

5 MINUTES ABOUT YOUR DAY

Handwriting lines for the 5-minute journal entry.

Daily journal

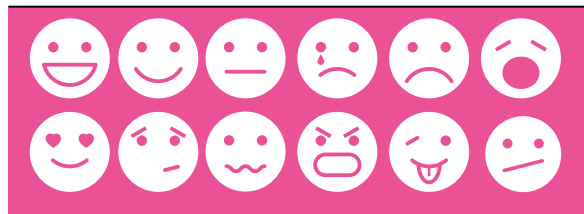
TOP 3 THINGS ABOUT TODAY

Three bullet points with lines for writing the top 3 things about today.

WHAT INSPIRED YOU THE MOST TODAY?

Large grey box for writing what inspired the user the most today.

WHAT EMOTIONS HAVE YOU FELT TODAY?



HOW WOULD YOU RATE THE DAY?



3 THINGS I WISH FOR TOMORROW

Three bullet points with lines for writing wishes for tomorrow.