

THE JOURNAL
OF
AWESOME

by Neil Pasricha



CHRONICLE BOOKS
SAN FRANCISCO

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Hi everyone,

A few years ago I hit some giant speed bumps in life. Within the span of a few months, my wife told me she didn't love me anymore and my best friend lost the battle with serious illness. I was heart-broken and lonely, and my mind was all over the place.

I found a lot of comfort back then in **writing** about one awesome thing every single day. I would come home from work and start jotting notes about random little things—like the cold side of the pillow, **the smell of a bakery**, or finding five bucks in my coat pocket—and just sort of smile to myself.

Over time these awesome things started putting my mind in a different place. They helped me get to bed without a twisted stomach. They helped me focus on all the little things that make life so awesome.

So I kept coming home and writing about one awesome thing every day. I kept writing and writing and writing until my little website called **1000 Awesome Things** suddenly won some big awards and got published as *The Book of Awesome* and then *The Book of (Even More) Awesome* and then *The Book of (Holiday) Awesome* in dozens of countries and languages around the world.

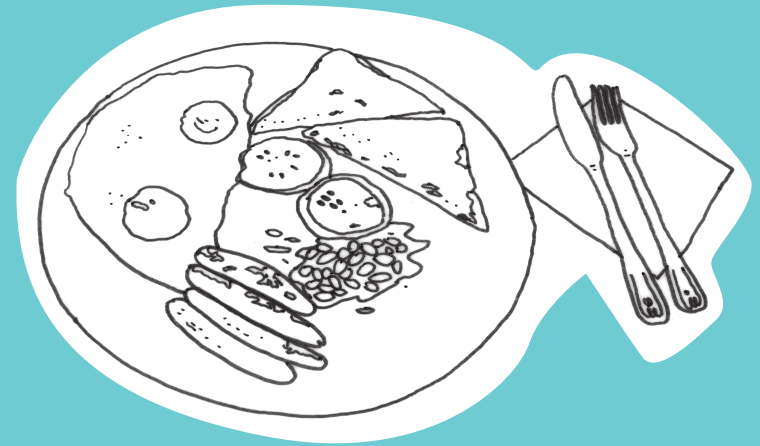
The *Journal of Awesome* was created in response to the teachers, preachers, grandparents, and grandkids who told me they started writing their own little thoughts about what made them **think, smile, and laugh** from their day.

This journal is a wide open space for you to share your big wishes, dream your big dreams, and remember all the **precious little moments** that make up your day. I've filled it up with **pictures, prompts, and reminders** of how awesome life can be. I know you've got lots of your own thoughts too, and I think that together we can create something pretty special.

LET'S HAVE SOME FUN AND LET'S STAY AWESOME FOREVER AND EVER AND EVER.

Love,
Neil

DATE _____



Breakfast for dinner

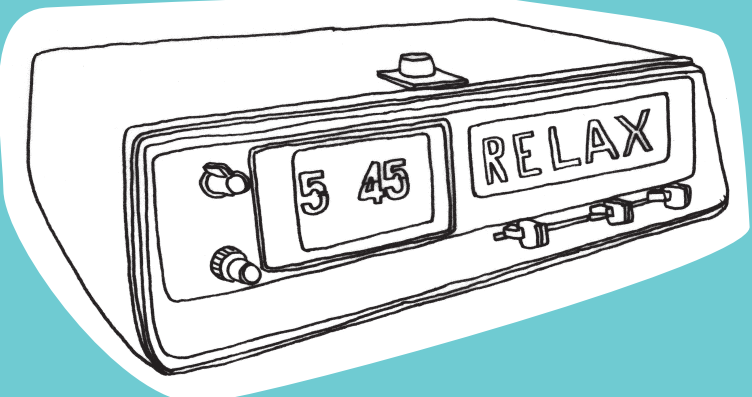
AWESOME!

DATE _____

When you hear
someone's smile
over the phone

DATE _____

DATE _____



Waking up and realizing it's your day off

AWESOME!

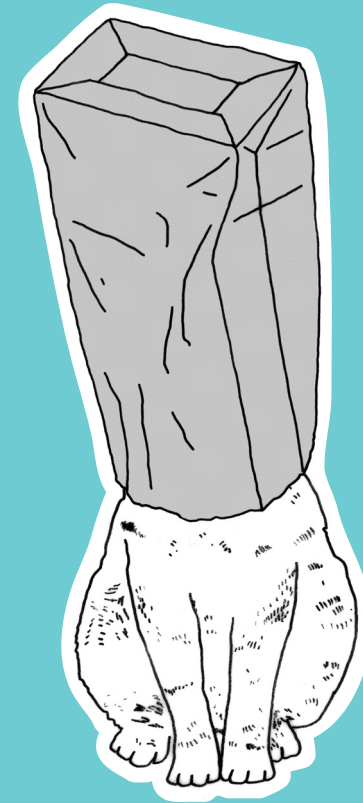
Handwriting practice lines consisting of a solid top line, a dashed midline, and a solid bottom line. The lines are repeated down the right side of the page.

DATE _____

When it feels like the
lyrics to the song
you're listening to were
written just for you

DATE _____

DATE _____



When cats do stupid
things

AWESOME!

DATE _____

DATE _____

**Eating anything from
your own garden**


DATE _____



Seeing a balloon
way up in the sky
somewhere

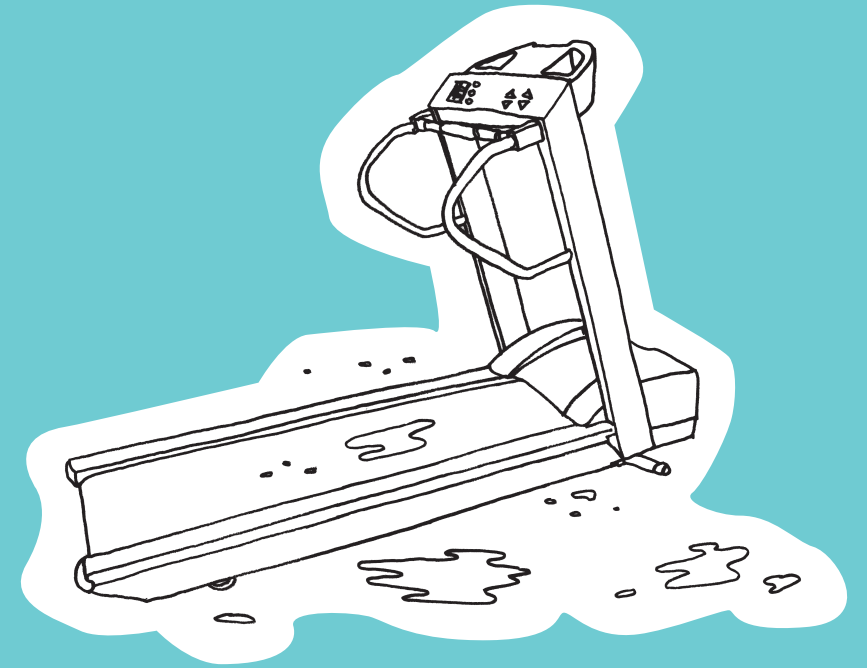
AWESOME!

DATE _____


The moment on
vacation when you
forget what day of
the week it is

DATE _____

DATE _____



Finishing the workout

AWESOME!