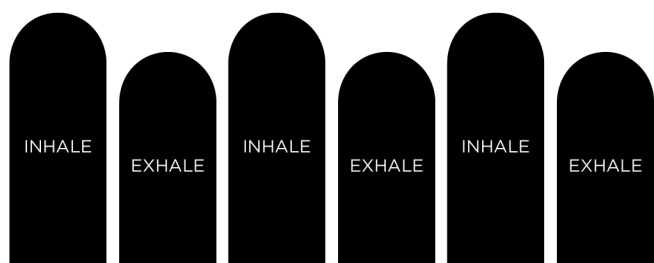


5 Minute Gratitude Journal

Take a Moment to Breathe



Things I'm Grateful For

* _____

* _____

* _____

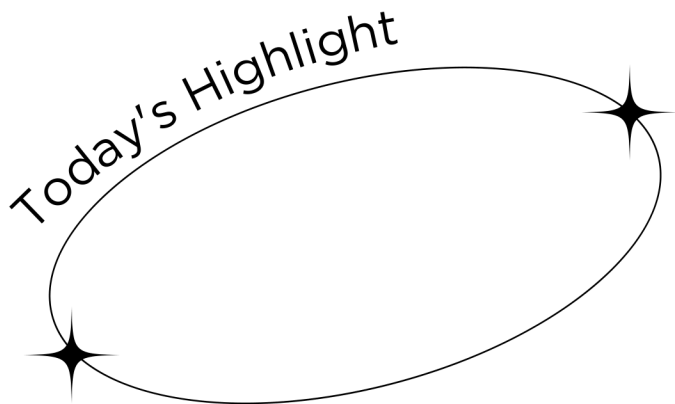
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Free Space



3 Best Things About Today



Things I Learned

Today's Affirmations
