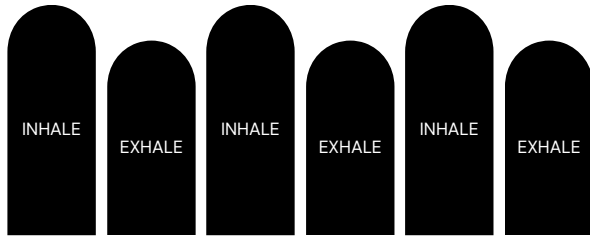


# 5 Minute Gratitude Journal

DATE

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Breathe before writing

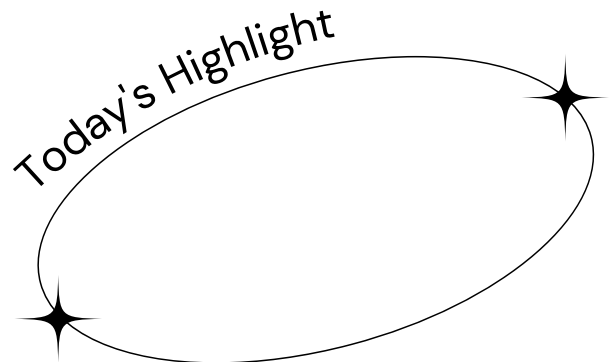


3 Best Things About Today

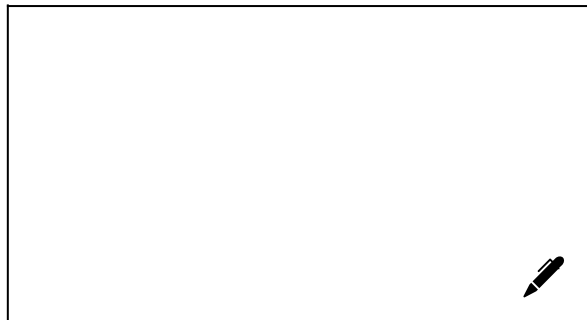
Three rounded rectangular boxes for writing the best things about today.

Things I'm Grateful For Today

Five horizontal lines for writing, each starting with a small asterisk icon.



Today in a drawing



Things that I learned

Four horizontal lines for writing things learned.

My Affirmation For Today

Two horizontal lines for writing an affirmation.