

# 5 MINUTE 'END OF DAY' MINDFULNESS



Breathe before writing...



3 things I'm thanking my body for...

Three horizontal yellow bars for writing. A small purple heart icon is positioned to the left of the middle bar.

Today I am grateful for...

Five horizontal lines for writing, each preceded by a small asterisk icon.

Today's highlight was...

A large purple oval shape with a starburst icon on the right side, intended for drawing or writing.

Describe today in a drawing...

A white rounded rectangular box with a yellow smiley face icon on the left side, intended for drawing.

Things that didn't go to plan but I am letting go of...

Four horizontal lines for writing.

Affirmation for my day tomorrow...

A horizontal line for writing an affirmation.

