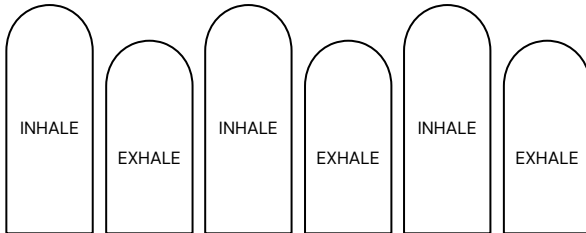


5 Minute Gratitude Journal

___/___/___
S M T W T H F S

Breath before writing

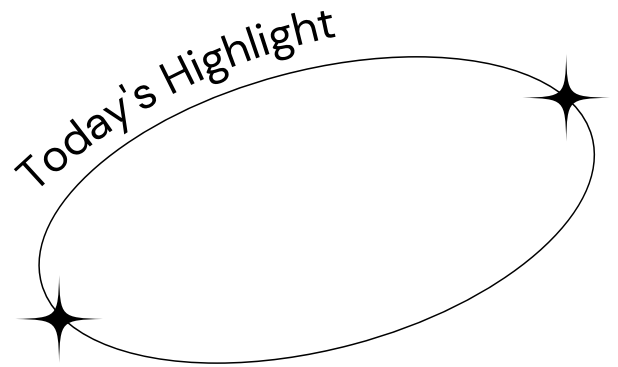


3 best thing about today

Three horizontal, rounded rectangular boxes stacked vertically, intended for writing the three best things about today.

Things you're grateful today

Five horizontal lines for writing, each preceded by a small asterisk icon.



Describe today in a drawing

A large, empty rectangular box for drawing.

Things that you learned

Four horizontal lines for writing things learned.

Today's Affirmation

Two horizontal lines for writing the affirmation.

