Dear Reader,

This book is for you.

It will accompany you for 365 days and offer you a year with yourself. Like a diary it will encourage you to record your feelings throughout the year and provide an opportunity to focus on yourself.

You can use whatever tool, material or colour is best for you to express your feelings on that specific day, including but not limited to:

![List of tools]

Before you start, close your eyes and listen to your mind and body talk. Then draw the facial expression that reflects the way you feel today. You can draw either the entire face or just a detail, such as the mouth, eyes, ears or an eyebrow. You can use the given picture as well as the space above, below or beside it. It’s all up to you!

Finally, write down a word that best describes your feelings.

Please note down the date you start your diary:

..................................................

Enjoy!
Day 246

Day 247
Jeppe Hein
Today, I’m feeling…

Edition limited to 365 numbered copies.
Each copy of this book has a unique cover
and is numbered and signed by the artist.

Printed and bound in France.

© 2014 Jeppe Hein & onestar press

onestar press
49, rue Albert
75013 Paris France
info@onestarpress.com
www.onestarpress.com