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Happy The Journal A Chance

Happy: The Journal is a guided daily journal with thoughtful prompts to get you writing, reflecting and planning. I immediately ordered a hard copy of this journal so I could get started. It starts in January and leads you through the year with timely journaling prompts that have a great balance between gratitude, reflection and goal setting.

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The journal has three months of daily journaling pages and a section at the front they can fill out at any time. Children are encouraged to fill out their journal every day but as the pages aren't dated it is possible to do it at your own rhythm and easy to keep going should you miss a day.

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