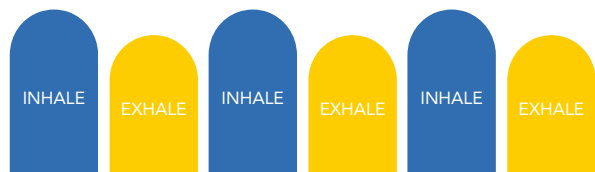


5 Minute Gratitude Journal



Breathe and center before writing.



Today I was inspired by:



Things I'm grateful for today:

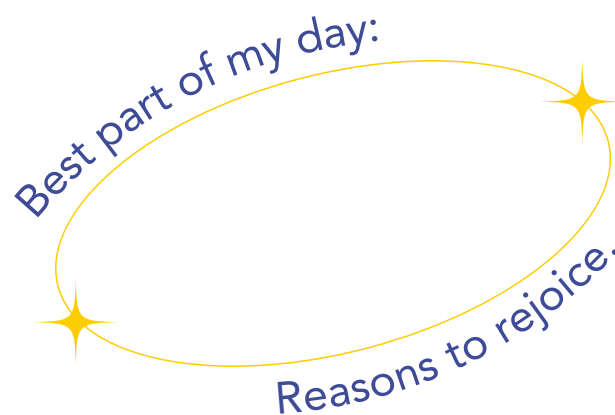
* _____
* _____
* _____
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* _____



Reflect on the day
with a doodle:

Hopes for tomorrow:

3 places where I noticed
God and signs of new life
today:



Prayer requests:
