



Gretchen Rubin

The Happiness Project One-Sentence Journal: A Five-Year Record



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365 times. This daily ritual is definitely highly do-able and a striking sense of accomplishment, and as the years go by you can see how your entries evolve. 1,825 moments captured. In her bestselling publication *The Happiness Project*, Gretchen Rubin discovers the enjoyment of writing just one sentence every day. s date, reflect on the quote near the top of the page, and write down just one sentence (perhaps regarding something good that occurred that day time). Simply change to today' *The Joy Project One-Sentence Journal* allows you to make a fascinating and revealing time capsule of another five years of your lifetime. 5 years.



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Practical, Worthwhile and Fun I am in year five of the journal, and had forgotten just how much I love keeping a diary. The writing space provided for each day is enough for quick thoughts, notes or even to record special events. and I've also added to my night time routine the 5 calendar year Q&A The journal structure may not be built to last five years nevertheless. I've had to tape the binding, as the backbone tears very easily, but this may you need to be from frequent use. Despite these minor flaws, very happy with the product. The book is the perfect size though, and will be a perfect present to give a pal also. I'll purchase another by the end of the entire year. Great purchase. Too small It's a great idea but the book is too little to comfortably and legibly write in, especially seeing that a left-hander! Too small! This Book Changed My Life This book honestly changed my entire life. A co-employee gave me a duplicate about 5 years ago. This has become among my new presents to provide to loved ones, and they seem to appreciate it.), I have written something in it each day. I sometimes surprise myself that it's actually been a season, although hoping not really a sign of getting old!. It makes a great present This was a present-day for a pal and she really liked it. I could look back every day and discover what I was carrying out 4 years ago, at this stage, as I'm on the 5th of 5 years in today's book. I will be ordering one soon to consider me through the next 5 years. I am hoping that, when I'm very much older, I can look back on my notes and giggle, knowing I've made it to the other side - happiness. I eventually switched to a journal from TJ Maxx and simply write the dates near the top of each page. That is a go-to gift for me.. You are able to find where you had been at along with where you are today. Nice chunky little book I love the tiny size of the book - so that you can bring it with you in the event that you travel, etc - since you're said to be recording memories in it for five years - it requires to be a portable size! Wish it laid a bit more flat when you open up it - makes it hard to write next to the guts spine region. Although the small trim size is lovely - keep in mind, each web page is small, which means space given to write is rather tiny. Also, by enough time year five is reached, I've found that I have to switch the journal ugly to create those pieces because usually, they are at the bottom of the page rather than as easy to record. TEST IT OUT FOR After reading the book, I actually began journaling - one sentence about what produced me happy that day. Each page is certainly dated at the very top, and has in inspirational estimate you can reflect on. It's only been one month, but the workout in trying to identify one thing on the "bad times" is worth the effort. Below are 4 little lines that you should write your ideas on. Life can put on us down, specifically the negatives. Lovely I really like this journal. It can help me, so in retrospect this is a great aid. I really like seeing the difference a calendar year makes at a glance. Apart from fourteen days while I was studying for the bar test (joy! I've my own and also have been using it for about a two and a half years. Live life for you, not to impress others on cultural media websites. I work harder to make each day particular. When I began, I was in employment (that I'd got for 14 years) that I really was dissatisfied with, therefore the notes weren't generally fine or funny. It creates a great present. I like mentioning to friends approximately something that happened this past year, and then we re-share the memories, achievements, etc Also, when life is tough, you may remember nice reasons for having a year ago.. They certainly weren't all happy. and if the contrary, you realise how far you've come in that year. The size and thickness make it uncomfortable to create in. It functions for me.!. It's the best way to keep track of the big and little moments in lifestyle, and fun to appear back at previous entries in prior years. It's not all too often that a book changes your daily life. How much of a transformed person am i going to be? Five Stars Like THIS JOURNAL! A which I'm looking towards getting into the next year. Great journal but arrived damaged Great book/journal nonetheless it arrived damaged 2 deep intends therefore i couldn't

provide it as something special The only way I can keep a journal This is the best line-a-day journal. Excellent quality! I notice more things in my own life. Following the first year, it really is fun to start to see the difference a calendar year makes. Forget Twitter, and Facebook updates. Keep them here. Firstly, I liked that a small section must be filled in, so it can be finished quickly before bed, but if you write small enough you can still place plenty of details in. I do it before I go to bed. I am getting myself once again - the happier me, that was the reason I read the reserve. There are 5 dates for each page, allowing you to journal on each subject a total of 5 times during the period of 5 years. This brings a beauty to the improvement in your life. It's unfortunate because I love the concept. I cannot recommend this book highly enough! For me, that is that book. I really like the daily headings - they are really impactful. The book is much smaller than I expected. ... Easy, little, quick to enter a thought of gratitude each day time! Since then, after moving on to two different jobs during the period of 3 years, first with a firm and then on my own as a solo attorney, I've noticed how my posts have turned around and are more often than not happy articles. I also like the top of each page includes a saying, which is definitely fun when revisiting the page. Five Stars Great as something special. I've been doing this one-sentence journal for a month now, and I've become more within the moment. A life-changing book that I recommend! was a present for a pal and she actually liked it. Keep an eye on memories and special dates! This is the perfect size to keep track of special moments and dates without feeling as if you need to write a novel. It was used! Disappointed. Great for a Mother's Day time gift, baby shower celebration gift, or something special from a husband anytime..!! This is reminding me that there are a lot of little positives every day. It was nice, but currently halfway filled out!



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