

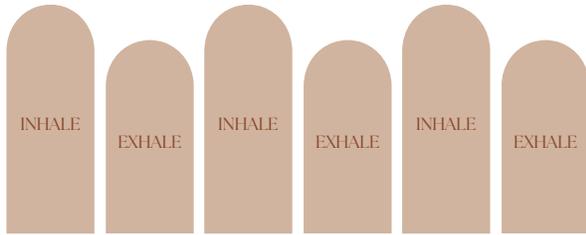
5

MINUTE GRATITUDE JOURNAL



S M T W T H F S

BREATH BEFORE WRITING

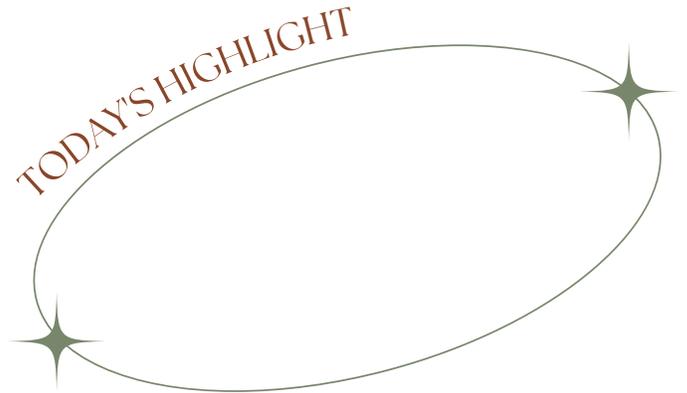


3 BEST THING ABOUT TODAY

Three empty, 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 green asterisk icon.



DESCRIBE TODAY IN A DRAWING

A large empty rectangular box for drawing, with a small green 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 today's affirmation.