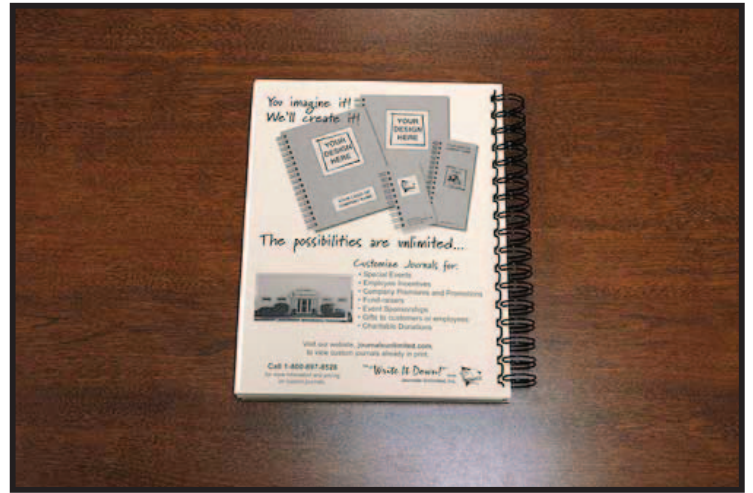
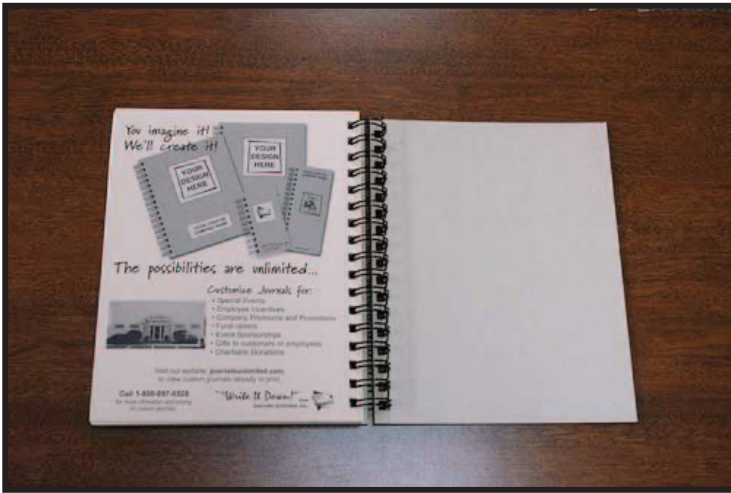
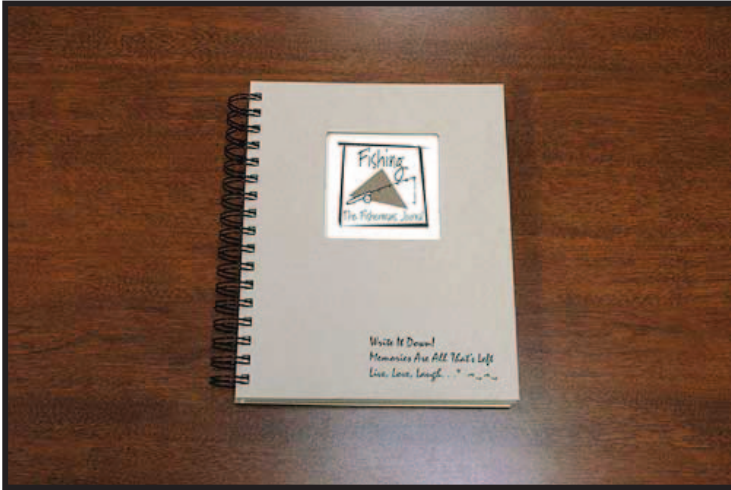
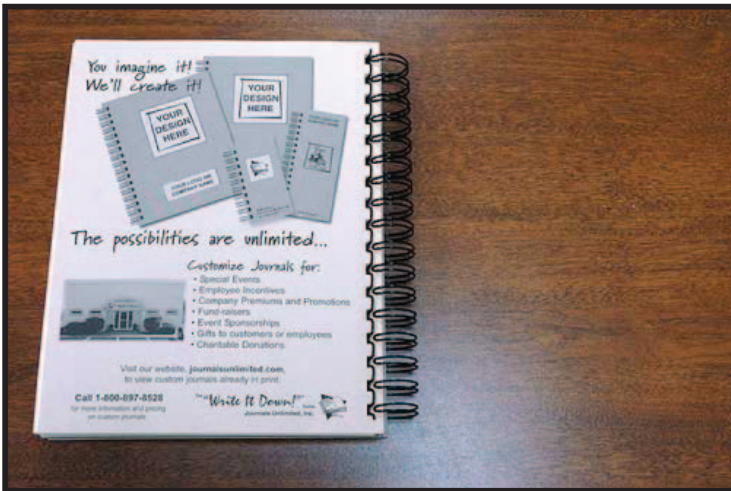


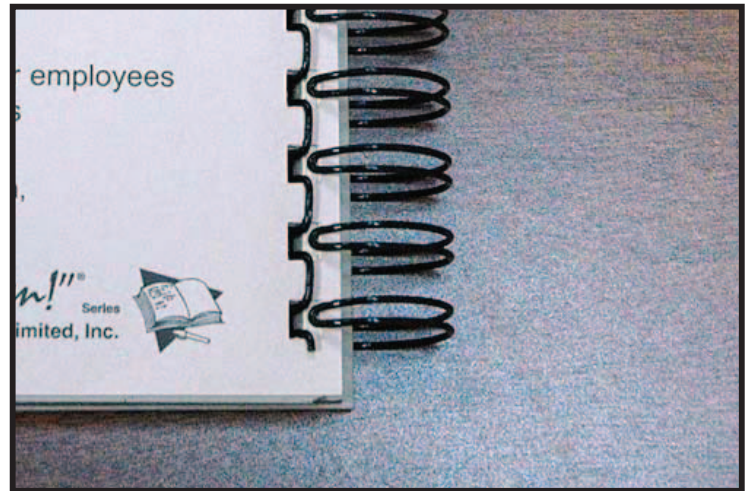
Follow these simple steps to replace the front page in a full size "Write It Down" journal.



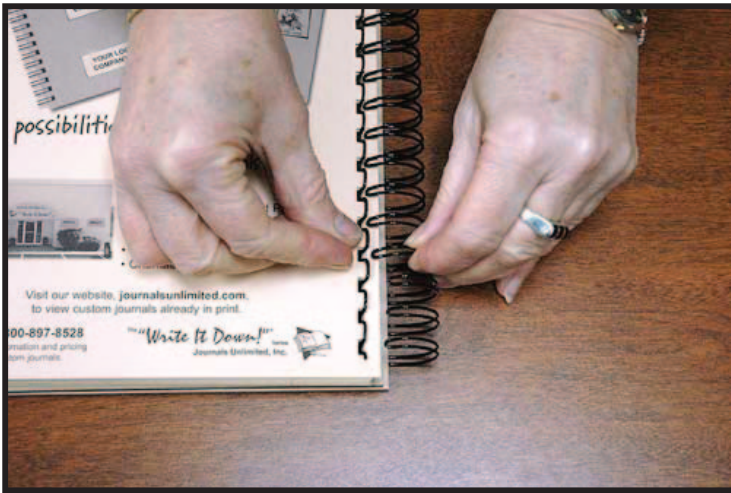
You need to adjust the spiral to make it easier to open.



Turn the spiral so that it looks like the picture above.



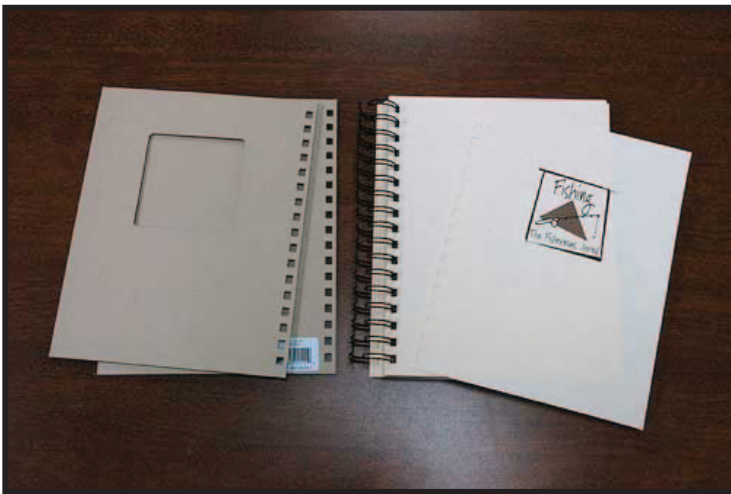
Here is a close up.



Hold down the spiral on one side and carefully pull open the spiral a small amount.



Remove the covers.



Remove the damaged page, and insert your new page.



To close the journal, just reverse the opening process. Put on your front cover, then back cover. Turn the spiral as before so that it resembles the picture above. Hold down the spiral on one side and gently press the spiral back together again. If you have any questions, feel free to call. We are more than happy to help.

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