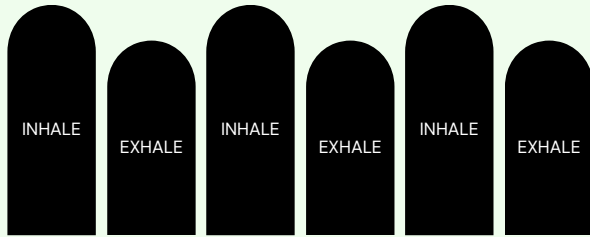


5 Minute Gratitude Journal

___/___/___

S M T W T H F S

Breath before writing

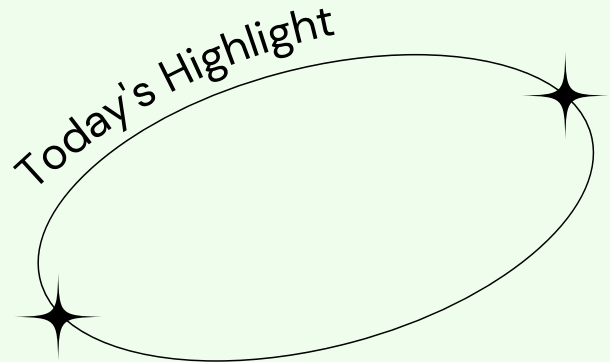


3 best things about today

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

Things you're grateful for today

Five horizontal lines for writing, each starting with a small 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's Affirmation

Two horizontal lines for writing the affirmation.