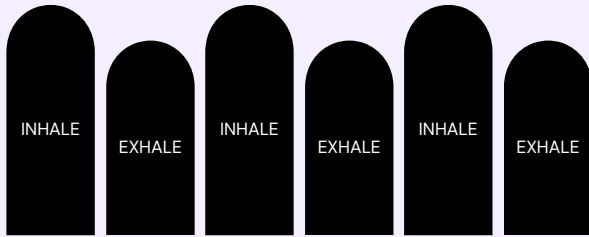


5 Minute Gratitude Journal

___/___/___

S M T W T H F S

Breath before writing

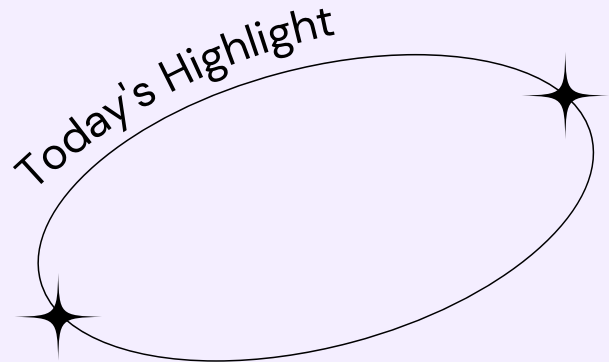


3 best thing about today

Three horizontal, rounded rectangular boxes stacked vertically 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, 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.