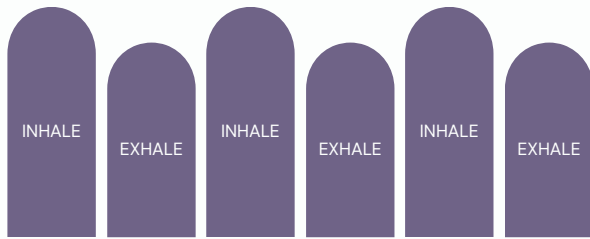


5 Minute Gratitude June Journal

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S M T W T H F S

Breath before writing



3 best thing about today

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

Things you're grateful today

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

A large, rounded rectangular box with a decorative border and two starburst icons, labeled 'Today's Highlight' in a curved font.



Things that you learned

Four horizontal lines for writing, intended for recording things learned today.

Today's Affirmation

Two horizontal lines for writing, intended for recording today's affirmation.