pensio

Five-Minute Journal

5 min

The five minute journal method, ready to use: three short gratitude and intention prompts for the morning, three reflection prompts to close the evening — a simple 5-minute structure for building a daily journaling habit.

SECTION 1

I am grateful for...

SECTION 2

What would make today great?

SECTION 3

Daily affirmation

I am...

SECTION 4

3 amazing things that happened today

SECTION 5

What did I learn today?

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