

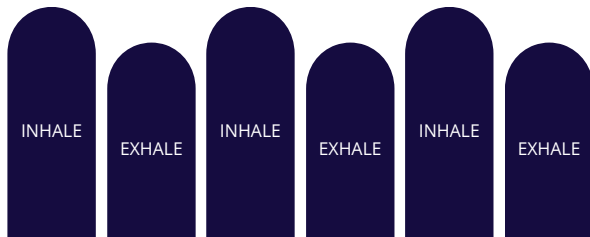
5 Minute Well-being Journal



__/__/__

S M T W T H F S

Breathe before writing

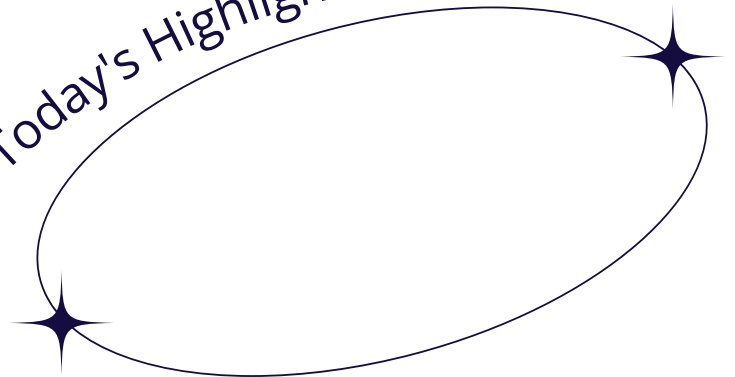


3 best thing about today

Self-care activities I did

- * _____
- * _____
- * _____
- * _____
- * _____

Today's Highlight



Draw how you feel with an emoji

Something I did that I was proud of today..

What you are looking forward to:
