

# Keep a One-Sentence Journal, Be Happier

April 01, 2015

## *New York Magazine:*

Ever since I can remember, my grandma has kept a daily journal. Not a “Dear Diary,” emotion-filled journal — just a couple of lines jotting down what she did that day and whom she was with. Often, when the family is together, she’ll dig out one of her old journals and tell us what she and various other family members were doing on a random day, in, say, 1994. I’ve always been amazed at how interesting these little moments are in retrospect.

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There’s even some research backing up Rubin (and my grandma) on this: Last year, Ting Zhang at Harvard Business School published a [paper](#) in *Psychological Science* outlining a series of experiments testing how much people appreciate memories of the day-to-day moments from their lives. She asked people, for example, to write about a recent conversation, and then to rate whether the chat was ordinary or extraordinary; they then guessed how much they’d appreciate reading their written account of the chat in the future.

Read the whole story: [New York Magazine](#)