

halimbawa ng journal

Pebrero 15, 2024

Araw ng Huwebes

Ngayong araw ay napuno ng iba't ibang damdamin. Pagkatapos ng mahabang araw sa paaralan, pakiramdam ko ay sobrang pagod na pagod ako, ngunit may kakaibang saya na bumabalot sa akin. Nagbigay ng pagsusulit si Ma'am Torres sa Filipino, at sa wakas, naramdaman ko na handa ako. Ang mga oras ng pagre-review kagabi ay nagbunga, at sana ay mataas ang makuha kong marka.

Pagkatapos ng klase, nakipagkita ako kay Janine at Mark sa canteen. Nagkwentuhan kami ng kaunti tungkol sa mga nangyari kanina sa klase, lalo na sa mga nakakatuwang sablay ni Sir Reyes sa kanyang jokes—alam mong pilipit, pero nakakagaan ng pakiramdam. Habang nag-uusap kami, napagtanto ko na kahit gaano kahirap ang mga araw minsan, malaking bagay ang pagkakaroon ng mga kaibigang laging nandiyan. Simple lang ang mga usapan, pero nagiging makulay ang bawat araw dahil sa kanila.

Pag-uwi ko naman, nakita kong nagluluto si Nanay ng paborito kong adobo. Ramdam ko agad ang gutom kaya't hindi na ako naghintay pa. Pagkatapos naming kumain, nagkaroon ako ng sandaling tahimik para magpahinga at magbasa ng ilang pahina ng paborito kong libro. Nakakatuwang isipin na kahit sa mga abalang araw, may mga munting bagay na nagbibigay ng kalma at aliw.

Bago ako matulog, hindi ko maiwasang isipin ang mga darating na linggo. Malapit na ang final exams at ramdam ko na kailangan ko pang magdoble kayod sa pag-aaral. Nakakaramdam ako ng kaunting kaba, pero sa tingin ko, kaya ko naman ito basta't patuloy akong mag-focus at maglaan ng oras.

Ngayong gabi, isusulat ko ang simpleng pasasalamat. Sa gitna ng mga abala, masaya ako sa mga kaibigan, sa pamilya, at sa mga simpleng bagay na nagbibigay sigla sa akin. Sana bukas ay isa na namang magandang araw.

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Joacim Rocklöv



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Philippine Journal of Education ,1997 The Philippine Journal of Education ,1990 Philippine Journal of Linguistics ,1991 Journal of Northern Luzon ,1979 **General [quezon] Education Journal** ,1972 Masining Na Komposisyon I'09 , **Yakal Wika 6' 2007 Ed.** , Masining Na Komposisyon Iii'09 , Masining Na Komposisyon Iv'09 , **Mga Banal: Ang Kuwento ng Simbahan ni Jesucristo sa mga Huling Araw** The Church of Jesus Christ of Latter-day Saints,2018-09-04 Ang Mga Banal ay naglalahad ng mga kuwento ng mga ordinaryong kalalakihan at kababaihan mula sa naunang mga araw ng Simbahan hanggang sa ngayon Nagbibigay din ito ng bagong detalye at pananaw sa mga mas kilalang tao at mga pangyayari mula sa kasaysayan ng Simbahan Ang bawat kuwento ay tutulong sa inyo na maunawaan at pahalagahan ang mga Banal na naunang nabuhay sa inyo upang maitayo ang Simbahan kung ano ito ngayon Ang Mga Banal ay hindi lamang tungkol sa mga hindi perpektong tao ng nakaraan na naging mas mabuti sa tulong ng Panginoon Ito rin ay para sa di perpektong mga tao ngayon na gusto Siyang laging alalahanin Ito ay makatutulong sa inyo na maalaala kung gaano naging mahabagin ang Tagapagligtas sa Kanyang mga tao kung paano Niya pinalakas ang mahihinang tao at kung paanong ang mga Banal sa buong mundo ay nagkasama sama upang isulong ang gawain ng Diyos Philippine Currents ,1988 **Yakal Wika 6 Tm' 2007 Ed.** , **Literatura, guro, bansa** Florentino H. Hornedo,2004 Gabay sa ortograpiyang Filipino ,2009 Study of Philippine language A State of Constant Beginnings Christine Godinez-Ortega,2006

Kasanayan sa komunikasyon at sulating pananaliksik ,2001 **Talaarawan ng Malusog at Natural na Pagkain** Fernanda Ketrin ,2025-11-21 Talaarawan ng Malusog at Natural na Pagkain Ipinapakita ng aklat na ito ang kapangyarihan ng mga natural na pagkain at mga halamang gamot na pinagsasama sama ang mga siyentipikong pag aaral tradisyonal na kaalaman at mga turo mula sa mga doktor tulad ni Dr Lair Ribeiro Sa malinaw at madaling maunawaang wika nagpapakita ito ng praktikal na gabay para sa mga naghahangad na gumaling maiwasan ang mga sakit at mamuhay nang may mas maraming enerhiya at balanse Kabilang dito ang mga kumpletong kabanata tungkol sa migraines pamamaga panunaw type 2 diabetes reflux natural na bitamina at kalusugan ng kasukasuan na laging nakabatay sa siyentipikong ebidensya at totoong patunay ng mga benepisyong pagkain Bilang karagdagan sa mga detalyadong paliwanag nag aalok ang aklat ng mahigit 100 functional recipes tsaa at natural na bitamina na may eksaktong sukat at sunud sunod na mga tagubilin sa paghahanda Ang bawat sangkap ay ipinaliwanag nang malalim na nagpapakita ng mga katangian at epekto nito sa katawan Matututuhan din ng mambabasa kung paano ligtas na gamitin ang mga halamang gamot kung saan makakabili ng de kalidad na mga halamang gamot at kung paano magkaroon ng malusog at napapanatiling gawain Higit pa sa isang libro ito ay isang gabay sa pagbabago at kamalayan sa pagkain Isang paanyaya upang muling tuklasin ang karunungan ng kalikasan at ibalik ang kalusugan sa isang simple natural at epektibong paraan **Humanities Diliman** ,2009 **Asia-Pacific Perspectives on Intercultural Psychology** Wendy Wen Li,Darrin Hodgetts,Koong Hean Foo,2018-09-07 Today s world is more

interconnected and interdependent than ever before Within the context of globalisation and the associated increased contact between diverse groups of people the psychology of culture is more relevant than ever Asia Pacific Perspectives on Intercultural Psychology brings together leading researchers from 11 countries to show *Index to Philippine Periodicals*,2000

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