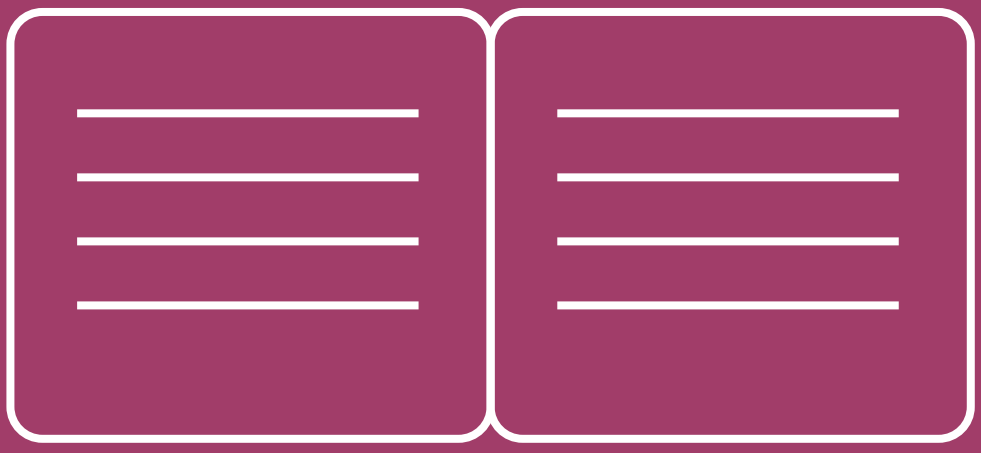
BOOKCHOWK / PRACTICAL MINI BOOKS

My Personal Fragrance Notebook

Record preferences and plan thoughtful use of scents you already own



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10 focused pages + editable companion | 29 October 2026

One useful result

Record preferences and plan thoughtful use of scents you already own. Work through one lesson at a time, then use the three printable worksheets on a real, low-stakes situation.

Your route through this mini book

1. Start with your own preferences

2. Describe before judging

3. Consider the shared setting

4. Pause before another purchase

Read the lesson, compare the worked example and complete the action. Pages 7-9 are writing sheets; page 10 helps you review the result. The editable Markdown companion contains the same prompts for reuse in a notes app.

A preference and organisation notebook only. It gives no medical, allergy-testing or treatment advice. Follow product labels and the requirements of shared spaces.

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Start with your own preferences

A fragrance notebook records what you like, dislike or feel neutral about. It does not rank people’s taste or tell you what you should buy. Begin with items you already own and can identify. Note the product name and the manufacturer’s intended use. Do not apply a product to skin or fabric in a way its label does not permit. You can complete the exercises from memory or packaging descriptions.

Worked example

One person prefers a light citrus impression for a quiet morning. Another dislikes citrus and prefers no added fragrance. Both are useful preferences; the notebook should make them easier to recognise without a sales pitch.

Try it now

List three familiar scents or scent-free choices. Describe each in your own words, without trying to sound like an expert.

NOTICE → CHOOSE → TRY → REVIEW