THE JOURNAL
OF
AWESOME

by Neil Pasricha

CHRONICLE BOOKS
SAN FRANCISCO
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 heartbroken 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.

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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
AWESOME!
What was the most awesome part of your day?
Breakfast for dinner

AWESOME!
When you hear someone’s smile over the phone
Waking up and realizing it’s your day off

AWESOME!
Crossing something off your to-do list
List three awesome things you’ve never noticed before.
When it feels like the
lyrics to the song
you’re listening to were
written just for you
When cats do stupid things

AWESOME!
Eating anything from your own garden
Seeing a balloon way up in the sky somewhere

AWESOME!
Quick! What was the most awesome part of your week?
The moment on vacation when you forget what day of the week it is
Good mail days

AWESOME!
The grass is green, 
the sky is blue, 
the world is awesome, 
and so are you
Finishing the workout

AWESOME!