
The
**FIVE-MINUTE
JOURNAL**

Intelligent Change

The Five Minute Journal: A Happier You in 5 Minutes a Day



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THE SIMPLEST Method TO START YOUR DAY HAPPY - Using the science of positive psychology to improve joy, The Five Minute Journal focuses your attention on the nice in your life. Improve your mental well-being and feel better each day. COMPLAIN LESS, APPRECIATE MORE - The Five Minute Journal helps you cultivate gratitude.. It adjustments how you are feeling, alters the actions you take, and therefore the results you will generate..negativity be gone! Whatever your excuse for not really keeping a journal is, this journal will eliminate them. FINALLY Hold A JOURNAL - With a straightforward structured format that requires just five minutes, The Five Minute Journal is easy, quick, and effective.



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