



7-DAY DAILY  
GRATITUDE  
CHALLENGE



[www.fastingisthecure.com](http://www.fastingisthecure.com)

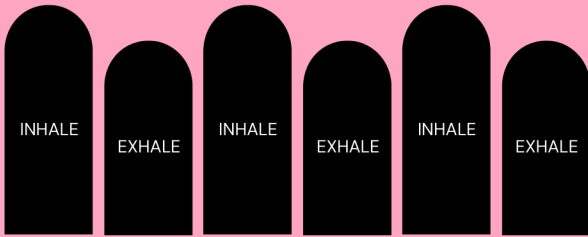


# 5 Minute Gratitude Journal

\_\_\_/\_\_\_/\_\_\_

S M T W T H F S

Breath before writing



3 best thing about today

Three rounded rectangular boxes for writing the three best things about today.

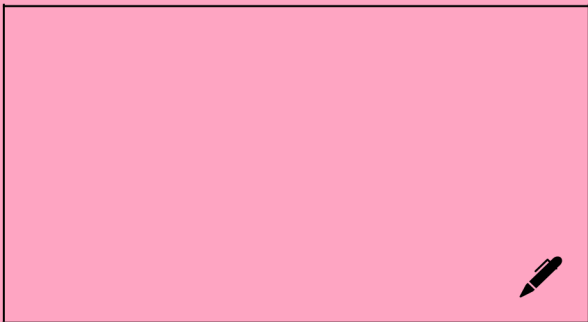
Things you're grateful today

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

Today's Highlight



Describe today in a drawing



Things that you learned

Four horizontal lines for writing things learned today.

Today's Affirmation

Two horizontal lines for writing today's affirmation.

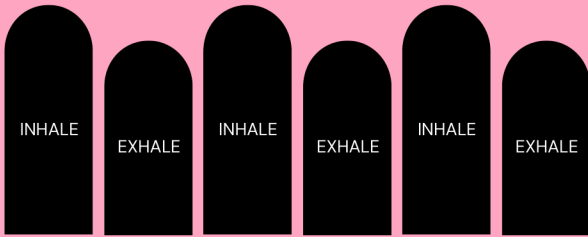


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Breath before writing



3 best thing about today

Three rounded rectangular boxes for writing the three best things about today.

Things you're grateful today

Five horizontal lines for writing, each starting with a small asterisk icon.

Today's Highlight



Describe today in a drawing

A large rectangular box for drawing, with a small pencil icon in the bottom right corner.

Things that you learned

Four horizontal lines for writing things learned today.

Today's Affirmation

Two horizontal lines for writing a daily affirmation.

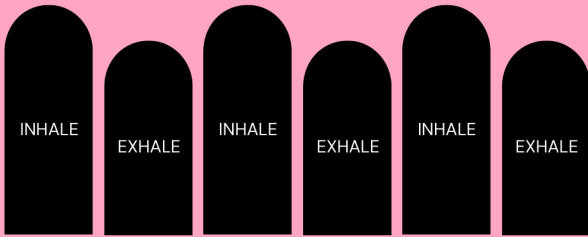


# 5 Minute Gratitude Journal

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S M T W T H F S

Breath before writing



3 best thing about today

Three rounded rectangular boxes for writing the top 3 things about today.

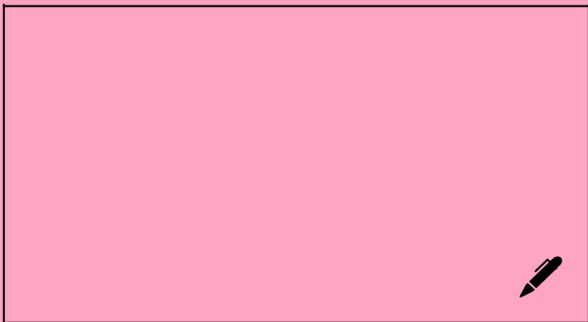
Things you're grateful today

Five horizontal lines for writing, each starting with a small asterisk icon.

Today's Highlight



Describe today in a drawing



Things that you learned

Four horizontal lines for writing things learned today.

Today's Affirmation

Two horizontal lines for writing a daily affirmation.

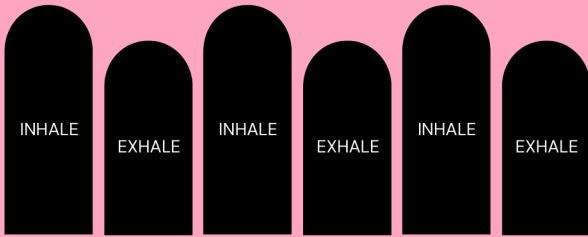


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Breath before writing



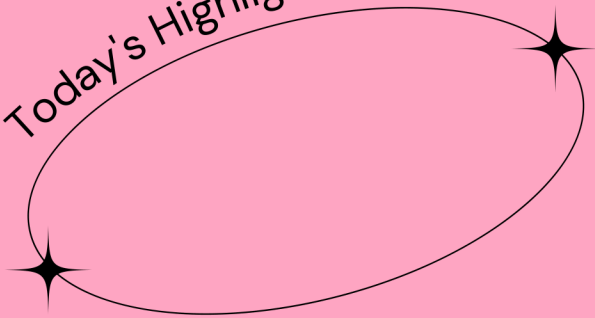
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Today's Highlight



Describe today in a drawing

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Things that you learned

Four horizontal lines for writing things learned today.

Today's Affirmation

Two horizontal lines for writing a daily affirmation.

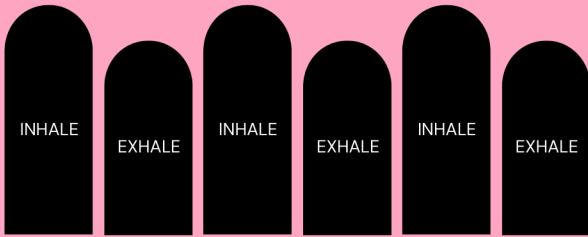


# 5 Minute Gratitude Journal

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S M T W T H F S

Breath before writing



3 best thing about today

Three rounded rectangular boxes for writing the top three things about the day.

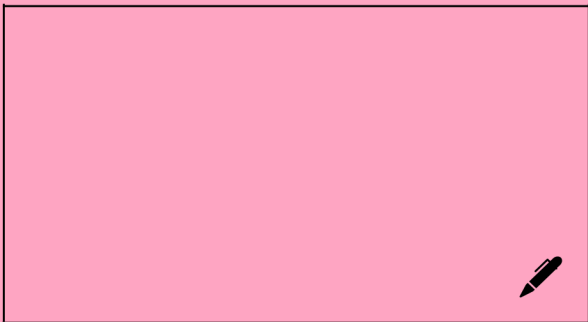
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Today's Highlight



Describe today in a drawing



Things that you learned

Four horizontal lines for writing things learned during the day.

Today's Affirmation

Two horizontal lines for writing a personal affirmation.

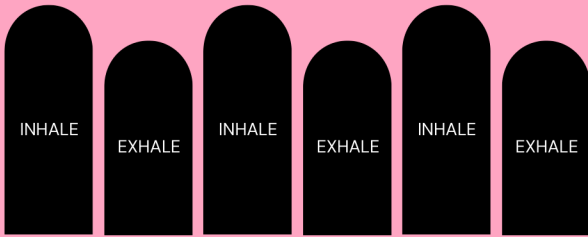


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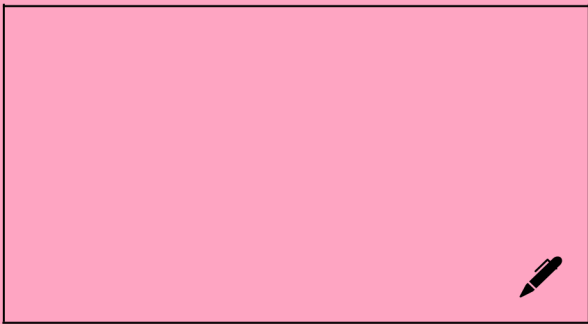
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Today's Highlight



Describe today in a drawing



Things that you learned

Four horizontal lines for writing things learned today.

Today's Affirmation

Two horizontal lines for writing a daily affirmation.

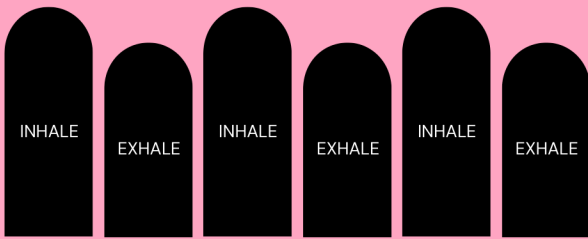


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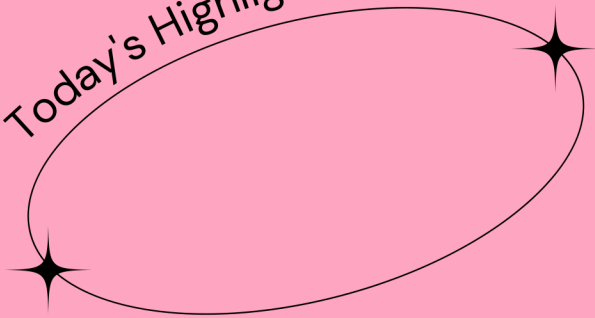
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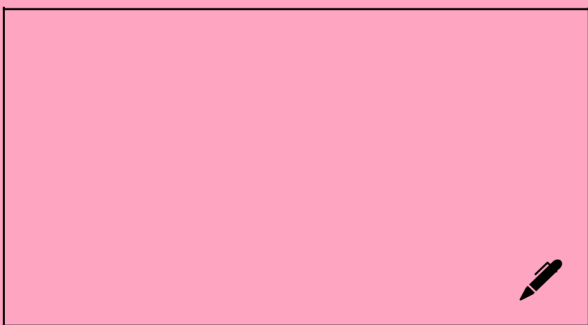
Things you're grateful today

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Today's Highlight



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Things that you learned

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Today's Affirmation

Two horizontal lines for writing today's affirmation.