

The Happiness Project One Sentence Journal A Five Year Record
Gretchen Rubin

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The Happiness Project One Sentence

I'm working on my Happiness Project, and you should have one, too! Everyone's project will look different, but it's the rare person who can't benefit. Join in -- no need to catch up, just jump in right now. Each Friday's post will help you think about your own happiness project. Yesterday ...

YOUR Happiness Project: Keep a one-sentence journal.

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The Happiness Project One-Sentence Journal for Mothers is the ideal project for moms who want to capture the everyday moments of their child's growth but are naturally short on time. Based on the book, Happier at Home by Gretchen Rubin, this five-year journal will help you make a time capsule of your family's growth in the simplest w 365 days.

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The Happiness Project One-Sentence Journal - Gretchen ...

One of my favorite happiness-project resolutions has been to keep a "one-sentence journal." I started this journal six years ago. I knew how little I remembered about my own past, and I was ...

Keep a One-Sentence Journal - Happiness Tips

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positive you'll become.

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

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Booktopia - The Happiness Project One-sentence Journal, A ...

The idea of keeping a proper journal was far too daunting, so I decided instead to keep a "one-sentence journal." Each night, I write one sentence (well, actually, usually it's three or four sentences, but by calling it a "one sentence journal" I keep my expectations realistic) about what happened that day to me, the Big Man, and the ...

Why I started keeping a daily "one-sentence journal" (ok ...

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The Happiness Project One Sentence Journal A Five Year Record

The Happiness Project Journal is a small bright blue book with one page for every day of the year and plenty of room for interpretation. I bought this journal so that I could write about those little memories that happen each day.

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