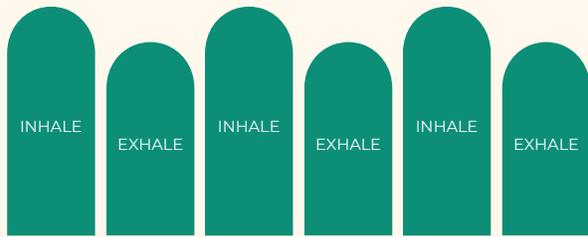


10 Minute Gratitude Journal

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Breath before writing



3 best things about today

Three rounded rectangular boxes stacked vertically, intended for writing the three best things about today.

Things you're grateful today

Four horizontal lines for writing, each preceded by a small green heart icon.

Today's Highlight

A large, hand-drawn style oval with a double-line border. Two four-pointed starburst icons are placed at the top and bottom of the oval. The text "Today's Highlight" is written in a curved path along the top-left edge of the oval.

Describe today in a drawing

A large empty rectangular box for drawing. A small green pencil icon is located in the bottom right corner of the box.

3 things you look forward to:

Three horizontal lines for writing, each preceded by a small green starburst icon.

