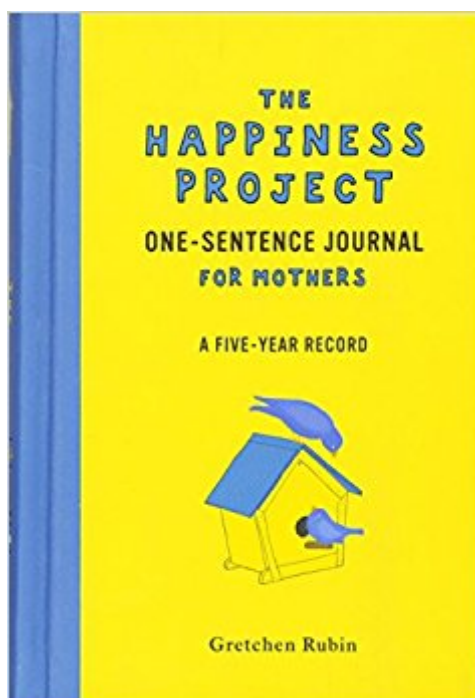


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# The Happiness Project One-Sentence Journal For Mothers



## Synopsis

365 days. 5 years. 1,825 happy moments. 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 way possible. You can start at any point in the year. Simply turn to today's date, and take a few moments to think about the quote or question on the top of the page. Jot down your thoughts and perhaps a note or reflection about your child. As the years go by you'll notice how your children evolve and discover the aspects about your family that lead to lasting happiness. The quotes are interesting, funny, and always thought provoking. The diary can be started on any day of the year but makes a terrific gift for the New Year or Mother's Day.

## Book Information

Diary: 368 pages

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Product Dimensions: 4.3 x 1.3 x 6.3 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 55 customer reviews

Best Sellers Rank: #19,918 in Books (See Top 100 in Books) #28 in Books > Self-Help > Journal Writing #34 in Books > Self-Help > Time Management #234 in Books > Health, Fitness & Dieting > Mental Health > Happiness

## Customer Reviews

Gretchen Rubin is one of the most thought-provoking and influential writers on the linked subjects of habits, happiness, and human nature. She's the author of many books, including the blockbuster *New York Times* bestsellers, *Better Than Before* and *The Happiness Project*. A member of Oprah's SuperSoul 100, Rubin has an enormous following, in print and online; her books have sold more than 2 million copies worldwide, in more than 35 languages; and on her popular daily blog, [gretchenrubin.com](http://gretchenrubin.com), she reports on her adventures in pursuit of habits and happiness. She also has a highly ranked, award-winning podcast, *Happier with Gretchen Rubin*. Rubin started her career in law, and was clerking for Justice Sandra Day O'Connor when she

realized she wanted to be a writer. She lives in New York City with her husband and two daughters.

My daughter had started one of these and it looked like a fun idea, so I bought this one. Each day I write 1 or 2 sentences of something positive that has happened that day in my life. I think it will be fun to look at it through the years. I keep a journal and have for many many many years, and sometimes I go back and read previous years' entries. This little book allows for 1 or 2 sentences that can be compared over a 5 year period. I just got started.

My husband gifted me this journal a couple of years ago just before I gave birth to our son, and I love it! I keep it in my nightstand and jot something down before bed. It's great to look back and see what was happening in our lives at the time. You're instructed to write down something that made you happy that day, and you're given just a few lines to do so. What's especially great about that is the fact that you don't feel the need to make a long, detailed journal entry. It's quick and easy, and you're left with a bunch of happy memories. My friend loved the idea of it as well (especially when you simply don't have the time or energy or wits about you when you've got kids!) so I got this for her birthday and she loves it as well. It's something sweet and simple that our kids will love reading one day. Some of the sayings and quotes at the top of each page are kind of strange, but it's a small detail that's easy to overlook. Otherwise, you fill in the year for each entry, the book is good for five years of memories, and there's even a small ribbon attached to mark where you left off. Great little journal to give or receive!

I purchased this for myself to jot down funny things my children say or great memories that we have. I really like that the book is small and handy. It is great for 5 years. The quality of the book is great and it's a hardcover. My only issue with this book is that there is not enough space to write down much. There is a little string that you use as a bookmark. I love the idea of this book and I would purchase this again.

This is a nice idea. I'm using it to record my baby's milestones. I do wish the space between the lines was just a little wider. It's hard to write so tiny...

Love this book! I've enjoyed capturing the memories for my little one is great.

My daughter who is a mother of three read the Happiness Project and enjoyed it. I thought this

would make a nice gift for her.

Great as a gift!

I love this little journal, but I do wish there was a little bit more space per entry. Sometimes something really cool happens that day and I want to document it forever and I can't just on three short lines. It's really compact and small and has 5 years worth of memories. Super cute! I would buy again if it had more space!

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