Self-Care Journal Printing Instructions

- Open the PDF file on your computer using a PDF viewer.
- Access the print settings by clicking on "File" and then "Print."
- In the print settings, locate the "Page Sizing & Handling" or similar option.
- Choose "Booklet" from the Page Sizing & Handling options. This will automatically set your document for booklet printing.
- Find the "Orientation" or "Layout" option and select "Landscape."
- Look for the "Print on both sides" or "Duplex printing" option and choose "Short Edge (Flip)." This ensures that the pages are printed on both sides with a short edge flip.
- Verify that the paper size is set to "Letter."
- Click "Print" to start the printing process.