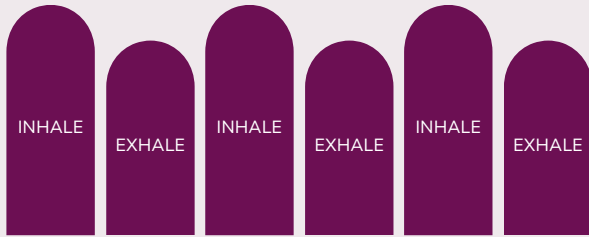


5 Minute Gratitude Journal

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S M T W T H F S

Breath before writing



3 best thing about today

Three horizontal, rounded rectangular boxes with red outlines, 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 purple flower icon.



Describe today in a drawing

A large empty rectangular box for drawing, with a small black pencil icon in the bottom right corner.

Things that you learned

Four horizontal lines for writing, for listing things learned.

Today's Affirmation

Two horizontal lines for writing the daily affirmation.