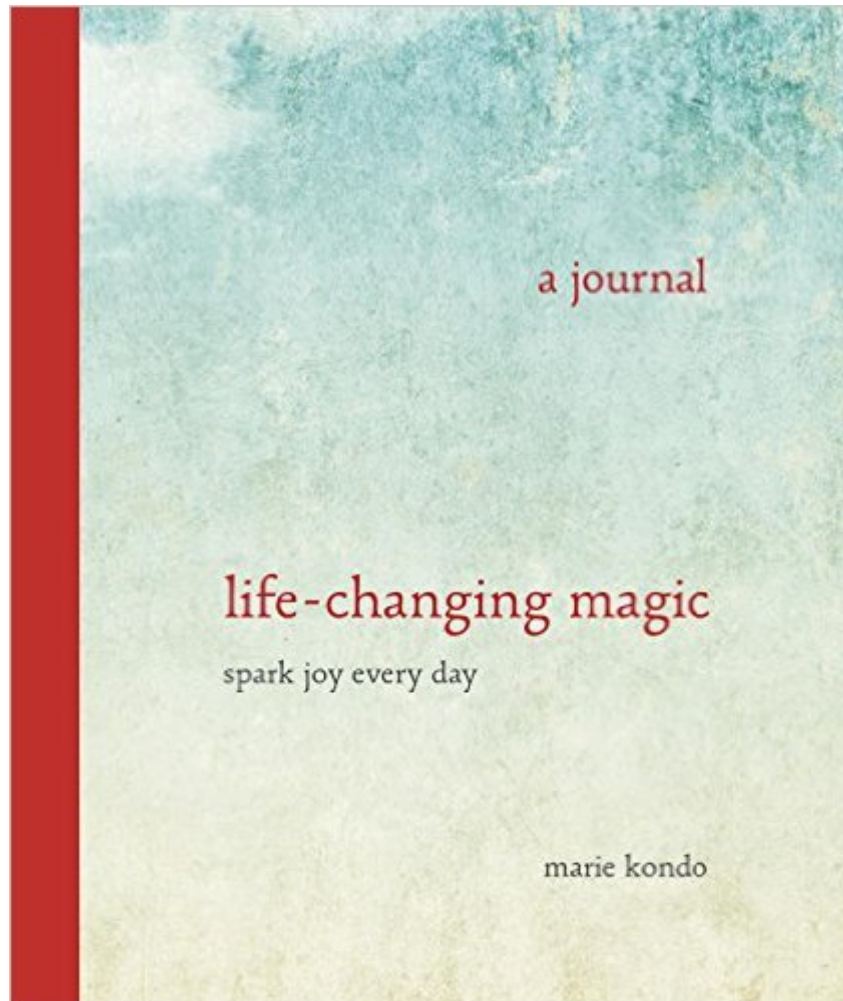


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Life-Changing Magic: A Journal - Spark Joy Every Day



Synopsis

What sparked joy in your life today? This gratitude journal from lifestyle guru Marie Kondo provides a space for you to notice and record the things that spark joy in your life each day. By asking yourself "Does this spark joy?" about not only the objects in your home but also the activities and relationships in your life, you can mindfully zero in on your ideal life. Peppered with inspirational quotes from *The Life-Changing Magic of Tidying Up*, this 365-day, 3-year record is the perfect way to spark joy, one day at a time.

Book Information

Stationery: 400 pages

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Average Customer Review: 3.8 out of 5 stars See all reviews (82 customer reviews)

Best Sellers Rank: #21,326 in Books (See Top 100 in Books) #19 in Books > Self-Help > Journal Writing #27 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating #468 in Books > Self-Help > Motivational

Customer Reviews

I didn't know what to expect because this was a new item and had no reviews when I ordered it. It is described as a stationary item so I was hoping for a mostly blank book with questions leading me through decluttering different areas of the house or my life. It turns out to be just a gratitude journal. There are a few quotes scattered throughout the book but it's basically a page for each day of the year, with 3 spaces for 3 different years, where you can record what sparked joy that day. I don't hate it but I was hoping for something a little more KonMari specific like a weekly or monthly focus on a particular area of life. As a gratitude journal it is okay. I was just hoping for something more.

I absolutely love this journal. It is exactly what I was looking for: a beautiful book to jot down memories from the day that sparked joy. I plan to use it with my kids as a way to keep us mindful of the happy things in life. Each page is devoted to one day of the year (e.g. January 13) and divided

into three sections so that the book can be used three years in a row (e.g. 2016, 2017, 2018). This way when I am writing in my journal on the night of January 13th, 2018 I can look back and see what sparked joy for me exactly two years earlier. Some people have unfairly given this book low ratings because the journal is not what they expected. Yes, the description for this journal is a little unclear, but for what this book is intended to be, it in every way lives up to its purpose. And it is so pretty!

For as long as I can remember, I've had a weakness for journals and notebooks. I have to look at them anytime I go into a store, I have a soft spot for others who love them, and I even actively seek out photos of journals on places like Twitter and Instagram. There's a sort of magic that I feel they carry, just waiting for someone to fill them with creativity. I can't resist it. Life Changing Magic of Tidying Up was a book that was a HUMONGOUS hit a couple years ago. All the blogs were talking about it, it had everyone going through their closets like a mad man, and there was a lot to be learned from Marie Kondo's methods. So you better believe I was excited when I heard she was coming out with a journal! Life Changing Magic: A Journal is meant to be kept over multiple years and isn't structured like your average journal. For the most part you can write whatever you'd like, but throughout the book it encourages you to tap into whatever sparks joy within your life. The idea is that you will always have this journal on hand to look back at when you need that simple nudge or reminder of what's truly great in life. My favorite part of this journal though is actually the quotes and inspiration sprinkled throughout. Too many books try this and it comes across as cheesy or forced, but these little tidbits actually do a fantastic job of sparking joy themselves! I've read elsewhere that some people are planning to complete this journal with their partner or children. However you choose to use it, I assure you you'll find yourself more joyful in the present and with much more joy to look back upon later.

I've never read THE LIFE-CHANGING MAGIC OF TIDYING UP, so I can't say how well Marie Kondo's companion journal embodies its principles or otherwise relates to the book. Nevertheless, I expected there to be some writing prompts taken from or otherwise inspired by the book, but not so much. While the journal does include some choice quotes from THE LIFE-CHANGING MAGIC OF TIDYING UP, these receive their own dedicated pages and aren't really crafted in such a way that they can be used as a jumping-off point for a journal entry. The only real "prompt," if you can call it that, is the mantra "Does it spark joy?" which is repeated every fourth calendar page. Kind of disappointing. The layout for this three-year journal is pretty

simple. Each page is dedicated to one date; you get six lines per year with enough space for three years (or fewer if you go over). Thereâ™s not a whole lot of space here, which is why I thought prompts would be helpful â€” to focus my writing and keep me on-track. The lines are college ruled, which is cool with me. On the downside, the pages are rather small, about 5 1/2â€ wide x 6 1/2â€ tall; the journal isnâ™t much larger than my Kindle, but it is a full inch thick. This makes it terribly difficult to write in: just halfway down the page, my hand begins to fall off the bottom edge. This is a pretty common annoyance I have with paperback-sized journals: sure, theyâ™re a little more portable, but what good does that do if you canâ™t write (or write legibly) in the darned thing? Otherwise the journal is lovely, with a clean, calming color scheme and layout. Aside from the scattered quotes, though, I canâ™t see how it differs from any generic, angel- or dog-themed, lined journal that you might find at Michaelâ™s or whatnot.** Full disclosure: I received a free book for review through Blogging for Books. **

I was excited for this release because I thought it would be an interactive guide for decluttering the Marie Kondo way, helping you through things step by step, having checklists to complete, etc. It turns out, it is just a 3 year daily journal for you to fill in (a few sentences every day) with a few quotes sprinkled in throughout the pages. I like these types of journals - in fact I am just finishing up a 5 year one and have already purchased my next 5 year journal. That's just not what I was expecting for this journal. I will be returning it because I don't need 2 journals like this.

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