

DAY 15 \_\_\_\_\_

DAY 16 \_\_\_\_\_

DAY 17 \_\_\_\_\_

DAY 18 \_\_\_\_\_

DAY 19 \_\_\_\_\_

DAY 20 \_\_\_\_\_

DAY 21 \_\_\_\_\_



**SOURCES**  
OF STRENGTH

# THANKFULNESS JOURNAL



Take five minutes everyday to breathe slowly, calm yourself and think about three things that you are thankful for from the day. Write them down in this journal. Looking at the wheel can be helpful.

#THANKFULNESSCHALLENGE

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DAY 14 \_\_\_\_\_  
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