

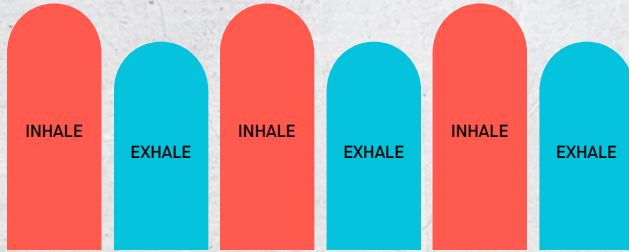


5 Minute Gratitude Journal

___/___/___

S M T W T H F S

Breath before writing



3 best thing about today

Three rounded rectangular boxes for writing the top 3 best things about today.

Things you're grateful today

Five horizontal lines for writing, each starting with a blue asterisk icon.



Describe today in a drawing

A large empty rectangular box for drawing, with a small pencil icon in the bottom right corner.

Things that you learned

Four horizontal lines for writing things learned today.

Today's Affirmation

Two horizontal lines for writing the daily affirmation.