

Gratitude List



- List 3 things I'm grateful for today:

A large, empty rectangular box with a brown border, intended for writing a list of three things the user is grateful for today.

Acts of Kindness

- One kind thing I did for myself or others today:

A large, empty rectangular box with a brown border, intended for writing about one kind thing the user did for themselves or others today.

- How did it feel?

A large, empty rectangular box with a brown border, intended for writing about how the user felt after performing an act of kindness.