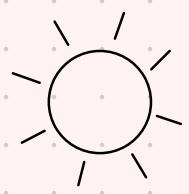


5 minute journal

Date: ___ / ___ / _____



I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily Affirmations, I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

