

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?
