

**JE NOTE
RÉGULIÈREMENT**

A hand-drawn illustration of a spiral-bound notebook with five rings at the top. The page is lined and contains the text "Ce qui est difficile à mettre en place :" followed by four horizontal lines for writing.

Ce qui est difficile à mettre en place :

A hand-drawn illustration of a pink sticky note with a paperclip at the top. The note has rounded corners and contains the text "Les bienfaits que je ressens :".

Les bienfaits que je ressens :

A hand-drawn illustration of a piece of yellow grid paper with a black border and torn corners. It contains the text "Autres informations :".

Autres informations :