



## Journals & Notebooks

The oldest extant diaries come from Middle Eastern and East Asian cultures. Flannery O'Connor said, "I write because I don't know what I think until I read what I say."

Journaling is a way to capture ideas and write out our goals until we can put them in motion. A notebook can serve as a record of our most important thoughts and emotions, even a to-do list can tell us what we were doing or thinking at the time.

Printed on acid free, lined, sustainable forest paper, the bright and colorful images on the Nabila K notebooks are inspired by the 1920's and 30's travel labels. Each unique flora artwork is drawn onto its individual travel background.

"I never travel without my diary. One should always have something sensational to read on the train."

– Oscar Wilde

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