



# 5 Minute Gratitude Journal

S M T W T F S \_ / \_ / \_

BREATH BEFORE WRITING!



INHALE

EXHALE



INHALE

EXHALE



INHALE

EXHALE



Describe today in a drawing!

Today I'm grateful for:

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Three best things about this day:

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Today's highlight:

Things that I learned:

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Today's affirmation:

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