

5 Minute Gratitude Journal

___/___/___

S M T W T H F S

Breath Before Writing



5 Best Thing About This Day?

Four horizontal rounded rectangular boxes for writing the best things about the day.

5 Things You're Grateful For Today

Five horizontal lines for writing, each preceded by a checkmark icon.

Describe Today In A Drawing

A large rectangular box for drawing, with a small pencil icon in the bottom right corner.

Today's BEST Highlight

A large oval box with a starburst icon at the top right, for writing the best highlight of the day.

3 Things That You Learned

Three horizontal lines for writing the three things learned.

Today's Affirmation

Two horizontal lines for writing the daily affirmation.