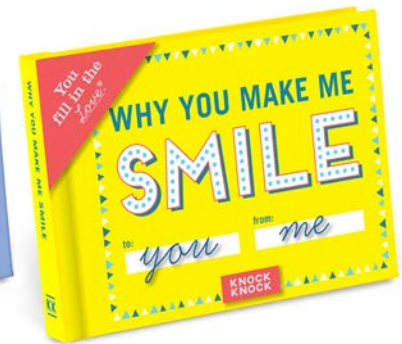
**No. 9781683490012**  
Teacher **£9.95**



**No. 9781683490029**  
Grateful for You **£9.95**



**No. 9781601069245**  
Being Your Mom **£9.95**



**No. 9781601068804**  
Make Me Smile **£9.95**



## BATHROOM GUEST BOOK—FRESH LOOK!

**SPECS:** hardcover with foil stamping, 112 pages; full-color throughout; ribbon page marker  
**SIZE:** 7.25 x 4.75 inches; 18.4 x 10.2 cm | **INNER:** 3 | **PRICE:** £14.95



**No. 9781683493907**  
Bathroom Guest Book (Refresh) **£14.95**



## BATHROOM GUEST BOOK

**SPECS:** Padded hardcover with metallic foil stamping, 112 pages; ribbon page marker  
**SIZE:** 8.5 x 5.5 inches; 21.6 x 14 cm | **INNER:** 3 | **PRICE:** £14.95



**No. 9781601064523**  
Bathroom **£14.95**

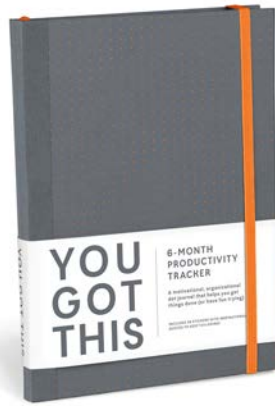


## YOU GOT THIS JOURNALS

**SPECS:** Hardcover, 224 pages; 45 stickers; ribbon page marker; elastic band | **SIZE:** 6 x 8.5 inches; 15.2 x 20.3 cm | **INNER:** 3  
**PRICE:** £18.95



**No. 9781683492962**  
 You Got This (Blue) **£18.95**

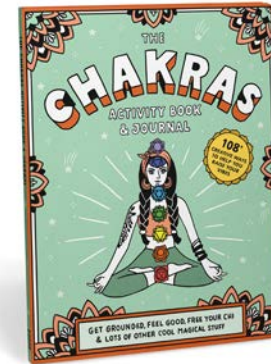


**No. 9781683491965**  
 You Got This **£18.95**



## CHAKRAS ACTIVITY BOOK & JOURNAL

**SPECS:** Paperback with emboss and spot UV, 96 pages; full-color throughout; lay-flat binding | **SIZE:** 7.25 x 9 inches; 18.4 x 22.9 cm | **INNER:** 3 | **PRICE:** £14.95

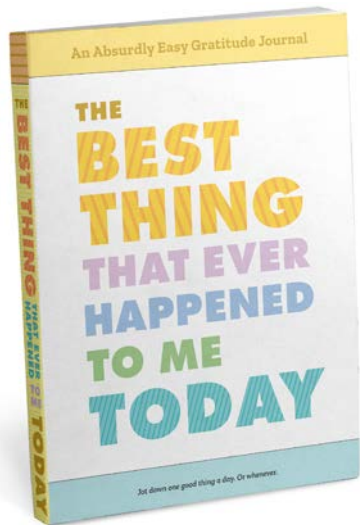


**No. 9781683492368**  
 Chakras Activity Book & Journal **£14.95**



## THE BEST THING THAT EVER HAPPENED TO ME TODAY JOURNAL

**SPECS:** Paperback with soft touch lamination; full-color throughout; 128 pages; layflat binding; grosgrain ribbon page marker | **SIZE:** 5 x 7 inches; 12.7 x 17.8 cm | **INNER:** 3  
**PRICE:** £13.95



**No. 9781683493778**  
 Best Thing That Ever Happened to Me Today **£13.95**



## DEAR ME: I LOVE YOU ACTIVITY BOOK & JOURNAL

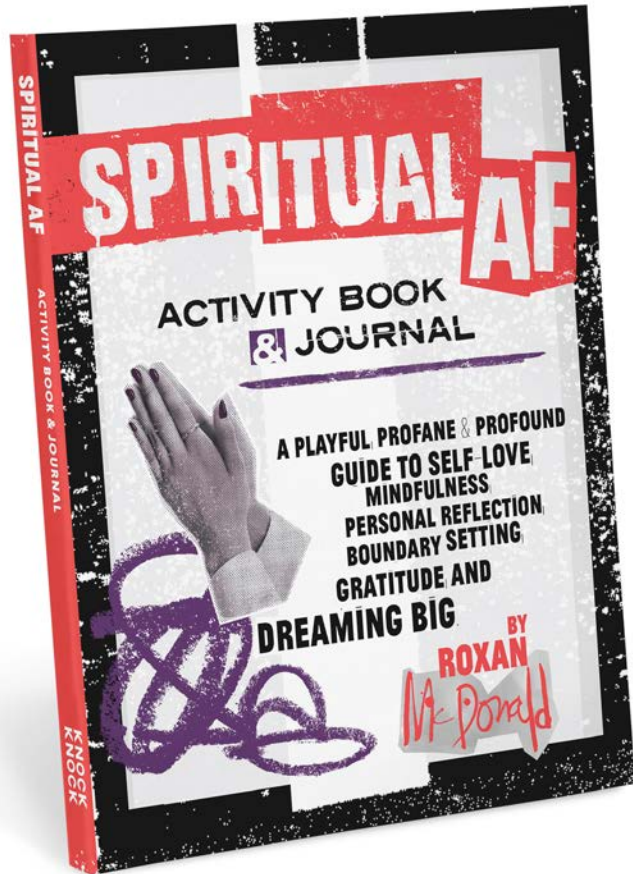
**SPECS:** Paperback with emboss and spot UV, 112 pages; full-color throughout; lay-flat binding  
**SIZE:** 7.25 x 9 inches; 18.4 x 22.9 cm | **INNER:** 3 | **PRICE:** £14.95



**No. 9781683493655**  
 Dear Me: I Love You Activity Book & Journal **£14.95**



**SPECS:** Paperback, 112 pages; full-color throughout; lay-flat binding | **SIZE:** 7.25 x 9 inches; 18.4 x 22.9 cm | **INNER:** 3 | **PRICE:** £14.95



No. 9781683494164  
Spiritual AF Journal £14.95



**MAYBE YOU JUST NEED TO SHAKE YOUR BOOTY.**

There is a reason that every inspirational movie has that moment where the hero finally decides to go all in on their dream and suddenly blood-pumping music starts playing and they are in a three-minute epic doing-montage where they do their homework, clean their house, learn to dance, and paint the orphanage. The reason movies are like that is because in real life we all need theme music for our epic doing-montages! What are the songs that make you feel like you could kick the absolute shit out of any challenge that comes your way? What songs get you moving and get your head in a Fuck-Yeah-I-Can-Conquer-the-Whole-Fuckin'-World mindset? Remember to listen to these songs regularly and to shake your booty as part of your manifesting practice.

**BOOTY-SHAKIN' PLAYLIST**

Track 1:	Track 7:
Track 2:	Track 8:
Track 3:	Track 9:
Track 4:	Track 10:
Track 5:	Track 11:
Track 6:	Track 12:

**HOW DO YOU DANCE YOUR ASS OFF THEN COME BACK AND WRITE ABOUT HOW IT FELT AND IF IT CHANGED YOUR DAY:**

**TO THINE OWN ASS BE TRUE**  
(AKA self-love)

**W**e tend to think self-love is 100% a good thing and we completely vilify self-boasting. Self-boasting is bad. Self-love is good. Instead of seeing the act of self-boasting as stupid, we see ourselves as stupid for struggling with it. This creates a closed loop of judgment. We judge ourselves for thinking self-boasting thoughts because we rarely take a curious, (even remote!) objective stance when we face self-love/self-hate.

How about we treat self-love and its ugly cousin self-boasting like strange zoo animals? Let's face them both openly-mindedly, and get to know them. Try to understand why we choose to keep these wonky beasts in our brain-coc in the first place. Humans are self-serving creatures. We usually do things for a reason—a good reason, more often than not. Let's stop beating ourselves up because of our habits. Let's get curious. Let's be a whole hell of a lot less judgment. Let's stop labeling ourselves as broken and turning away from the wild, protective, intelligence of our fuckheadedness. Maybe there's some beautiful logic in why we don't self-love a little over the place?

**YOU DON'T HAVE TO GO INTO THE BAD NEIGHBORHOOD OF YOUR MIND ALONE. HERE ARE A COUPLE TIPS TO HELP IN ANY MEDITATION PRACTICE:**

**FIND YOUR ANCHOR.**

Many people find focusing on their breath the easiest place to start their meditation practice. You can pick the tip of your nose, the rise and fall of your chest, or the expansion and contraction of your ribcage as you inhale and exhale. Don't get too caught up with what anchor you pick—just pick it and stick to it for the entire meditation.

**NAME YOUR HOOK.**

No matter how caught up you are in the tangle of thoughts, emotions, plans, anxiety, or plotting your revenge on all those fuckheads who wronged you, the act of simply naming the thing that hooked you (e.g., thinking, thinking/planning, planning/revenge plotting)—and then returning to the breath—helps. Name the little fucker that hooked you and circle back to your anchor.

If you practice this simple cycle of naming your hook and returning to your anchor just a few minutes a week you can truthfully say you have a meditation practice—and doesn't that sound like you're super fucking spiritual?! You'll also most likely get some of those benefits that scientists and doctors talk about like lowering your blood pressure and your stress levels and you'll probably be way less of an a-hole in traffic too.

**A FEW GOOD FUCKING QUESTIONS FOR YOUR (MOST PRESENT) SELF:**

If your most-present self was a person/being, what would they look like? What would their name be? What special powers would they have? What would you get out of listening to them?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you are forced to sit still and just be present is there a specific way your mind tends to avoid your emotions? Do you find yourself more attracted to worrying about the past or making plans for the future? Do you get distracted by sounds, smells, or physical sensations? What would be a playful way to redirect yourself back to being present?

\_\_\_\_\_

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How do you self-soothe? Are there ways you could incorporate that self-soothing into your daily life?

\_\_\_\_\_

\_\_\_\_\_

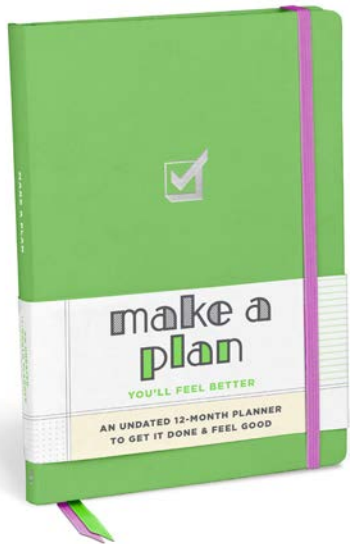
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[Click here for more AF Titles](#)

## UNDATED WEEKLY PLANNERS

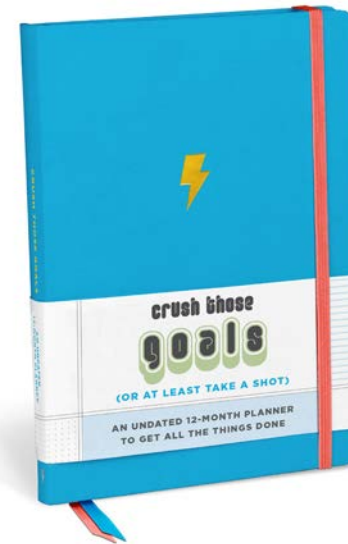
**SPECS:** Hardcover, PU-wrapped with foil stamping and deboss, 160 pages; lay-flat binding; 2 ribbon page markers; elastic closure; interior pocket; 237 stickers  
**SIZE:** 5.625 x 8 inches; 14.3 x 20.3 cm | **INNER:** 3 | **PRICE:** £19.95



No. 9781683493228  
 Make a Plan £19.95



No. 9781683493235  
 WTF £19.95



No. 9781683493242  
 Crush Those Goals £19.95



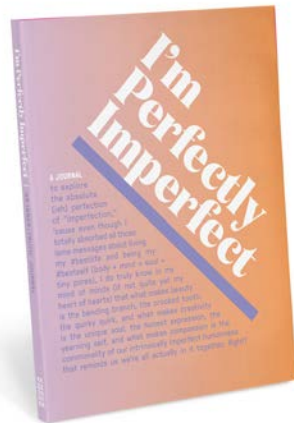
## INNER-TRUTH® JOURNALS

[More Inner-Truth Journals on next page >](#)

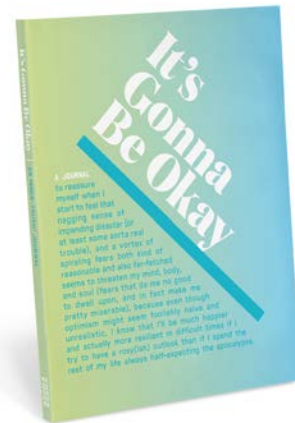
**SPECS:** Paperback, 160 pages; lay-flat binding; full-color throughout; ribbon page marker | **SIZE:** 7 x 9.5 inches; 17.8 x 24.1 cm | **INNER:** 3 | **PRICE:** £15.95



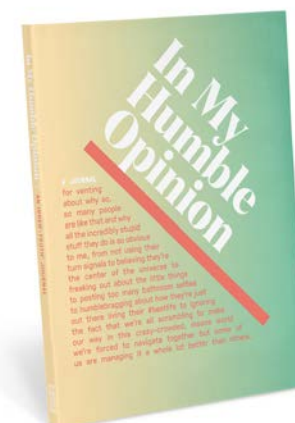
No. 9781683493037  
 I'm Kind of Awesome (Fresh Look) £15.95



No. 9781683492702  
 I'm Perfectly Imperfect (Fresh Look) £15.95



No. 9781683492832  
 It's Gonna Be Okay (Fresh Look) £15.95



No. 9781683493020  
 In My Humble Opinion (Fresh Look) £15.95



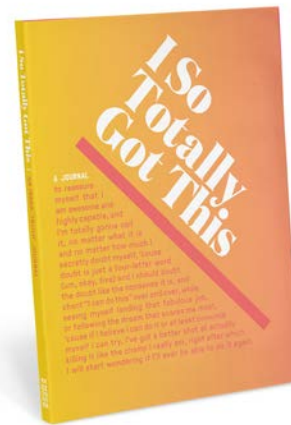
**SPECS:** Paperback, 160 pages; lay-flat binding; full-color throughout; ribbon page marker | **SIZE:** 7 x 9.5 inches; 17.8 x 24.1 cm | **INNER:** 3 | **PRICE:** £15.95



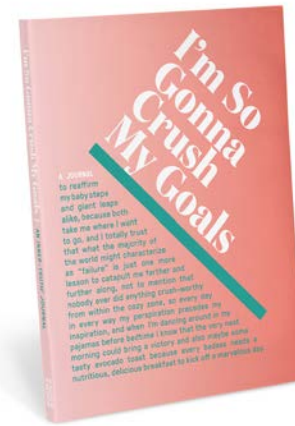
**No. 9781683493433**  
I'm Gonna Keep My Heart Open **£15.95**



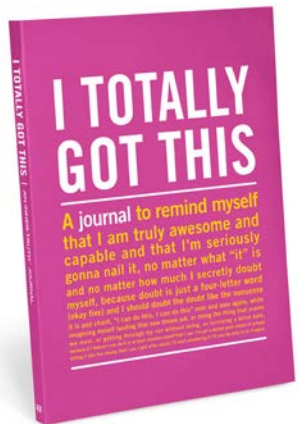
**No. 9781683493440**  
Gah, I Can't Sleep **£15.95**



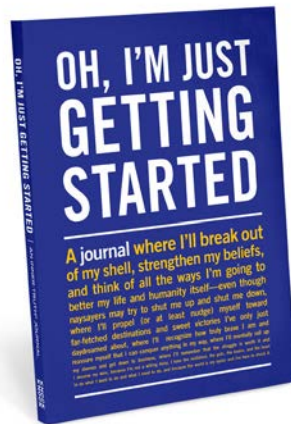
**No. 9781683492825**  
I So Totally Got This (Fresh Look) **£15.95**



**No. 9781683493013**  
I'm So Gonna Crush My Goals (Fresh Look) **£15.95**



**No. 9781601069269**  
I Totally Got This **£15.95**



**No. 9781683491590**  
Oh, I'm Just Getting Started **£15.95**



**No. 9781601069917**  
I Need Some Serious Me Time **£15.95**



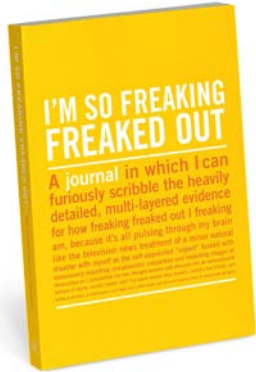
## MINI INNER-TRUTH® JOURNALS

**SPECS:** Paperback, 160 pages; lay-flat binding; full-color throughout; ribbon page marker | **SIZE:** 4 x 5.75 inches; 10.2 x 14.6 cm | **INNER:** 4 | **PRICE:** £9.95

## MINI INNER-TRUTH DISPLAY

[CLICK HERE FOR DETAILS](#)

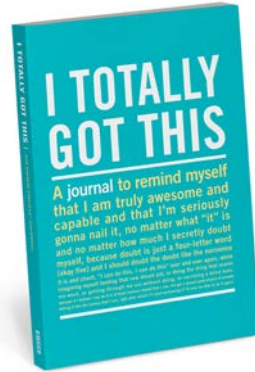
No. 9781601068941



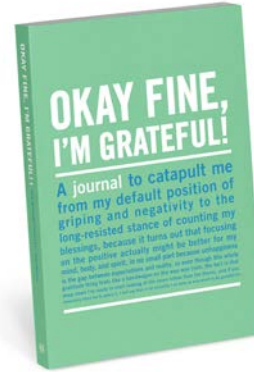
No. 9781601068842  
Mini Freaked Out £9.95



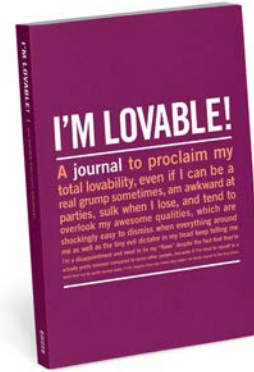
No. 9781601067951  
Mini Awesome £9.95



No. 9781683490395  
Mini I Totally Got This £9.95



No. 9781601069283  
Mini I'm Grateful £9.95



No. 9781601069924  
Mini I'm Lovable £9.95



## CLASSIC PADS

[More Classic Pads on next page >](#)

**SPECS:** 60 sheets; adhesive binding | **SIZE:** 6 x 9 inches; 15.2 x 22.9 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £7.95



No. 9781683493914  
Why I Must Have Sex (Refresh) £7.95



No. 9781683494010  
Sleep Routine £7.95



No. 9781683494027  
Today Vibes £7.95



No. 9781683493730  
Weekly Money Tracker £7.95



No. 9781683493747  
Make a Decision £7.95





SPECS: 60 sheets; adhesive binding, All Out Of pads and Things ... House pads have magnet on back | SIZE: 6 x 9 inches; 15.2 x 22.9 cm | PKG: Shrinkwrapped | INNER: 6 | PRICE: £7.95



No. 9781683492481  
All Out Of (Keto, magnet) £7.95



No. 9781683492498  
All Out Of (Vegetarian, magnet) £7.95



No. 9781683493358  
All Out Of Vegan (with magnet) £7.95



No. 9781683492979  
All Out Of (Fresh Look, magnet) £7.95



No. 9781683493648  
Self-Care £7.95



No. 9781683493532  
What to Get Done . . . £7.95



No. 9781683493549  
Self-Therapy £7.95



No. 9781683493839  
Busy AF £7.95



No. 9781683493846  
Shit List £7.95



No. 9781683493631  
Best Week Ever £7.95



**CLASSIC PADS**

*More Classic Pads on next page ▶*

**SPECS:** 60 sheets; adhesive binding, What to Eat has magnet on back | **SIZE:** 6 x 9 inches; 15.2 x 22.9 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £7.95



**No. 9781683493006**  
I Got This **£7.95**



**No. 9781683492771**  
This Week (Fresh Look) **£7.95**



**No. 9781683492788**  
To Do (Fresh Look) **£7.95**



**No. 9781683492894**  
What to Eat (Fresh Look, magnet) **£7.95**



**No. 9781683492993**  
Plan of Attack **£7.95**



**No. 9781683492801**  
WTF (Fresh Look) **£7.95**



**No. 9781683492795**  
Shit Together (Fresh Look) **£7.95**



**No. 9781683493365**  
Road Trip **£7.95**



**No. 9781683493372**  
Crap (Fresh Look) **£7.95**



**No. 9781683493389**  
Things...House (Fresh Look, magnet) **£7.95**



**SPECS:** 60 sheets; adhesive binding, What to Eat, What I Ate, and Things ... House pads have magnet on back | **SIZE:** 6 x 9 inches; 15.2 x 22.9 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £7.95



No. 9781683492986  
Pack This! (Fresh Look) £7.95



No. 9781683493624  
This Week (Green) £7.95



No. 9781601064998  
This Week £7.95



No. 9781601061539  
What to Eat (with magnet) £7.95



No. 9781601069900  
What to Eat (with magnet) £7.95



No. 9781601069887  
What to Get Done £7.95



No. 9781601065568  
What I Ate (with magnet) £7.95



No. 9781601068781  
Action Items! £7.95



No. 9781601061645  
Make a Decision £7.95



No. 9781601062758  
Crap £7.95



No. 9781601066206  
Get Your Shit Together £7.95



No. 9781601066824  
WTF Am I Doing? £7.95



**CLASSIC PADS**

**SPECS:** 60 sheets; adhesive binding , All Out Of pads have magnet on back | **SIZE:** 6 x 9 inches; 15.2 x 22.9 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £7.95



**No. 9781601061591**  
Things...House (with magnet)  
**£7.95**



**No. 9781601061560**  
Pack This! **£7.95**



**No. 9781683491019**  
Productive AF! **£7.95**



**No. 9781601061546**  
All Out Of Pad (with magnet)  
**£7.95**



**No. 9781601061935**  
All Out Of Pad (with magnet)  
**£7.95**



**No. 9781601061942**  
All Out Of Pad (with magnet)  
**£7.95**



**No. 9781601062253**  
Self-Therapy **£7.95**



**No. 9781601068026**  
Love About You Today **£7.95**



**No. 9781601061614**  
Paper Voodoo **£7.95**



**No. 9781601061522**  
To Do (Blue) **£7.95**



**No. 9781683491002**  
Today's the Day **£7.95**



**No. 9781683491514**  
Pro/Con **£7.95**



## GAME PADS

**SPECS:** Cardstock cover, 60 sheets (6 games, 10 sheets each); adhesive binding | **SIZE:** 6 x 9 inches; 15.2 x 22.9 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £9.95



No. 9781683493457  
Road Trip £9.95



No. 9781683493464  
Staycation £9.95



No. 9781683493471  
Camping £9.95



## ON-THE-GO GAME PAD

**SPECS:** Cardstock cover, 60 sheets (5 games, 12 sheets each); adhesive binding | **SIZE:** 6 x 9 inches; 15.2 x 22.9 cm  
**PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £9.95

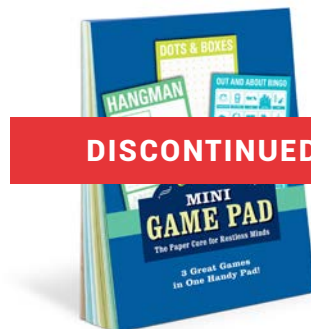


No. 9781601065186  
Game Pad 1 £9.95



## MINI GAME PADS

**SPECS:** Cardstock cover, 45 sheets (3 games, 15 sheets each); adhesive binding | **SIZE:** 4 x 6 inches; 10.2 x 15.2 cm  
**PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £4.95



No. 9781601066916  
Mini Game Pad 1 £4.95



**MAKE-A-LIST PADS**

*More Make-a-List Pads on next page ▶*

**SPECS:** 50 sheets; adhesive binding | **SIZE:** 3.5 x 9 inches; 8.9 x 22.9 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £5.95



**No. 9781683493952**  
Pretty Please **£5.95**



**No. 9781683493969**  
Meeting Notes **£5.95**



**No. 9781683493884**  
I Just Want It All **£5.95**



**No. 9781683493891**  
So Much To Do **£5.95**



**No. 9781683493679**  
This Week's List **£5.95**



**No. 9781683493686**  
My Legit Goals **£5.95**



**No. 9781683493082**  
All the Things **£5.95**



**No. 9781683493075**  
Groceries & Shit **£5.95**



**No. 9781683493068**  
Today's List **£5.95**



**No. 9781683493099**  
Crap to Do **£5.95**



## MAKE-A-LIST PADS

**SPECS:** 50 sheets; adhesive binding | **SIZE:** 3.5 x 9 inches; 8.9 x 22.9 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £5.95



No. 9781683493396  
Stuff To Do Today **£5.95**



No. 9781683493402  
You Got This **£5.95**



No. 9781683493419  
Hot List **£5.95**



No. 9781683493426  
Have a Super Day **£5.95**



## NIFTY NOTES

*More Nifty Notes on next page ▶*

**SPECS:** 50 sheets; adhesive binding | **SIZE:** 4 x 5.25 inches; 10.2 x 13.3 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £4.95



No. 9781683493976  
Apology (Refresh) **£4.95**



No. 9781683493983  
Passive Aggressive (Refresh) **£4.95**



No. 9781683493990  
Random Note of Kindness **£4.95**



No. 9781683494003  
We Need to Talk **£4.95**



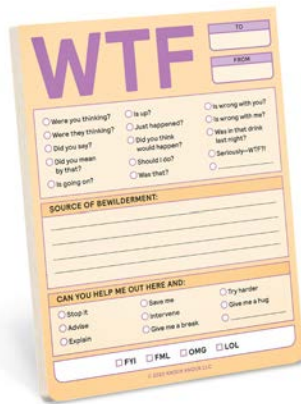
No. 9781683493693  
Paper Tantrum **£4.95**



**SPECS:** 50 sheets; adhesive binding | **SIZE:** 4 x 5.25 inches; 10.2 x 13.3 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £4.95



No. 9781683493709  
Awesome Citation £4.95



No. 9781683493716  
WTF £4.95



No. 9781683493723  
While You Were £4.95



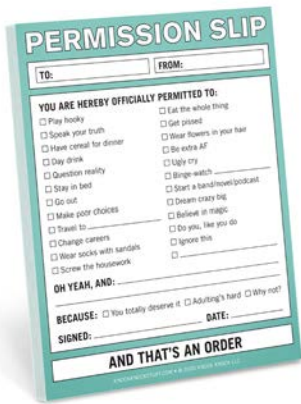
No. 9781683493570  
Attitude of Gratitude £4.95



No. 9781683493587  
You Good? £4.95



No. 9781683493044  
Paper-Fortune Teller £4.95



No. 9781683492511  
Permission Slip £4.95



No. 9781683492504  
Honorary Unicorn £4.95



No. 9781601061454  
Apology £4.95



No. 9781601063045  
Passive-Aggressive £4.95





**NIFTY NOTES**

**SPECS:** 50 sheets; adhesive binding | **SIZE:** 4 x 5.25 inches; 10.2 x 13.3 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £4.95



**No. 9781601066213**  
Awesome Citation **£4.95**



**No. 9781601061508**  
Bitch Citation **£4.95**



**No. 9781601061485**  
Pep Talk **£4.95**



**No. 9781601063380**  
WTF **£4.95**



**No. 9781683491156**  
Party Foul **£4.95**



**No. 9781601068095**  
Paper Tantrum **£4.95**



**No. 9781683493051**  
Self-Care Rx **£4.95**



**No. 9781683491781**  
IOU **£4.95**

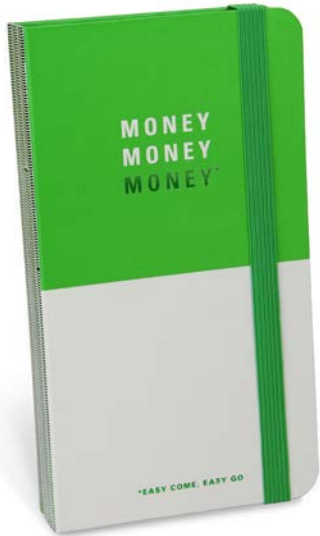


**No. 9781601065667**  
To Do/To Buy **£7.95**



## RECEIPT CATCHER

**SPECS:** Accordion-style organizer with elastic closure and foil stamping; 6 tabbed section dividers with preprinted labels; notepad; pen | **SIZE:** 4 x 7.25 inches; 10.2 x 18.4 cm  
**PKG:** Shrinkwrapped | **INNER:** 4 | **PRICE:** £13.95



**No. 9781601069542**  
 Money, Money, Money **£13.95**



## PEN-TO-PAPER MOUSEPAD

**SPECS:** 60 sheets; diecut pen holder; adhesive binding on top and left side | **SIZE:** 9.5 x 8.5 inches; 24.1 x 21.6 cm  
**PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £9.95



**No. 9781601068156**  
 My Awesome Week **£9.95**



## PAPER MOUSEPADS

**SPECS:** 60 sheets; adhesive binding on top and left sides | **SIZE:** 9.5 x 8 inches; 24.1 x 20.3 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £9.95



**No. 9781601062543**  
 5 Days a Week **£9.95**



**No. 9781601062550**  
 Information Central **£9.95**



**No. 9781683493617**  
 Mousepad: InfoCentral (Blue/Gray) **£9.95**



## STICKY MOUSEPADS

**SPECS:** 60 sheets with repositionable adhesive | **SIZE:** 8.375 x 8.375 inches; 21.3 x 21.3 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £8.95



**No. 9781683493280**  
Make a Plan **£8.95**



**No. 9781683493297**  
WTF **£8.95**



**No. 9781683493303**  
Crush Some Goals **£8.95**



**Psst:  
I'm sticky!**

## ORGANIZER STICKIES

**SPECS:** 60 sheets with repositionable adhesive | **SIZE:** 8.375 x 8.375 inches; 21.3 x 21.3 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £4.95



**No. 9781683493273**  
WTF **£4.95**



## STICKY CITATIONS

**SPECS:** 60 sheets with repositionable adhesive; adhesive binding | **SIZE:** 4 x 6.5 inches; 10.1 x 16.5 cm | **INNER:** 6 | **PRICE:** £5.95



**No. 9781683492528**  
Fart Citation **£5.95**



**No. 9781683492542**  
Badass Citation **£5.95**



## STICKY NOTE VARIETY PACKETS

**SPECS:** Paper-over-board folio, 4 pads of 30 sheets each with repositionable adhesive | **SIZE:** 3.75 x 6.75 inches; 9.5 x 17.1 cm | **PKG:** Resealable polybag  
**INNER:** 4 | **PRICE:** £8.95



No. 9781683493754  
 Crap Ever End? £8.95



No. 9781683493761  
 All The Things £8.95



## REAL BIG STICKIES

**SPECS:** 100 sheets; repositionable adhesive | **SIZE:** 4 x 4 inches; 10.2 x 10.2 cm | **INNER:** 8 | **PRICE:** £4.95



No. 9781683493143  
 Actual Fuck £4.95



No. 9781683493150  
 Adulting £4.95



No. 9781683493167  
 Getting Shit Done £4.95



No. 9781683493174  
 Thinking Out Loud £4.95



## DIECUT STICKY NOTES

**SPECS:** 75 diecut sheets with repositionable adhesive | **SIZE:** 3 x 3 inches; 7.6 x 7.6 cm | **INNER:** 8 | **PRICE:** £3.50



**No. 9781683491149**  
Crap **£3.50**



**No. 9781683491699**  
FYI **£3.50**



**No. 9781683491385**  
XOXO **£3.50**



**No. 9781683491392**  
Help **£3.50**



**No. 9781683491415**  
Today **£3.50**



## STICKY NOTES

*More Sticky Notes on next page ▶*

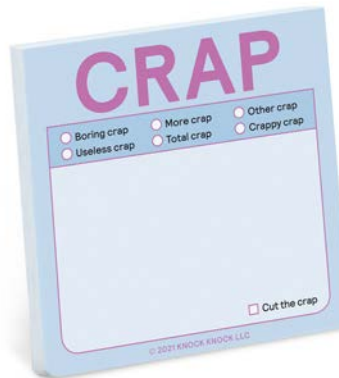
**SPECS:** 100 sheets with repositionable adhesive | **SIZE:** 3 x 3 inches; 7.6 x 7.6 cm | **PKG:** Shrinkwrapped  
**INNER:** 8 | **PRICE:** £3.50



**No. 9781683491569**  
Cool **£3.50**



**No. 9781683491422**  
Hello **£3.50**



**No. 9781683493334**  
Crap **£3.50**



**No. 9781683492931**  
Blah Blah Blah **£3.50**



**No. 9781683492948**  
Just Sayin' **£3.50**



**SPECS:** 100 sheets with repositionable adhesive | **SIZE:** 3 x 3 inches; 7.6 x 7.6 cm | **PKG:** Shrinkwrapped | **INNER:** 8 | **PRICE:** £3.50



**No. 9781683494034**  
Hot Take **£3.50**



**No. 9781683494041**  
It's a Vibe **£3.50**



**No. 9781683493853**  
OMG **£3.50**



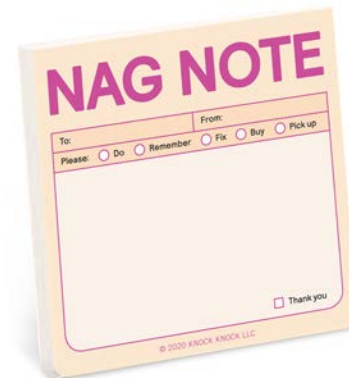
**No. 9781683493860**  
Thank You **£3.50**



**No. 9781683493877**  
XOXO **£3.50**



**No. 9781683492849**  
Mental Note (Fresh Look) **£3.50**



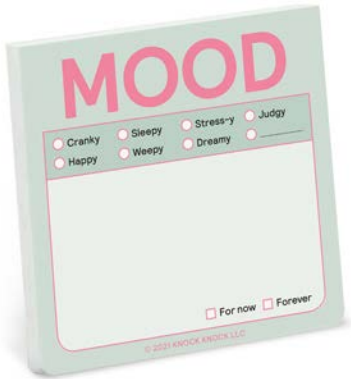
**No. 9781683492856**  
Nag Note (Fresh Look) **£3.50**



**No. 9781683492955**  
Deal with This **£3.50**



**SPECS:** 100 sheets with repositionable adhesive | **SIZE:** 3 x 3 inches; 7.6 x 7.6 cm | **PKG:** Shrinkwrapped | **INNER:** 8 | **PRICE:** £3.50



**No. 9781683493310**  
Mood **£3.50**



**No. 9781683492863**  
WTF (Fresh Look) **£3.50**



**No. 9781683492870**  
High Five (Fresh Look) **£3.50**



**No. 9781683492887**  
To Do (Fresh Look) **£3.50**



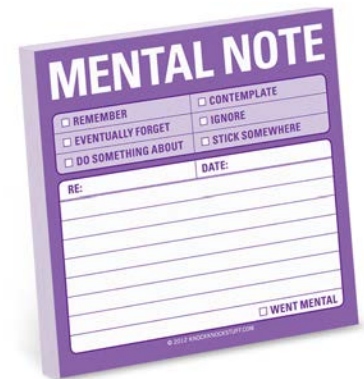
**No. 9781683493327**  
You Got This **£3.50**



**No. 9781601065087**  
Thank You **£3.50**



**No. 9781683490463**  
To Do **£3.50**



**No. 9781601063465**  
Mental Note **£3.50**



## STICKY NOTES

**SPECS:** 100 sheets with repositionable adhesive | **SIZE:** 3 x 3 inches; 7.6 x 7.6 cm | **PKG:** Shrinkwrapped | **INNER:** 8 | **PRICE:** £3.50



**No. 9781601062437**  
Nag Note **£3.50**



**No. 9781601063472**  
Crap **£3.50**



**No. 9781601064042**  
Deal With This **£3.50**



**No. 9781601065056**  
High Five **£3.50**



## GREAT BIG STICKIES

**SPECS:** 60 sheets with repositionable adhesive | **SIZE:** 4 x 6 inches; 10.2 x 15.2 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £5.95



**No. 9781683492108**  
Fake News **£5.95**



**No. 9781683490517**  
Get Shit Done **£5.95**



**No. 9781601067753**  
Today's Plan of Attack **£5.95**



### GREAT BIG STICKIES DISPLAY

[CLICK HERE FOR DETAILS](#)  
No. 9781601068941



### STICKY NOTE DISPLAY

[CLICK HERE FOR DETAILS](#)  
No. 9781601068958



## STICKY NOTE PACKETS

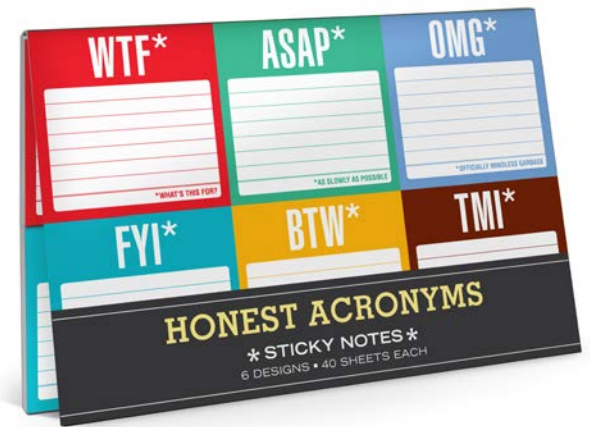
**SPECS:** 6 pads, 40 sheets each with repositionable adhesive | **SIZE:** Packet: 8.25 x 5.5 inches; 21 x 14 cm; Pads: 2.75 x 2.75 inches; 7 x 7 cm | **PKG:** Self-sealing polybag | **INNER:** 4 | **PRICE:** £9.95



No. 9781683493181  
I'm So Goals £9.95



No. 9781683493198  
Current Mood £9.95



No. 9781601064721  
Honest Acronyms £9.95



No. 9781601065117  
To Accomplish £9.95



No. 9781601069078  
Tell It Like It Is £9.95



No. 9781601069085  
It's All Good £9.95



## METALLIC STICKY FLAGS

**SPECS:** 6 sets of sticky flags; foil stamping; backer card; polybag  
**SIZE:** 2.5 x 5 inches; 6.4 x 14 cm | **INNER:** 8 | **PRICE:** £3.95



**No. 9781683492665**  
 Fuck Yeah / Fuck No **£3.95**



## OH-SO EXTRA STICKY SETS WITH GEL PEN

**SPECS:** 2 pads, 75 sheets each with repositionable adhesive and foil stamping; metallic gel pen | **SIZE:** 4 x 6.5 inches; 8.9 x 16.5 cm  
**PKG:** Shrinkwrapped | **INNER:** 4 | **PRICE:** £8.95



**No. 9781683492740**  
 Oh Shit / No Shit **£8.95**

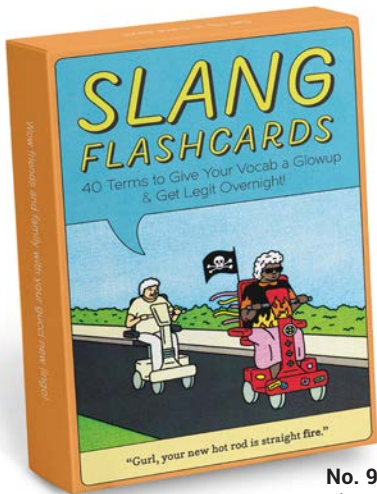


**No. 9781683492757**  
 WTF / OMFG **£8.95**

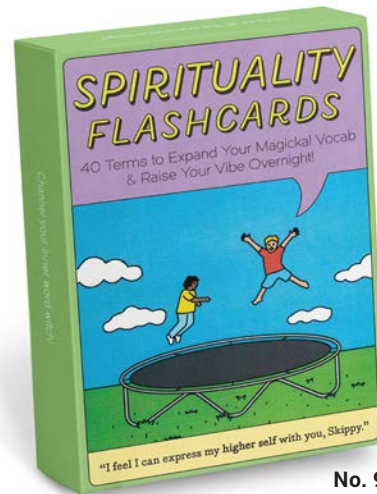


## Flashcards

**SPECS:** 41 cards; tuck-flap box | **SIZE:** 4 x 6 x 1 inches; 10.2 x 15.2 x 2.5 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £12.95



**No. 9781683493488**  
 Slang Flashcards **£12.95**



**No. 9781683493495**  
 Spirituality Flashcards **£12.95**

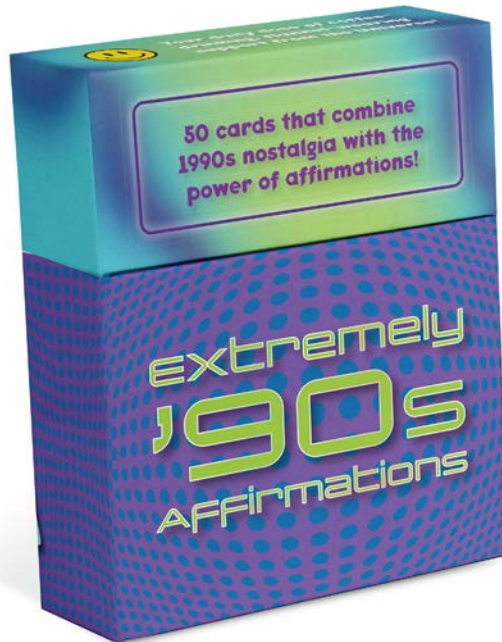
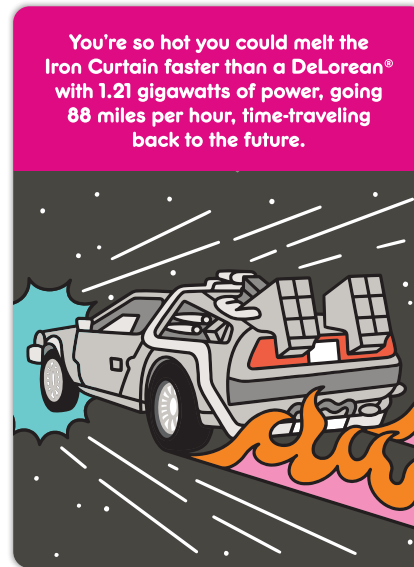


## AFFIRMATIONS FROM THE DECADES

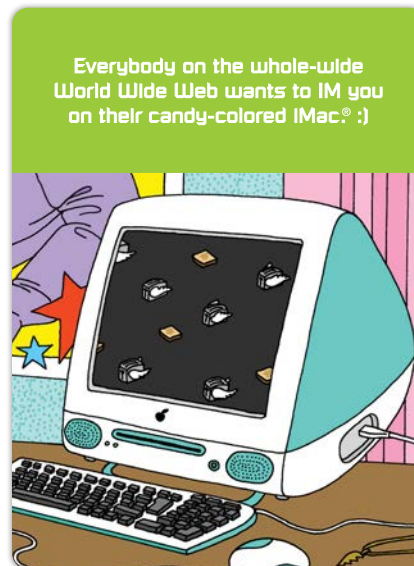
**SPECS:** Box with pull-off lid; 51 cards, with instruction card and rounded corners; full-color illustrations throughout | **SIZE:** 3.5 x 4.6 x 1 inches; 8.9 x 11.7 x 2.9 cm | **PKG:** Shrinkwrap  
**INNER:** 6 | **PRICE:** £13.95



No. 9781683494058  
 Totally '80s Affirmations £13.95

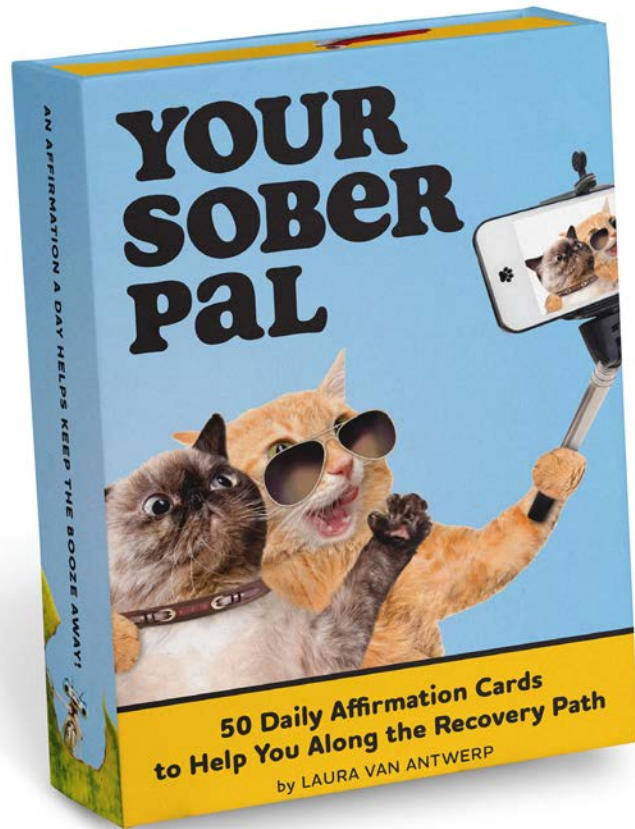


No. 9781683494065  
 extremely '90s Affirmations £13.95



# YOUR SOBER PAL AFFIRMATION DECK BY LAURA VAN ANTWERP

**SPECS:** Portfolio-style box with tray and magnetic closure; 51 cards, with instruction card and rounded corners | **SIZE:** 3.75 x 5 x 1 inches; 9.5 x 12.7 x 2.5 cm | **PKG:** Shrinkwrap  
**INNER:** 6 | **PRICE:** £13.95



No. 9781683494072  
 Your Sober Pal Deck £13.95



## YOUR SOBER PAL



**SELF-ESTEEM**

BEHIND THIS AMAZING HAIR AND SMILE IS A GREAT PERSONALITY.

I love and respect the person I am becoming in sobriety. Turns out, I don't need alcohol to feel good about myself! I've upgraded from that cheap, knockoff version of confidence that booze gave me to a new, shiny, authentic, 24-karat confidence, and it's truly ... chef's kiss.

## EMBRACING THE STRUGGLE



I DID IT. I FINALLY CROSSED THE ROAD. PHEW, THAT WAS TOUGH!

Some days the struggle is more struggle-y than others. But I actively embrace it anyway because I recognize that it makes me more resilient. If I can quit drinking, imagine what other magical stuff I can accomplish! Climb a mountain? Run a marathon? Organize my underwear drawer? Sobriety makes anything feel possible!

## MAKING AMENDS



SORRY, I WAS AN ASS.

I have the courage to make up for the ways I hurt others when I was boozing. Making amends helps me release guilt, heal shame, and stay accountable. It also offers closure to those I hurt. If they choose to forgive me, awesome. If they flip me the bird with both hands, I understand. Whatever happens, I can accept it with grace, humility, and a ten-page journal entry soaked in my tears (you know, to give it texture).

## SETTING BOUNDARIES



YEAH, NOPE!

I protect my sobriety by setting healthy boundaries. This includes telling people no when I need to, leaving situations that trigger me, and saying what I mean without saying it mean. So long, snippy human grump ... hello master jedi of love, personal agency, and self-respect!

## PROGRESS NOT PERFECTION



DOG-GONE IT. BUT HEY, I STILL HAVEN'T TAKEN A BITE!

I try to banish all-or-nothing, get-it-right-or-I-totally-suck thinking and welcome baby steps and setbacks as a normal part of the recovery process. Someday, I'll look back on all those awkward, fumble-filled, uncomfortable moments of growth and feel grateful I never gave up. Plus, I'd love a crappy Lifetime movie about my life someday, and we all know mishaps & mayhem make the happy ending even more satisfying ... so, there's that!

## CELL PHONE TIMEOUT POUCHES

**SPECS:** 4 cardstock capacity pouches with flap and sturdy string & button closure; cardstock j-wrap | **SIZE:** 8.5 x 7.25 inches; 21.6 x 18.4 cm | **POUCHES:** 4.25 x 7.25 inches; 10.8 x 17.8 cm | **PKG:** Shrinkwrap | **INNER:** 4 | **PRICE:** £8.95

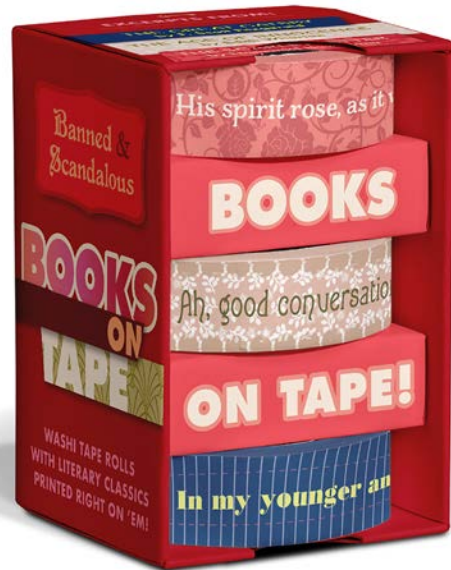


No. 9781683494157  
Cell Phone Timeout Pouches £8.95



## BOOKS ON TAPE

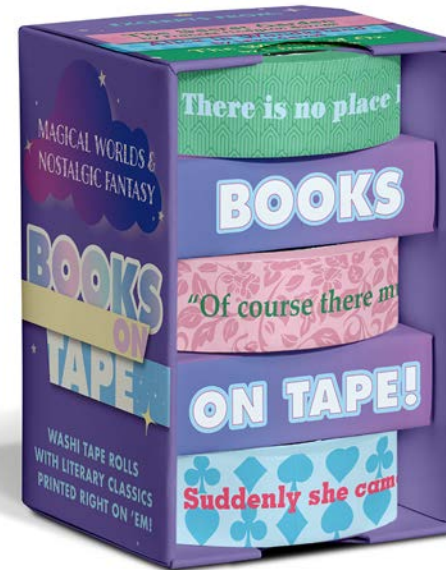
**SPECS:** Box with holding tray; 3 rolls of printed washi tape | **SIZE:** Box: 3.25 x 2.13 x 2 inches; 8.3 x 5.4 x 5 cm; Tape: 0.6 x 394 inches; 1.5 x 1001 cm | **PKG:** Shrinkwrap | **INNER:** 4 | **PRICE:** £12.95



### WITH JUICY EXCERPTS FROM:

- *The Great Gatsby*
- *The Age of Innocence*
- *The Scarlet Letter*

No. 9781683493938  
Banned & Scandalous £12.95



### WITH FUN EXCERPTS FROM:

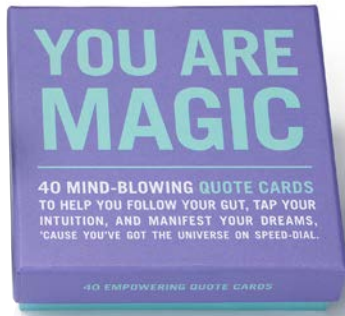
- *The Secret Garden*
- *Alice in Wonderland*
- *The Wonderful Wizard of Oz*

No. 9781683493945  
Magical Worlds & Nostalgic Fantasy £12.95



## INNER-TRUTH® DECKS

**SPECS:** 40 cards; cardboard easel; paper-over-board box | **SIZE:** Cards: 3.75 x 3.75 inches; 9.5 x 9.5 cm; box: 4.2 x 4.2 x 1.25 inches; 10.7 x 10.7 x 3.2 cm | **PKG:** Shrinkwrapped | **INNER:** 6 | **PRICE:** £10.95



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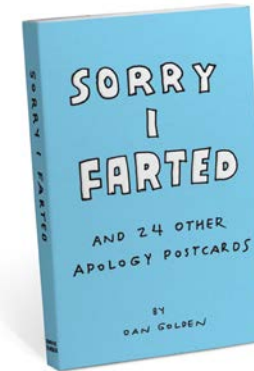


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**No. 9781683490616**  
Desktop Inspiration Generator **£11.95**



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**SPECS:** 20 perforated coupons; metallic foil stamping on cover | **SIZE:** 8 x 3.25 inches; 20.3 x 8.3 cm | **INNER:** 6 | **PRICE:** £9.95



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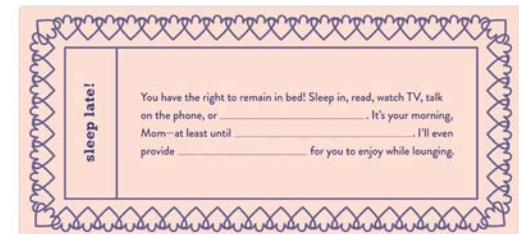
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 Great Big Stickies Display  
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 Holds 20 units



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