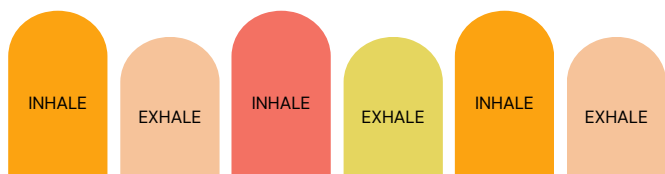


5 MINUTE GRATITUDE JOURNAL

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

Breath before writing

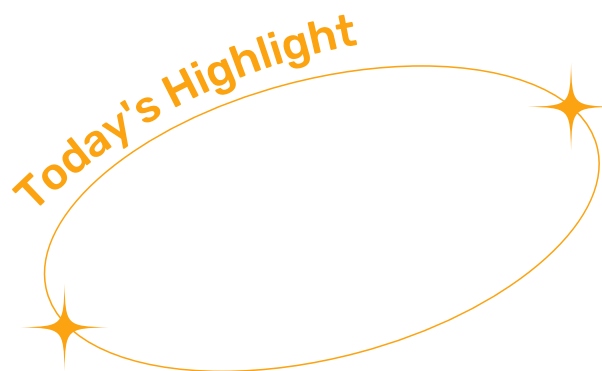


3 best thing about today

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

Things you're grateful today

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



Describe today in a drawing

A large rectangular box with a blue border for drawing. A small blue pencil icon is located in the bottom right corner of the box.

Things that you learned

Four horizontal lines for writing things learned.

A large rounded rectangular box with a red border containing the text 'TODAY'S AFFIRMATION:' in red, bold, uppercase letters.