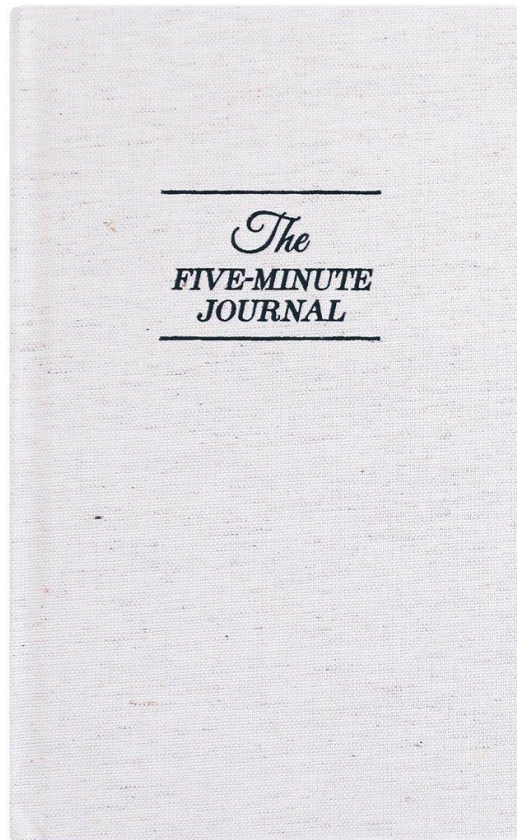


The [Five Minute Journal](#): A Happier You in 5 Minutes a Day Hardcover – 2013



This is how I start and end my day. Every day. I heard about it on a Tim Ferriss podcast and it sounded interesting, but I didn't immediately jump on Amazon and buy it. But it seemed like for the next couple of weeks I kept hearing about various people's gratitude practices and I realized that I had a lot to be grateful for but I was letting it slip through my fingers. The 5-Minute Journal gives you a great net to capture it.

It also helps you build and then reinforces the habit of looking for amazing things that are happening throughout your day. It's a great antidote for negativity—there's enough of that in circulation already. And the more you look for something the more of it you'll find.

I keep my journal beside my bed and it's the first thing I do in the morning and the last thing before I go to bed. If I'm traveling it goes with me.

Start building your gratitude muscles today!