Five-Minute Journal

Date _____

☼ Morning

I am grateful for

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Affirmation

_____

_____

☾ Evening

Three amazing things that happened

1. _____
2. _____
3. _____

How could today have been even better?

_____

_____