



[The Happy Book Rachel Kempster Pdf Downloadl](#)

TIME MACHINE

On your birthday (or any day), make a list about where you're at right now. What are you listening to on your iPod? Who are you spending time with? What great book did you just read? Now seal it up in an envelope and tuck it away in a place you can't easily get to it, (for example, taping it to the far inner corner of your closet). A year later, open it. Revel in how you've changed or stayed the same—and then start writing yourself another letter for next year. Make it a tradition, and reread the accumulated letters every year. If you're the patient type, consider waiting more than a year to read the accumulated letters—maybe read them on every fifth or tenth birthday.

Consider including the following:

- Date
- Current weather
- The specific items of clothing you're wearing
- Your current most-played iPod songs
- The most recent movie you've seen
- The most recent movie you've loved
- The most recent television show
- What just happened on your favorite television show
- Who you're currently in love with
- What you wish you could own right now
- Your next vacation destination
- What you're currently most worried about
- Your most recent best moment
- Your wishes for the upcoming year



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