



# THE HAPPINESS PROJECT

ONE-SENTENCE JOURNAL  
FOR MOTHERS

A FIVE-YEAR RECORD



Gretchen Rubin

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## The Happiness Project One-Sentence Journal for Mothers



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365 days. 1,825 happy moments. 5 years. Predicated on the book, Happier in the home by Gretchen Rubin, this five-year journal can help you make a time capsule of your family's development in the simplest way feasible. The diary can be began on any day of the year but makes a good gift for the New Year or Mother's Time. The Happiness Task One-Sentence Journal for Moms is the ideal project for moms who would like to capture the everyday moments of their child's development but are naturally brief on time. You can begin at any stage in the entire year. The estimates are interesting, funny, and always thought provoking. Jot down your thoughts as well as perhaps an email or reflection about your son or daughter. As the years go by you'll see how your children evolve and find out the factors about your family that lead to lasting happiness. Simply turn to today's date, and have a few moments to think about the quote or query at the top of the page.



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My journal entry today was about how exactly much We dislike this journal.. I keep it in my own nightstand and . It's therefore cool to compare each year that passes by! And the quote/reflection at the top of the page actually quashes my momentum. And then I feel a little bit resentful because I wonder if this journal was actually carefully, thoughtfully ready or if it had been just a good way to get cash following a success of The Joy Project and I've been suckered into buying it. I simply got started . For moms, I very much prefer Q& It gets me in an excellent mood and I discover a way to write down our memories and become precise at that. and I love it! an odd collection of quotes and very brief reflections that perform nothing for me.. A Journal Actually I Can Keep It only takes just a few minutes to create the "highlights" (or lowlights) of your entire day. I have been composing in it every day. Great little journal to give or receive! It's great to look back again and see what was happening in our lives at that time. You're instructed to jot down a thing that made you happy that time, and you're given only a few lines to do so. The quotes at the top of the page aren't actually relevant. It's something nice and simple our kids will like reading one time. My friend loved the thought of it aswell (especially when you simply don't have the time or energy or wits about you when you've got kids! I received this as something special when my girl was created and absolutely like my little publication. It's fast and simple, and you're left with a bunch of happy memories. Normally, you fill in the year for each entry, the book is good for five years of memories, and there's even a small ribbon mounted on mark where you left off. A few of the sayings and quotes at the top of each page are kind of unusual, but it's a small fine detail that's easy to overlook. I keep it in my nightstand and jot something down before bed.If you would like Rubin, try one of her books and simply get a blank journal or a different one-line-a-day journal. BUT there's always time to create one sentence that is wonderful about the day (mainly a sentence about my child :) ).. a lot of fun becoming positive...I just got started. Each day I write 1 or 2 2 sentences of something positive which has happened that time in my life. I think it'll be fun to look at it over time. It's so great to compare every year that passes by This book is the only way I could journal as a busy mother! This little publication allows for 1 or 2 2 sentences which can be compared over a 5 year period. My child had started one of these and it appeared as if a fun idea, so I bought that one.!) therefore i got this for her birthday and she loves it as well. I don't have plenty of time to write a proper diary, I also do not have time for all people 'at three months you do this, at half a year you do this'. I just make sure to write down something special or funny that happened that day.. it all sounds amazing and I needed to accomplish it pre-child, however now with child, presently there is just virtually no time..A a time for moms. Every mom must have one. Waste of Money Three dollar upcharge for the mother's version. I wish I had known concerning this when my initial was born. I love the 5 calendar year feature and the thickness of the . My husband gifted me this journal a couple of years ago just before I gave birth to our son, and I really like it! Since there is definitely just a few lines I don't get overwhelmed at the necessity to chronicle my times.. Priceless.. Just what a great idea I love the thought of 5 yrs hand and hand so you can go through it years from now and see the changes yr to year. Only if I could continue and actually write something everyday!! Just what a gorgeous record of our time together I'd have by now. If you ask me, this journal seems called-in;. I like the 5 calendar year feature and the thickness of the web pages. What's especially great about that is the fact you don't experience the want to produce a long, detailed journal entry. This is an absolute must have for just about any mom. Shame! I love the estimates Gretchen included at the top of each ... I love the estimates Gretchen included near the top of each page. Assists me be more intentional each day. I keep a journal and also have for many many many years, and sometimes I return back and read previous years' entries. Best present ever for new parents This is my head to present for new moms (and dads). I sit down before this journal, pick up my pen, and feel giddy

and thrilled to reflect. There is a book that complements it that is great as well!! Five Stars Hope to jot down my everyday gratefulness in one or two sentences.



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