



# I Am So Happy: A Journal for Exploring Happiness

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## **I Am So Happy: A Journal for Exploring Happiness** Sky Hawk

The I Am So Happy journal is a 46 day exploration into what makes you happy. When you give yourself 5 to 10 minutes a day to write in this book you are actually retraining your brain to notice happiness. New studies show that no matter what your age may be, we can still reprogram our brains. Old dogs can learn new tricks!

In this book you will find inspirational quotes for each day to help you get fired up for happiness. You will notice what activities make you happy so you can incorporate them into your life. There is a happiness meter to track your progress, and a place to doodle happy images. Plus much more!

Journal your way to happiness with this handy companion that can go wherever you go. It's time to take your happiness into your own hands!

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