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F I V E M I N U T E S

daily journal

Date · _____

Morning — I am grateful for · 1. ____ 2. ____ 3. ____

Morning — what would make today great · 1. ____ 2. ____ 3. ____

Morning — daily affirmation · I am _____

Evening — three good things that happened · 1. ____ 2. ____ 3. ____

Evening — how could today have been better · _____

Evening — one thing I learned · _____

5 M I N U T E S M O R N I N G · 5 M I N U T E S
N I G H T · T H E H A B I T T H A T C O M P O U N D S

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