

**The Happiness Project One-Sentence Journal: A Five-Year Record By
Gretchen Rubin .pdf**

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You jump on him, head-butt him, and tackle him every chance you get.
I can't wait to see what new adventures this next year will give us! Love
You don't like getting messy, but you love to color and do projects where you can use tools, like paintbrushes for example.

Thankfully, I know you're growing because you keep outgrowing shoes and clothes - but I'm sure this is only because of the supplements and formula you take.

It's my hope as a parent that I can encourage that side of you while discouraging the hitting and kicking.
You have a very logical mind.

But we'll save that for the next, "Dear Caleb" blog post.

As you can see, I have learned quite a bit about dinosaurs with you, too! You have also started to get into Daniel Tiger and you really like the movie Frozen (along with every other child in America, maybe the world).

Currently, every car ride is exciting because you cheer me on when I drive through a green light.

And you did even better than I had hoped.

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August 1 marked the first anniversary of my One-Sentence Journal. For a long time, I d been alarmed by how little I remembered about my own past.

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The practice of writing, even just one sentence a day, can be a powerful tool in gaining perspective on your happiness, fulfillment and pleasure.

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