

FIVE MINUTE JOURNAL - DAILY EXERCISES

Morning

I am grateful for:

- 1.
- 2.
- 3.

What would make today great:

- 1.
- 2.
- 3.

Daily affirmations: I am ...

- 1.
- 2.
- 3.

Evening

Three amazing things that happened today:

- 1.
- 2.
- 3.

How could I have made today even better?

- 1.
- 2.
- 3.