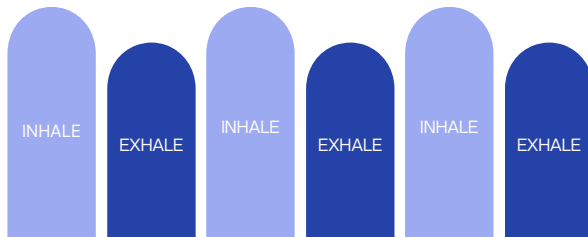


5 MINUTE GRATITUDE JOURNAL

—/—/—
S M T W T H F S

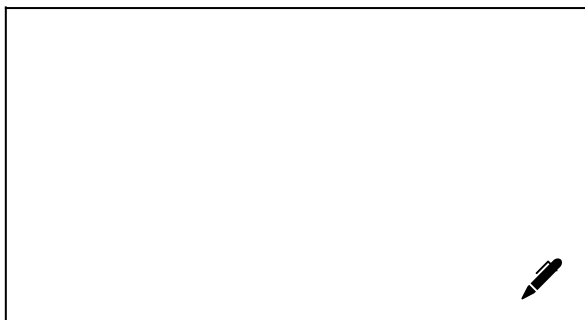
Breath before writing



Things you're grateful
today



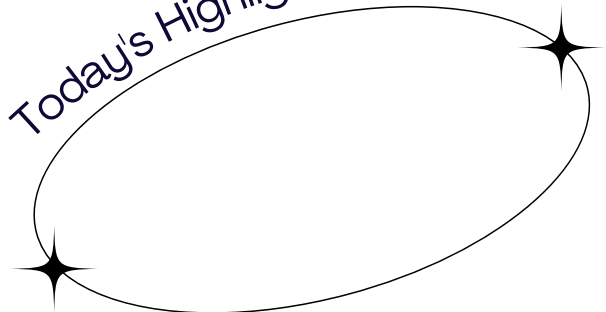
Describe today in a drawing



Today's Spell

3 best thing about today

Today's Highlight



Things that you learned
