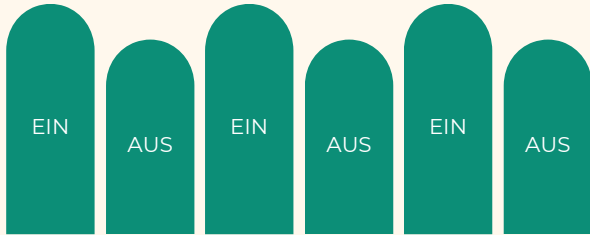


10 Minuten Dankbarkeits Reflexion

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Atme bevor du beginnst

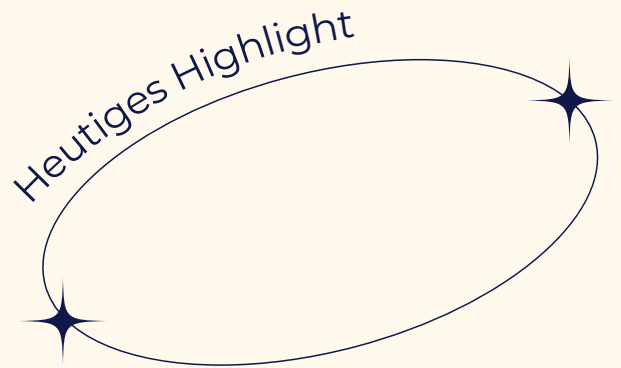


Die 3 besten Dinge von heute:

Three rounded rectangular boxes for writing the top 3 things of the day.

Dinge wofür du heute dankbar bist:

Four horizontal lines for writing things to be grateful for, each preceded by a small green heart icon.



Beschreibe den heutigen Tag malerisch:

A large rectangular box for drawing a picture of the day, with a small green pen icon in the bottom right corner.

3 Dinge, auf die du dich freust:

Three horizontal lines for writing things you are looking forward to, each preceded by a small green starburst icon.

