

ONE WORD A DAY

The world's least demanding journal.

EM&FRIENDS[®]

LOS ANGELES, CA

Dear Beautiful, Busy Human Who Aspires to Journal:

Good news! Keeping a journal does not necessarily mean recording every single detail of your dreams, struggles, personal growth, daily activities, random thoughts, or genius observations. It doesn't even have to mean "writing." Not really.

All you need to do to become an official-person-who-journals is just write one word, one teeny-tiny word, that sums up your day. Honestly, it doesn't even have to sum up your whole day—just your dominant feeling about what has most recently happened in your world. Or whatever.

Maybe you want to spend the next 244 days tracking one feeling a day (elation), or perhaps you want to describe what your breakfast tasted

like (salty), or what you saw on your morning walk (rainbow) or what took up most of your brain space (bees). You may even want to mix it up—themes aren't mandatory. Future You may look back on this journal years from now and love reading: *Hopeful-ish, Plants, Unicorn, Dumplings, Library*—even if you have no idea what it all means. The biggest takeaway will be: You kept a journal!

If you ever have a day where you can't think of a word, we suggest: PASS or SKIP or even a simple but straightforward NO will do the trick. You don't owe anyone anything, least of all this journal. It's simple. It's poetic. And of course, just one word!

Okay. You get it. Go on ... begin.

DAY 1

In a word:

_ / _ / _

DAY 2

**In a
nutshell:**

_ / _ / _

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DAY 3

**Long story
short:**

_ / _ / _

DAY 4

Succinctly:

_ / _ / _

DAY 5

Concisely put:

_ / _ / _

DAY 6

Just wanna say:

_ / _ / _